

# West Deeping Restart a Heart (CPR/AED)



**James Pepper** <James.Pepper@sja.org.uk>

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Hi,

St John Ambulance in South Lincolnshire wants to get out more into our community to pass on the knowledge and skills of how people can save a life.

Having lived in West Deeping a few years I'm aware that the village has a defibrillator outside the village hall, but wonder how many people in the village would feel confident enough to use it? One of the great things about modern public access defibrillators is they guide you through the process of using it with automated prompts, but having a bit of prior knowledge and recent practice could be a massive help in the event of an emergency.

If the community can provide a venue we can put on a 'Restart a Heart' session that takes about an hour for no charge (we'd just have a donation tin for anyone who'd like to contribute to help support our voluntary work). There'd be no pressure on people to practice if they just want to listen.

If you think this would be of interest, or have further questions, it'd be great to hear from you.

Thanks,  
James

**James Pepper, Network Lead - St John South Lincolnshire**  
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