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Media Release

Save a life skills for Saturday shoppers

Bargain-hunters in Bath on Saturday (9th February) can pick up life-saving skills along with their shopping.

A team of healthcare professionals, led by Senior Sister Natalie Cooper from the Royal United Hospitals Bath NHS Foundation Trust, will be demonstrating basic life support to teach people what to do in a medical emergency.

Natalie, who's worked in the RUH Emergency Department for more than 10 years, was inspired to organise the event after the death of a family member last year. She will be joined on the day by colleagues from the RUH and South Western Ambulance Service NHS Foundation Trust (SWASFT) to provide hands-on expertise.

Natalie said: "After a family member died, I asked my parents if they would know what to do in an emergency situation such as a cardiac arrest. They both said no and that they would love the chance to learn some basic lifesaving skills.

"I want to empower the local community to enable them to respond in an emergency situation by sharing some lifesaving skills with them. I've saved lives as part of my job and it's an incredible feeling. It's just nice to know you did everything you can to save a life in an emergency situation, whatever the outcome."

On Saturday the medical team will be giving demonstrations of how to give cardio pulmonary resuscitation (CPR), put someone in the recovery position, treat choking children and use an Automated External Defibrillator (AED). There will also be role plays, resuscitation dummies to practice on and an expert team on hand to answer any questions.

SWASFT paramedic Craig Wilkins said: "I am delighted to be involved in this event, all of us taking part are excited to share the skills we have with the public. It will be a relaxed, friendly environment and I'd encourage anyone to take this opportunity to learn skills that one day might save a life.

"We all hope to never need to perform CPR, but chances are if we do it will be to those closest to us. We want to improve survivability by enhancing the vital first minutes of an emergency by



empowering people in these simple skills. It's really very easy to help save a life and this day is the ideal way to get hands on and discuss your concerns with us.”

The free event will be held in the main outdoor area in SouthGate Bath (outside the Apple store) between 10.00am – 4.00pm on Saturday 9th February. It is a drop-in event with no booking required.

Donations are welcome on the day with proceeds going to British Heart Foundation, Stickler Syndrome and Wiltshire Air Ambulance.

Ends

Notes to Editor:

- This is not an official first aid course and does not count as a qualification.
- The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.
- The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.
- In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.
- The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust is now building a purpose-built RNHRD and Therapies Centre and working towards new Dyson Cancer Centre. For more details visit: www.ruh.nhs.uk/about/fit_for_the_future
- For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk

