



PRESS ALERT from THE SUSSEX HEART CHARITY

Heart charity's annual sponsored walk raises in excess of £16,000 to help Sussex heart patients and their families

FOR IMMEDIATE RELEASE



Sponsored walk raises over £16k for Sussex heart patients

More than 160 people (many of them heart patients) participated in a sponsored walk on the seafront in Brighton and Hove on Sunday 14th May 2017 to raise money for The Sussex Heart Charity.

< Mr Mike Lewis, FRCS (Consultant Cardiothoracic Surgeon) & Dr Rachael James, FRCP (Consultant Cardiologist), Joint Chairs of the Trustees of The Sussex Heart Charity

Many of those walking to raise money were heart patients themselves – or the friends and families of heart patients. Doctors, nurses, physiotherapists and other NHS health professionals who care for cardiac patients also took part in the walk or helped out on the day.

Councillor Pete West, Mayor of Brighton and Hove, welcomed all the walkers and their supporters at Brighton Marina on Sunday morning at the start of the walk. He spoke of the valuable contribution made by The Sussex Heart Charity in providing life-saving equipment and education as well as support for cardiac patients across East and West Sussex.

Mr Terry Ayers, Chief Executive Officer of The Sussex Heart Charity, (pictured right >) said, "I'm delighted by the response to this year's event. We won't know the grand total for a few weeks yet but we know that our supporters have raised well in excess of £16,000 so far. The charity would like to say an enormous thank you to everyone who donated their time and/or money to make this year's event such a success."



Amongst other projects, **The Sussex Heart Charity** is currently raising funds to provide easy-to-use emergency heart-restarter machines (Automated External Defibrillators) for **every railway station in Sussex**. The project will cost £100,000. The wall mounted machines (pictured) can be used by members of the public to save someone's life during those vital minutes before the ambulance arrives. [ENDS: 300 words]

- ♥ **Interviews:** a spokesperson from The Sussex Heart Charity is available for interviews
- ♥ **Photos / images** available on request. (See over >>>>)

Notes for Editors:

- ♥ **The Sussex Heart Charity:** supports cardiac patients and their families; helps to provide cardiac rehabilitation classes for patients; funds education for health professionals; provides cardiac resuscitation training; funds research and provides innovative, life-saving equipment to hospitals, health centres and public places.
- ♥ **Life-saving AED (heart re-starter) equipment for every railway station in Sussex:** The Sussex Heart Charity is currently funding a £100,000-project to install life-saving, easy-to-use **Automated External Defibrillators (AEDs)** at every train station in East and West Sussex.
- ♥ **What are AEDs?** Automated External Defibrillators (heart re-starters) can be used by members of the public to potentially save a life while waiting for the ambulance to arrive. An AED analyses a patient's heart rhythm and determines whether an electric shock is needed to restart a person's heart. If a shock is required, the AED is used to deliver it. No medical training is needed to use an AED – the machine gives very clear & easy-to-follow instructions. If a person's heart has stopped beating, using an AED promptly (with cardio pulmonary resuscitation) could save their life. Every minute that a heart is not beating reduces the chances of a patient surviving by about 10%.



Connect with The Sussex Heart Charity: www.sussexheartcharity.org

Celebrating 30 years of supporting heart patients in Sussex

♥ Twitter: @Sussex_Heart ♥ Facebook: @Sussexheartcharity



To request an interview, photos/images or further information please contact:

Elly Donovan PR elly@ellydonovan.co.uk tel: 0790 508 7779 / 01273 205 246 www.ellydonovan.co.uk

twitter: @EllyDonovanPR facebook.com/EllyDonovan Linked-In: Elly Donovan PR



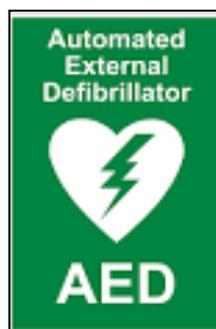
THE SUSSEX HEART CHARITY continued

Photographs and images

Available on request

Who's Who at The Sussex Heart Charity?

Left to Right: Mr Mike Lewis, FRCS (Consultant Cardiothoracic Surgeon) & Dr Rachael James, FRCP (Consultant Cardiologist) – Joint Chairs of the Trustees; and Mr Terry Ayers, Chief Executive Officer (all pictured at the charity's annual sponsored walk on 14 May 2017).



Above: Wall-mounted emergency heart restarter equipment (AED or Automated External Defibrillator) provided by The Sussex Heart Charity for public places (eg: supermarkets, railway stations, sports clubs etc)



< The Sussex Heart Charity is celebrating its 30th Anniversary this year.

Instructions for the public on how to use an AED (emergency heart restarter) to save someone's life >

(poster credit: The British Heart Foundation)



To request an interview, photos/images or further information please contact:

Elly Donovan PR elly@ellydonovan.co.uk tel: 0790 508 7779 / 01273 205 246 www.ellydonovan.co.uk

twitter: @EllyDonovanPR facebook.com/Elly Donovan Linked-In: Elly Donovan PR

Press alert issued on behalf of The Sussex Heart Charity: Registered Charity No. 1120998

Room 360, Sussex House, 1 Abbey Road, Brighton, East Sussex BN2 1ES Tel: 01273 523026 email: info@sussexheartcharity.org