Air Ambulance creates army of lifesavers for Restart a Heart Day on 16 October

Wednesday 15 October, 2025

Air Ambulance Charity Kent Surrey Sussex (KSS) is creating an army of lifesavers by providing FREE sessions on how to give CPR and use a defibrillator in a series of livestreamed and in-person events to support national Restart a Heart Day on Thursday 16 October.

Thousands of people have signed up to take part in the charity's biggest-ever education and awareness campaign in which its expert air ambulance doctors and paramedics are providing online and in-person training sessions tailored to every age group from four years old to 80+. Those learning include school children, families, individuals, businesses, shoppers, Premier League footballers and fans, and holiday makers, equipping them all with the vital skills to help save the life of someone in cardiac arrest.

Every day across Kent, Surrey and Sussex around 25 people experience a sudden cardiac arrest at home or out and about in the community. Sadly, only about 1 in ten people currently survive.

Most happen to people while at home or a private address. It could happen to a loved one at any time: mum, dad, daughter, son, grandparent, best friend. But if a loved one's life was in your hands, would you know what to do? You can more than double someone's chance of surviving a cardiac arrest by starting CPR and using defibrillator in the first crucial minutes before the emergency services arrive

Where KSS are this week:

- **Saturday** 11 October crew members from KSS provided CPR sessions at Surrey Sports Park.
- **Sunday** 12 October we joined Women's Institute Members from across Thanet at Margate Sands for an event to help bring attention to evidence that women are less likely than men to receive bystander CPR when experiencing cardiac arrest. This forms part of the WI's national Bystanders Can be Lifesavers campaign.
- **Monday** 13 October a team from KSS provided CPR training for hundreds of passengers passing through the South Terminal at London Gatwick.
- **Thursday 16 October** KSS livestreaming CPR training and defibrillator awareness sessions to schools, homes and businesses across Kent, Surrey and Sussex throughout the day. Sign up at aakss.org.uk/restart
- **Saturday 18 October** KSS matchday 'takeover' at Brighton and Hove Albion's home match against Newcastle United to raise awareness amongst the fans of the importance of CPR.
- **Saturday 18 October** KSS at Bluewater Shopping Centre, Greenhithe, Kent, providing CPR training for shoppers. There's no need to book - just pay us a visit.

Ben Paul, KSS Paramedic and Education Manager said: "Over the last two years, we have trained nearly 100,000 people in how to perform CPR and use a defibrillator but we know there is still a lot of work for us to do. These skills save lives; our medical teams frequently see the difference that delivering these interventions early makes.

"It's almost impossible to get it wrong or do harm and therefore we are urging everyone to learn these lifesaving skills. Over the last few years, we have taught primary school children as young as four-years-old, and adults well into their 80's; it really is accessible to everyone. Every single person who signs up and joins our sessions help us to build our army of lifesavers across Kent, Surrey and Sussex. We are incredibly grateful to everyone who signs up to take part; together, we can save even more lives in our communities."

To learn more and sign up and learn how to give CPR and use a defibrillator this Restart a Heart Day visit aakss.org.uk/restart.

Media:



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