

Farnham Lions help to save lives

Sir, – I was delighted to see the BHF article on lifesaving on page seven of the *Farnham Herald* of October 31. Awareness of the unnecessary loss of otherwise healthy people through sudden cardiac arrest is still sadly lacking in this country, despite the initiatives of the BHF and the publicity given to high profile survivors such as premiership footballer Fabrice Muamba (he was very lucky to be where he was when it happened).

My delight at seeing the article was tempered by disappointment that you made no mention of a community scheme, here in Farnham, which was set up more than two years ago solely to alleviate this problem, namely Heartstart Farnham Lions. Free classes have been provided for the public approximately twice monthly, on Wednesday evenings, at the St John Ambulance Hall near Waitrose, at which more than 300 Farnham residents, so far, have been trained in the simple skills that save lives.

Farnham Lions Club, assisted by the BHF, set up this scheme after one of its members, namely me, survived an in-the-street cardiac arrest mainly because a passer-by came to his rescue in time. A substantial, well-equipped, team of trained volunteer instructors and helpers, including three who have used the skills for real, operates this scheme; its sole problem, unfortunately, is filling its regular, free, classes!

It's easy to book, just contact Keith or Jo at: heartstartfarnhamlions@hotmail.co.uk or phone Keith on 01252 723319.

Keith Aston, scheme co-ordinator, Heartstart Farnham Lions, Farnham Lions Club, Weydon Lane, Farnham