



HELP SAVE LIVES? FUNDRAISING CAMPAIGN FOR TWO LOCAL DEFIBRILLATORS

Please help our community save lives with an awareness and fundraising campaign to support CPR (cardiopulmonary resuscitation), including the addition of two 24/7 available public defibrillators.

One would be at Kensal Rise Library and another in Carlton Vale, both covering wide areas that do not have publicly available 24/7 defibs.

[Data from London Ambulance Service](#) reveals that Kensal Green is one of 129 neighbourhoods in the capital where there is limited access to life-saving defibrillators and Carlton Vale is where our Kensal Tri team mate Rob survived a cardiac arrest last July despite there being no defibrillator available.

A cardiac arrest is when a person's heart stops beating and stops pumping blood and oxygen around the body. It's a serious medical emergency and without help the person will die. Bystander intervention has a significant impact on whether a patient survives a cardiac arrest because someone near them has been able to perform CPR & use a defibrillator.



Defibrillation within 3-5 minutes of collapse can produce survival rates up to 50-70%

London Ambulance Service holds the belief that every Londoner should have the best chance of surviving an out-of-hospital cardiac arrest. "We envision a city where families, shopkeepers, and neighbours are trained to deliver cardiopulmonary resuscitation (CPR) and use a defibrillator confidently so they are ready to help in an emergency".

Funding needs

According to the London Ambulance Service (LAS) it costs 'just' £1,600 to fund and install a Public-Access Defibrillator with an unlocked cabinet and provide additional training to our community.

London Ambulance Service describe this "the gift of life to Londoners of all ages, races, ethnicities, and genders and it could also be the gift to your own loved ones".

Our Kensal Tri team therefore aims to **raise £3,200** to fund a Defib accessible 24/7 to the hundreds of people that live in the Kensal Green area & to also install one for the Carlton Vale area where Rob had his cardiac arrest.

THREE things our community will be doing

Fundraising:

We have set up the following Just Giving campaign with Kensal Rise Library.

Please donate to this page and, if you are a UK tax payer, 25% Gift Aid will be added, at no additional cost to you.

The page is supported by the community group, Kensal Tri.

You can take part with us at [Blenheim Palace Triathlon](#) (or join any sporting event).

You/friends are also invited to take part in the Kensal Takeover of Merchant Taylor Lake on Sunday 11th May. Your participation fee for lake swim and/or lesson will be DOUBLED to support the campaign by the community-supportive [Beyond Health of Queens Park!](#)

Awareness:

Can everyone make themselves aware of where their nearest home and/or landmark defibs are? You can quickly check this here - and potentially save a life. www.defibfinder.uk

Training:

In just 15 mins, including practice with a cushion, you can learn enough skills to potentially help save a life. The British Heart Foundation training is [online](#) (see QR Code).



We're also working with London Ambulance Service to follow-up [last year's Kensal Rise Library CPR training event](#) with some training again at Kensal Rise Library and potentially at Willesden Sports Centre.

More info at:

www.londonambulancecharity.org.uk/appeal/heartstarters

www.defibfinder.uk

www.kensaltri.com

www.kensalriselibrary.org

For more information on the above please contact Giles (Kensal Tri) at 07753 949 301 or Rob at kensalqueenspark@gmail.com.

24/7 public access defibs nearest Rob's cardiac arrest & nearest to Kensal Rise Library
From <https://www.defibfinder.uk/>

