

Lifesaver Jo in right place again

HEARTSTART Farnham Lions' member Jo Michaelides has come to the rescue once again after a man believed to be in his mid-60s was found unconscious when his car left the A31, ploughed through a field and landed in a stream on Monday morning.

The incident which occurred at around 11.40am, happened when the silver Ford Ka was travelling towards the Coxbridge roundabout at the junction of Wrecclesham Road. The vehicle left the road, crossed two lanes of traffic, clipping a grey Citroen Xsara Picasso, which then collided with a silver Mitsubishi Shogun.

A Surrey Police confirmed that the driver was taken to Frimley Park Hospital after suffering what is believed to have been a medical episode. The drivers of the other two vehicles were uninjured as a result of the collision.

The same morning, Jo Michaelides was on route to Centre Parcs heading in the direction of Coxbridge roundabout with her husband Jason and children, when she noticed that a car had driven off the road and into a field – she insisted that they stop and take a look.

There were two Royal Mail workers present at the scene, Ben Lindsay and Adam Kennerson, who were already on the phone to the emergency services. Jo decided to further investigate. She scaled the barbed wire fence and ran across the field to the other side, coming to a halt after finding the car in a ditch.

The driver appeared to be asleep and snoring, Jo said: "The call handler said to get him out, so Ben and Adam plus another chap stood in the stream and hauled him out. At this point the casualty stopped breathing and went into cardiac arrest."

She laid him on his back and administered CPR and



Jo Michaelides

shared between the others on scene. Her husband, Jason, was told to fetch the nearest defibrillator – which he retrieved from the PAD site at the St James garage near the Memorial Hall. By time Jason had returned, a passing armed response unit arrived with their defibrillator.

The police officer got straight into action, until the ambulance arrived. After a joint effort and after three shocks in total, they got a pulse, she continued: "The fire crew arrived, as well as the police accident investigation team.

"It was a huge, impressive response from all the emergency services. The fire crew found his driving licence so the police could identify him and the fire crew and police then assisted the ambulance crew in carrying him across the field to the gate. An A&E consultant arrived just as they were about to take him to the ambulance as well. Fingers crossed he makes a full recovery."

This was not the first time Jo, had leaped into action, after saving the life of Farnham Lions' member Keith Aston, who suffered sudden a cardiac arrest back in September 2009. Jo, who was a passing motorist administered first aid until the emergency services arrived – without this Keith would have died within minutes. Keith was once again amazed by Jo's quick actions commenting "all I can say just now is 'wow'".

Jo said: "I can't quite

time I have given bystander CPR. I was fortunate enough to help save the life of Keith, six years ago. After our experience, Keith and I were inspired to set up a British Heart Foundation Heartstart group (launched in 2012), to teach members of the community emergency life support.

"On Monday I just happened to be in the right place at the right time – again. Everyone who stopped to help played a part.

"I could not have got him out of the car on my own, without the guys who were already on the scene and had already called an ambulance. One ran for a defibrillator, another assisted me with CPR. Their role was as important as mine and thank goodness they all stopped to help.

"All of this just goes to show how important it is that people learn these simple skills. I'm currently a stay-at-home mum and teach people CPR in my spare time – you don't need full medical training to make a difference."

South East Coast Ambulance Service confirmed the attendance of two paramedic cars, two ambulances and a fire co-responder.

A SECamb spokesman commented: "For Jo's involvement and everyone else who was at the scene prior to our arrival, we are extremely grateful for all your help. This shows the importance of knowing CPR, as you never know when your'e going to need it and Jo has proved this twice in six years."

Last Friday a similar incident occurred on the Shepherd and Flock roundabout at around 10.40am. It was reported that the driver may have "collapsed at the wheel before or after the crash".

To learn how to save a life contact heartstartfarnham lions@hotmail.co.uk or go to



The emergency services in attendance on Monday morning. (Photo courtesy of Rushmoor fire station)