



Thursday 9th November 2023

AN INVITATION TO GET INVOLVED

Porthcawl Comprehensive School and the Porthcawl Community First Responders, with the support of the Welsh Ambulance Service and Save-a-Life (Cymru), are delighted to announce that a **"CPRathon Challenge"** community event will be held at the Jubilee Theatre, Porthcawl Comprehensive School on **Thursday 9th November 2023**.

There are currently over 30,000 Sudden Out of Hospital Cardiac Arrests (SOHCA) each year in the UK. Over 6,000 of these are in Wales - that's around 17 a day. 80% of all SOHCA occur in the home and currently less than 1 in 10 people in the UK survive a SOHCA.

Research has shown that early recognition and immediate use of CPR can double or quadruple survival from a SOHCA. In addition, the use of a defibrillator within 3-5 minutes can significantly improve survival rates further.

The aim of the **"CPRathon Challenge"** is simple - to raise awareness of the importance of early CPR and defibrillation use in the community in an attempt to increase survival rates.

The **"CPRathon Challenge"** will run for 12 hours and the aim is to get as many people as possible to come along and take part in a short session of practice CPR. Basic instruction will be available on the day for people that have never had any training in CPR should they want it.

The day will be split into 2 main sections with around 1300 students from Porthcawl Comprehensive taking part from 9am until 3pm. From 3:30pm until 9pm we will be opening up the event to the various bodies and communities around the Porthcawl area.

We are hoping that as many individuals, organisations, clubs, groups, societies etc. as possible will be able to support us in this **"CPRathon Challenge"**. We would love to see you on the day, whether as an individual or member of a larger group. To book your slot between 3:30pm and 9pm please email:-

6thform@porthcawlschool.co.uk.

As mentioned above we have the support from both the Welsh Ambulance Service and Save-a-Life (Cymru) for this event. Both organisations will be there on the day and will run information desks plus be available to demonstrate some additional life-saving equipment.

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