

## You can help...

When someone collapses and stops breathing it means they have gone into cardiac arrest. At this point the person's heart has stopped beating and they have minutes to receive the emergency treatment that could save their life.

An ambulance will usually reach this patient within eight minutes, but if someone with the basic skills and equipment who lives near the patient could begin treatment while an ambulance was on the way, they would have a much better chance of survival.

Other symptoms, such as chest pain and difficulty in breathing, which can in some cases result in cardiac arrest, can also be alleviated whilst an ambulance is on the way.

## We are looking for you...

We are looking for volunteers who live or work in the UB1, UB2, UB5 and UB6 postcode districts, have one year's driving experience and access to a roadworthy car. You would be serving your community by responding alongside our ambulance crews to people in a life-threatening condition.

As an Ambulance Community Responder you will be trained in emergency life support to a nationally-recognised level, including being taught how to use a defibrillator – a machine used to restart a person's heart when it stops beating. The early use of a defibrillator is essential to saving someone's life.



*Official London  
Ambulance  
Service vehicle  
markings supplied*

## Open evenings will be held at:

### Norwood Hall

Norwood Green Road, Southall UB2 4LA  
On Thursday 26th February 7pm - 9pm

St John Ambulance Divisional HQ  
Oldfield Lane North, Greenford UB6 0EP  
On Wednesday 4th March 7pm - 9pm

## Or talk to Marian Thompson on:

Phone: 020 7258 7025  
Email: [cfr@london.sja.org.uk](mailto:cfr@london.sja.org.uk)  
or visit: [www.londonambulance.nhs.uk/acr](http://www.londonambulance.nhs.uk/acr)

# Could you save the life of ...

- a member of your family?
- a friend?
- a neighbour?

**Become an Ambulance  
Community Responder  
and you could help in a  
medical emergency**

*See over for details...*