

News Release

September 26 2019

Join Mid Ulster's Community of Life Savers this Restart A Heart Day!

Mid Ulster District Council is urging residents to join the district's community of life savers and take part in one of this year's World Restart A Heart Day events.

World Restart a Heart Day returns on Wednesday 16 October to again provide free life-saving CPR awareness sessions to as many people as possible in the Mid Ulster district.

Organised by the Mid Ulster Community Resuscitation Group and led by the Northern Ireland Ambulance Service (NIAS) and the Council, the sessions will provide participants with the knowledge and skills to deal effectively with someone who is unconscious and stopped breathing normally.

Half hour awareness sessions will take a place on: Tuesday 15 October at 11am, 12pm, & 1pm at Maghera Leisure Centre; Wednesday 16 October at 11am, 12pm & 1pm at the Torrent Complex Donaghmore; and Thursday 17 October at 11am, 12pm, 1pm & 6.30pm at Cookstown Leisure Centre.

Community and voluntary organisations, sports clubs, workplaces, and anyone else who would like to learn how to correctly perform CPR in the event of a cardiac arrest, are being urged to attend.

NIAS is also encouraging local schools who are registered to teach CPR, to participate in World Restart a Heart Day by delivering training to pupils.

The main aim of the day is to increase awareness of the importance of bystander CPR which increases the chance of survival when someone has a cardiac arrest. Each year in Northern Ireland there are around 1,500 out of hospital cardiac arrests (OHCAs).

OHCAs can occur in homes and public spaces. Every minute counts when someone has an OHCA- every minute without CPR and defibrillation reduces the chances of survival by up to 10%. But many people simply don't have the skills and confidence to step in and help, and these awareness sessions will provide these vital skills.

Chair of Mid Ulster District Council, Councillor Martin Kearney said, "I am delighted the Council has again been involved in organising this extremely worthwhile, and in

some cases, life-saving training for the residents of Mid Ulster. The fact the training is free and will take place over three days this year will hopefully give more people the opportunity to come out and participate in a session that suits them so they can join Mid Ulster's community of life savers.

"Mid Ulster has the longest Emergency Ambulance response times in Northern Ireland, largely due to the rurality of the area. This training would be extremely beneficial in providing people with the relevant skills to help manage situations until the ambulance arrive at the scene and could result in many more lives being saved."

World Restart a Heart Day is an annual initiative which aims to raise awareness of the importance of bystander Cardiopulmonary Resuscitation (CPR) and is part of a wider action plan on Community Resuscitation in partnership with the Northern Ireland Ambulance Service and other Agencies.

This year you can even register online. Just go to:

www.midulstercouncil.org/restartaheart and select the session you wish to attend.

For more information contact Environmental Health at Mid Ulster District Council on 03000 132 132 or email health.wellbeing@midulstercouncil.org.

ENDS

Cap: Chair of Mid Ulster District Council, Councillor Martin Kearney is pictured learning some lifesaving CPR skills ahead of the Council's World Restart a Heart Day events which take place on 15, 16, & 17 October. Also pictured (l-r) are: Conleth Donnelly Sport NI, Stephanie Leckey, Northern Ireland Ambulance Service; Una O'Kane, Leigh Gilmore and Anne Caldwell, Mid Ulster District Council and Roberta Tasker, Integrated Care Partnership Pharmacy Lead.

For more information contact Mairead McNally, Mid Ulster District Council, E: mairead.mcnally@midulstercouncil.org or tel: 03000 132 132 Mob: 07816339825



List of AED within MUDC- dates are correct as of 11-06-19

Premise	AED Location	NIAS Identifier	Contact Number	Expiry Date- Battery	Expiry Date- Pads
Dungannon Leisure Centre	Managers Office	D198	O2887720370	01/09/2023	01/06/2020
Ranfurly House Arts & Visitors Centre (Behind Reception)	Reception	D199	O2887728600	AA Batteries	01/02/2020
Burnavon Theatre (In the box Office)	Reception	D208	O2886769949	01/03/2022	01/09/2019
Cookstown Offices (Post room behind reception)	Reception	D207	O3000132132	01/02/2022	01/06/2019
Magherafelt Offices (Main reception)	Reception	D206	O3000132132		
Dungannon Park (External wall of admin building)	Reception	D210	O2887728690	01/04/2024	07/017/2019 & 01/02/2020
Maghera Leisure Centre (Reception)	Reception	D205	O2879547400	01/11/2019	01/11/2019
Tobermore Golf Centre	Reception	D204	02879645406	01/03/2021	14/04/2021
Meadowbank Sports Arena (Reception)	Reception	D203	O2879397117	01/03/2021	14/04/2021
Greenvale Leisure Centre (Reception)	Swimming Office / Reception	D1653	O2879632796 Registered with NIAS	01/03/2021	01/03/2021
Mid Ulster Sports Arena (Reception Desk)	Reception	D202	O2886767135	01/07/2021	01/10/2018
Moneymore Recreation Centre (Reception)	First Aid Room	D201	No land line connected	01/03/2020	Adult Pad 01/05/2019 Junior Pads 01/07/2019
Cookstown Leisure Centre (Reception)	Reception	D200	O2886763853	31/12/2017	Infant Pads 31/03/2020 Adult Pads 31/10/2019 Adult Pads 31/10/2020
Fairhill Bowling Pavilion – BT80 8DE	Carpark (Attached to exterior building)	D910	O2886763853	01/03/2020	Infant Pads 23/06/2020 Adult Pads 16/09/2023
Ballyronan Marina (External – Marina centre)	Wall Mounted Outside	D211	O2879418143	01/03/2021	Adult Pads 28/09/2018/ Junior Pads 23/06/2020
Oaks Road Depot (Reception)	RECEPTION AREA	Not registered – it is a portable AED	O3000132132	01/2023	00/11/2020
Oaks Road –Drumcoo Bowling	Wall mounted outside	D1213	O2887720370	01/03/2019	01/03/2019
Seamus Heaney HomePlace	Wall mounted outside	D1649	028 7938 7444	30/06/2022	01/03/2019
Gortalowry House	Wall mounted outside front of exterior door	D1155	028 8676 6249		November 2020

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Old Clogher School	Wall Mounted Outside	07769724391		
Castlecaulfield playing fields 1 Drumreany Rd BT70 3NY	Wall Mounted Outside	O2887720371	01/07/ 2020	01/07/2020
Time Bar	Wall Mounted Outside	D230	23/01/2021	31/12/2019
Tesco	Wall Mounted Outside	Registered NIAS	01/09/2021	01/09/2021
Specsavers	Wall Mounted Outside	Registered NIAS	22/10/2022	22/10/2022

* Yellow boxes – require information

* Red – currently not in use

