



## National Restart a Heart 2025

Restart a Heart Day is an annual training event that occurs on or around the 16th October. This event usually sees the collaborative effort of hundreds of clinicians, teachers and volunteers working together to train members of the public with how to perform CardioPulmonary Resuscitation (CPR). This is sometimes referred to as Basic Life Support (BLS) or performing chest compressions.

If you have been fortunate to take part in previous years you will know how much fun this can be. The campaign brings communities together, raising awareness of cardiac arrest and increasing the number of people trained in the UK. Restart a Heart encourages everyone to become ready for the ultimate medical emergency by learning the steps to perform CPR.

The project is now in its 12th year and in 2019 (pre COVID) West Midlands Ambulance Service managed to train over 67,000 children in one day across the region however 2020/21 presented some extraordinary circumstances and as a result we took our efforts online.

Restart a Heart Day 2025 is now rapidly approaching and although we cannot physically attend as many locations as we would like, we will endeavour to engage with as many people as possible to spread the message that CPR can save lives. We hope that you can share this message with the children, colleagues, family and friends. Representatives of West Midlands Ambulance will be in the Community providing an invaluable awareness of how important this life saving skill can be.

Here at West Midlands Ambulance Service, we want everyone to learn this life-saving skill so that you will know what to do if someone collapses with a sudden cardiac arrest. Please visit the below link to find out about Restart a Heart and also find information about our "Little Life Savers" campaign.

[Learn to restart a heart - West Midlands Ambulance Service University NHS Foundation Trust](#)

The benefits of improving bystander CardioPulmonary Resuscitation (CPR) rates are evidenced around the world where the highest bystander CPR rates are directly linked to the highest survival rates from sudden cardiac arrest. Over 68,000 people suffer cardiac arrests outside of hospital in the UK every year. If this happens in front of a bystander who starts CPR immediately before the arrival of the ambulance, the patient's chances of survival **doubles**. You can find some additional information by clicking on this link with the UK Resus Council.

[Restart A Heart Day | Resuscitation Council UK](#)

We want to assure you that we are here to support you and would love to hear about your Restart a Heart day, please share your experiences here.

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We hope you can take part and have an enjoyable day.

Cliff Medlicott

Regional Community Response Manager

