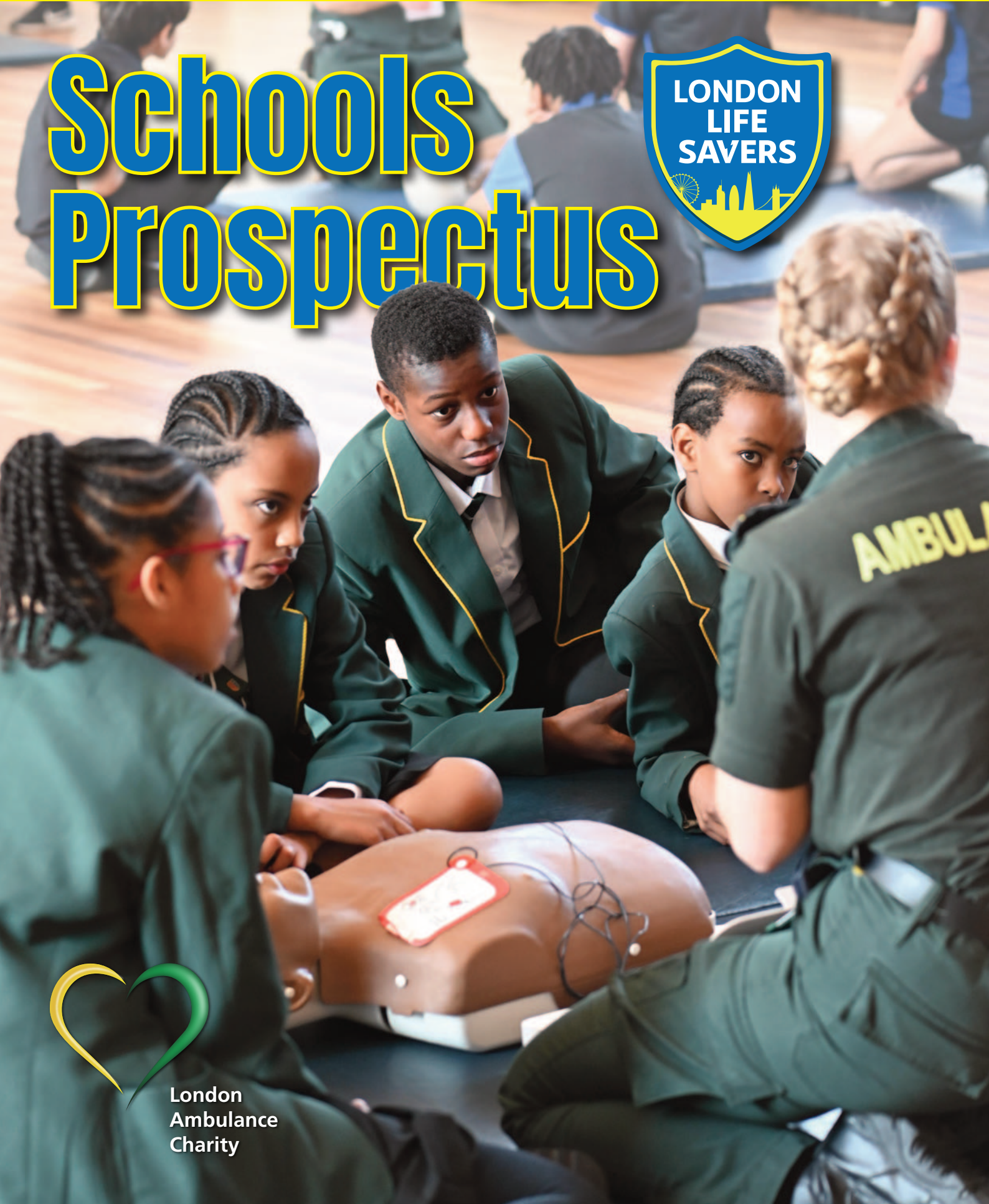




**NHS**

**London Ambulance Service**  
NHS Trust

# Schools Prospectus



London  
Ambulance  
Charity

# We are the capital's emergency and urgent care responders.

We aim to deliver outstanding emergency and urgent care whenever and wherever needed for everyone in London, 24/7, 365 days a year.

Together, we put the values of caring, respect and teamwork at the heart of all we do for Londoners.

## Contents

Chief Executive foreword	3
Introduction	5
Course overview	8
Meet our team	10
Testimonials	12
How to enrol	13
How to apply for a defibrillator	14



Lifesavers are  
life **changers**

# Empowering the next generation of lifesavers

To save a life is an incredible thing. That's why, at London Ambulance Service, we are giving our next generation the skills and the confidence to be able to help when it truly matters.



Through our London Lifesavers Schools Programme, we are proud to offer the opportunity to young people across the capital to learn some basic skills, absolutely free.

Educating and empowering students to know what to do when someone is in cardiac arrest will save lives. In fact, taking action when someone is in cardiac arrest (that's when the heart stops pumping blood around the body), can more than double someone's chances of survival.

Performing chest compressions and using a defibrillator is very straightforward and the impact it can have will last a lifetime.

Learning to restart a heart will mean children can be there for loved ones when they need them most.

By giving pupils the skills to help increase the number of people who can survive a cardiac arrest, together we can make London a safer place to live, work and enjoy.

**Daniel Elkeles**  
Chief Executive





## Introduction

**At London Ambulance Service, we are committed to providing your school with free high-quality training for your Year 8 pupils to learn life-saving skills. This has been made possible thanks to funding provided by NHS Charities Together to our dedicated charity, London Ambulance Charity.**

# Why it is important to teach school children?

Teaching pupils life-saving skills is one of the key ways we can improve out-of-hospital cardiac arrest survival rates. In countries where life-saving skills are already taught in schools, cardiac arrest survival rates are more than double than those countries that don't.

The Department for Education states that by the end of secondary school, pupils should know life-saving skills, including how to deliver CPR and the purpose of defibrillators and when one might be needed. On their recommendation that CPR is usually best taught after 12 years old, we will be working with Year 8 pupils.

## How can the London Lifesavers Schools Programme help?

Our London Lifesavers Schools Programme aims to teach students the simple steps to follow when someone is in cardiac arrest and give them the confidence to save a life.

Schools offer a great environment for young people to learn. With this in mind, we have created a programme to meet the needs of Year 8 pupils to ensure they are confident and able to save a life. The programme is provided **free of charge** to all schools.

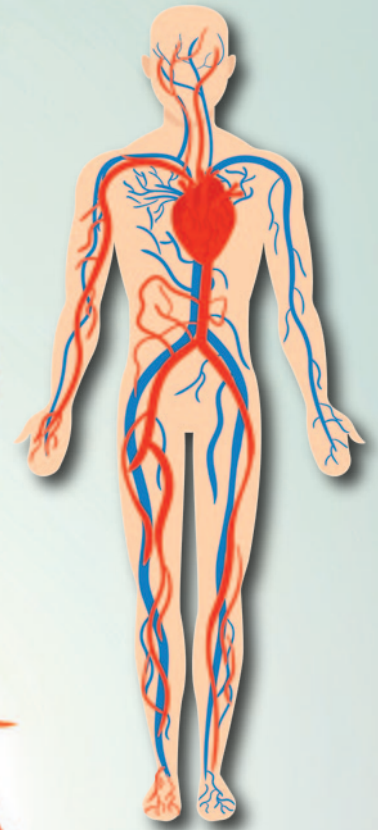


Lifesavers are life **changers**



# What is a cardiac arrest?

Cardiac arrest occurs when the heart suddenly stops pumping blood around the body and causes a person to collapse and stop breathing.



# Course overview

Our Community Resuscitation Trainers will work with you to ensure our training package works around your school day.

- ✓ Maximum 60 students per session
- ✓ Student to trainer ratio 6:1
- ✓ Session length approximately 35 minutes

All of the training we offer is delivered by medically-trained experts from London Ambulance Service.

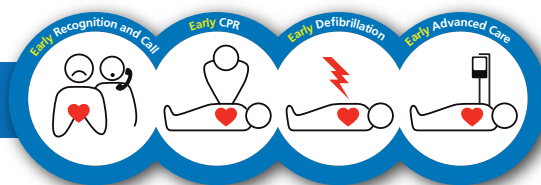


## Course content

What is a cardiac arrest?



Chain of survival



How to recognise a cardiac arrest



What to do if someone is in cardiac arrest



How to use a defibrillator



# What we require from you

We will need an appropriately sized training space to deliver the sessions. The students need plenty of floor space to work on – we will set up our skills stations in this space, so a sports or assembly hall with gym mats is ideal. We provide all other equipment. Access to IT facilities to include large screen/projector is desirable but not essential.

The students will receive an e-certificate, London Lifesavers badge and become part of our community of lifesavers.

## Example day

Students: 270  
Students per session: 55-60  
Number of sessions: 5  
Length session: 35 minutes  
Transition time: 10 minutes



Session 1: 09:15 - 09:50  
Session 2: 10:00 - 10:35  
BREAK: 10:35 - 10:55  
Session 3: 11:00 - 11:35  
Session 4: 11:45 - 12:20  
LUNCH: 12:35 - 13:20  
Session 5: 13:30 - 14:05



We would like to offer staff the opportunity to receive our London Lifesavers training, this would be offered during the schools' lunch break.





# Meet our team

Paramedic



## Alexa Barton

Schools lead – Community Resuscitation Trainer

"I am passionate about empowering young Londoners to save lives. It is important to me to deliver inclusive and engaging training that students want to go home and share.

We want students to be passionate about the role they play in the chain of survival by early recognition, early CPR and early defibrillation and be able to use these skills when needed to save someone in their community."



Emergency Medical Technician

## Claire Bird

London Lifesaver Trainer

"I am passionate about learning and teaching allows me to share this passion with others. It is a great privilege to teach the importance of early CPR and provide confidence in using a community defibrillator. I look forward to inspiring the next generation."

Paramedic



## Sean Copping

Community Resuscitation Trainer,

"I'm passionate about delivering training of lifesaving skills within the community, with an integral hope that I can motivate people to be confident enough to use these skills should they encounter someone in cardiac arrest. The prompt implementation of these simple actions can greatly improve the survival rate of patients before medical help arrives."



## AMBULANCE SERVICE



Paramedic

## Henry Agbor

London Lifesaver Trainer & International Paramedic

"Children will often be around their parents or loved ones as well as other children in school, hence, training the younger population on how to recognise when someone is in cardiac arrest and how to carry out CPR skills are important to me as it helps to improve the survival rates of these younger population and beyond".



Paramedic

## Roehkya Synders

London Lifesaver Trainer

"Using my unique skill set to teach members of the community a skill that they can use to help another person is the best way I believe I can service my community and adhere to values instilled in me by my grandmother".



Paramedic

## Tracy Castle

Clinical Lead

"I love to teach everyone I meet how to perform CPR as I know first-hand how this saves lives. Teaching children how to perform CPR and making them aware of defibrillators is so interactive. They are enthusiastic to learn a new skill and spread the awareness to others."



# Testimonials

"I now feel more confident doing CPR. I think it's very important as you could potentially save someone's life if done correctly."

Year 8 student

"I haven't got experience of CPR so it was interesting. It's quite surreal as it could save someone's life potentially. I am quite proud of myself. I can go about in life knowing that if anything happens, then I'm there and I can help."

Year 8 student

"I think the (London Lifesavers) session is absolutely fantastic, it is something we have wanted for ages in the school. We are hopefully going to make it an annual thing in our curriculum. The more people that know CPR the better it is, I think it's the most valuable life skill you could ever get taught."

Mrs Smith – Science Technician



Bernie Boyle – Headteacher

"In just one short session, our students learned the skills needed to save a life. The trainers from London Ambulance Service were excellent and have created a fun, engaging and informative lesson which had our children captivated from start to finish. It's very much a "hands on" experience which means our Year 8s got lots of practice in giving chest compressions and using a defibrillator. I'm very proud our school is part of the London Lifesavers programme, which aims to create a new generation of lifesavers."

Bernie Boyle – Headteacher, Bishop Thomas Grant School, Streatham



# How to enrol

## Fill out a form

We have made enrolling on the London Lifesavers Schools Programme as straightforward as possible. Simply complete our online application form at:

<https://forms.office.com/e/nDrt4zjJtb>

Or scan the QR code which will take you directly to the form.



## Visit our website

[www.londonambulance.nhs.uk/londonlifesaversschools](http://www.londonambulance.nhs.uk/londonlifesaversschools)

## Application

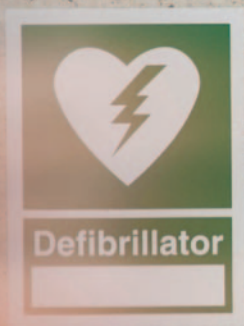
Once our team have processed your application you will receive an email confirming the training delivery date, a questionnaire and introduction to your Community Resuscitation Trainer. The questionnaire provides information that helps us create a training plan around your school day and assist with any support you might require.



## Confirmation

Your Community Resuscitation Trainer will confirm the itinerary of the day and plan for training delivery.





# How to apply for a defibrillator for your school

**Having access to defibrillators in schools significantly increases the chance of pupils, teachers and visitors surviving a cardiac arrest.**

In July 2022, the Department for Education announced that it would provide Automated External Defibrillators (AEDs) to all state-funded primary, secondary, and special schools in England, where provision is not already in place.

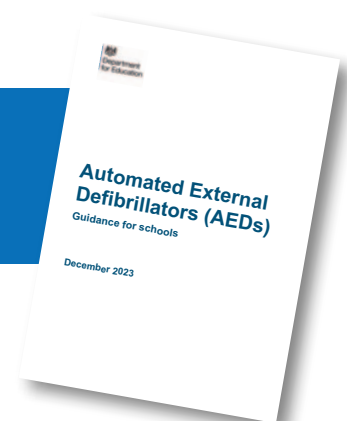
Deliveries will take place automatically to eligible schools over the academic year. School details are passed to the supplier, who contact schools once their defibrillator has been dispatched.

Once you are in receipt of your defibrillator please register it with The Circuit – the national defibrillator network and ensure it is placed in an accessible location. This can either be on a wall bracket within the school or in an unlocked cabinet on the outside of the school building, so it's available to the local community.

We recommend you tell all staff of its location and display a sign prominently at the entrance of your building so that visitors and passers-by are aware that a defibrillator is available.

Please use the link below for further guidance and how to apply:

Automated External Defibrillators (AEDs)  
Guidance for schools ([publishing.service.gov.uk](https://publishing.service.gov.uk))  
'Purchasing a defibrillator' Page 17



# Keep up to date

Follow us on our social media channels or head to our website to see all the latest developments of our campaign and find out more about future pop-up events.



[londonambulance.nhs.uk](https://www.londonambulance.nhs.uk)



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[/LondonAmbulance](https://www.facebook.com/LondonAmbulance)



[@ldn\\_ambulance](https://www.instagram.com/ldn_ambulance)



[youtube.com/londonambulance](https://www.youtube.com/londonambulance)

## Contacts:

**Enrolments:** <https://forms.office.com/e/nDrt4zjJtb>

**Website:** Become a London Lifesaver – London Ambulance Service NHS Trust

**Enquires:** [londamb.schoolslondonlifesavers@nhs.net](mailto:londamb.schoolslondonlifesavers@nhs.net)



# Our charity partners

London Lifesavers is fully funded through charitable donations. We are currently funded by a grant provided by NHS Charities Together to our charity, London Ambulance Charity.

To carry on the compassion and learning, please consider supporting the programme by generously contributing to our Charity. Your caring gift will save lives by assisting with continuing the teaching of CPR and defibrillator skills to Londoners well into the future.



## Contact us



London  
Ambulance  
Charity

Registered Charity No: 1061191



Web: [www.londonambulance.nhs.uk/charity](http://www.londonambulance.nhs.uk/charity)  
Email: [Londamb.lascharity@nhs.net](mailto:Londamb.lascharity@nhs.net)  
Phone: 020 7921 5288

