

Report on	Restart a Heart Day
Reporting Officer	Fiona Mc Clements
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Is this report restricted for confidential business?	Yes	
If 'Yes', confirm below the exempt information category relied upon	No	x

1.0	Purpose of Report
1.1	To update Members on the Mid Ulster "Restart a Heart Day" events being held on Monday 16 th October 2017.
2.0	Background
2.1	<ul style="list-style-type: none"> Restart a Heart Day is an annual European initiative which aims to raise awareness of the importance of bystander Cardiopulmonary Resuscitation (CPR) and also to train as many people as possible in CPR on one day. If someone suffers a cardiac arrest outside of hospital and a bystander starts CPR straight away the chances of survival are doubled. When someone has a cardiac arrest, survival chances drop 10% a minute if CPR is not started. Each year in Northern Ireland there are around 1,400 out of hospital cardiac arrests. Mid Ulster District Council in partnership with the Northern Health and Social Care Trusts, The British Heart Foundation NI and The Northern Ireland Ambulance Service are organising district wide CPR events to provide training to as many people across the Mid Ulster District Council area as possible in one day. This event is part of a wider action plan on Community Resus and defibrillators being led by the Council. Restart a Heart was successfully run across Mid Ulster District Council venues and local post primary schools on the 18th October 2016. This was the first year that the Council participated in the event. 765 participants took part and the feedback collected through a questionnaire from the events was very positive.
3.0	Main Report
3.1	<ul style="list-style-type: none"> Mid Ulster Restart a Heart Day will take place on Monday 16th October, 2017. Training events will take place in both the morning (10am -12pm) and evening (6.30pm-8.30pm) in the following locations Cookstown Leisure Centre, Cookstown Ranfurly House, Dungannon Greenvale Leisure Centre, Magherafelt Training sessions will be delivered by the Northern Health and Social Care Trust Community Resus staff and local CPR trained staff and volunteers. The training is free which will hopefully be an enticement for people to come out and attend.

	<ul style="list-style-type: none"> • An invite (attached) has been sent to community and voluntary organisations, post primary schools and workplaces across the district. • On the day CPR training will also be delivered to some of the local schools that have volunteered to participate.
4.0	Other Considerations
4.1	<p><u>Financial & Human Resources Implications</u></p> <p>Financial: Small hospitality budget for refreshments for volunteers.</p> <p>Human: Council Health and Wellbeing staff responsible for organising the event. CPR trained staff will be assisting on the day, as well as other Council CPR trained staff members.</p>
4.2	<p><u>Equality and Good Relations Implications</u></p> <p>N/A</p>
4.3	<p><u>Risk Management Implications</u></p> <p>N/A</p>
5.0	Recommendation(s)
5.1	<ul style="list-style-type: none"> • Members are invited to attend and promote the training events - details are provided in the attached invitation.
6.0	Documents Attached & References
6.1	Appendix 1 Restart a Heart Day Invitation