

Little LifeSavers Information for Parents and Schools

Little LifeSavers is a charity set up to teach basic life support skills to schoolchildren aged 9 years and older. The evidence for bystander CPR making a real difference to survival in cardiac arrest is very strong.

(Please see our website www.littlelifesavers.org for this evidence) We believe that all children should have the opportunity to learn these skills which empowers them to act positively should they ever need to. During the session, your child will learn:

- ♥ How to help a choking child
- ♥ How to perform Child Basic Life Support "Hands-Only" CPR
- ♥ How to perform Adult Basic Life Support "Hands- Only" CPR
- ♥ How to put a casualty into the Recovery Position

The emphasis of our teaching is safety, how to summon help and how to perform basic resuscitation. We provide the practice equipment and recommend that girls wear trousers for the session.

Photographs

Letting people know about our work is important so we can achieve our aims to teach all school children how to save a life. Pictures and video achieve this far better than words and so we would like to ask your permission to take pictures or film parts of our teaching sessions to use in promoting the work of our charity.

Our Charity

Our sessions are free of charge and the volunteers, who are mostly doctors and nurses, give their time and expertise for free. Little LifeSavers is now a national charity and is in need of funds to be able to continue to teach these essential skills to children – not just here in Sussex but all around the country. We have no other source of funding for this work so please consider assisting us <https://www.totalgiving.co.uk/donate/little-lifesavers> or organising a school fundraising day to assist us with our efforts– perhaps a non-school uniform day for a small donation per child? All donations are very gratefully received.



Volunteering and Donating

We also need volunteer instructors to join us. Many of our volunteers are medical, nursing or other allied healthcare professionals but we welcome non-medical volunteers to instruct and we send them on a Level 2 CPR course so they are trained to teach in return for a commitment to the charity.

Spread the Word

Please do tell others of our work. We are hoping to reach every child aged 9 years and older to provide them with some simple skills which could make a real difference in an emergency. We teach Scout groups/ guides and sports clubs as well as in schools.

So, if like us, you think teaching lifesaving skills to schoolchildren is important please do see our website www.littlelifesavers.org or email barbara@littlelifesavers.org and volunteer with us, fundraise, donate or even just spread the word and together we can create a Nation of LifeSavers

Thank You

