



***You don't have to be a fireman to use a fire extinguisher, you don't have to be a paramedic to use a defibrillator.***

We are thrilled to announce new life saving equipment, an AED or Defibrillator has been installed in our Vintage Phonebox in the village of Waterloo. A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest.

This installation launches Draethen Waterloo Rudry Community Councils commitment to the **Touch Someone's Life Charter**.

Every year over 6,000 people in Wales will have a cardiac arrest in the community and many will die without some simple and easy interventions. Around 80% of community cardiac arrests in Wales occur in peoples' homes and can happen to anyone at any time. Many who experience a cardiac arrest often appear healthy with no known risk factors. Draethen Waterloo Rudry Community Council's vision is:

***"...to increase the number of people who survive a cardiac arrest in the community in Wales"***.

"Our ambition as part of the Charter is to create cultural change across Wales so that everyone understands the urgent need to help anyone experiencing a cardiac arrest, as well as having the skills and confidence to start CPR and use a defibrillator" said Cllr Sarah Parks-Jones – Chair DWR CC.



The Charter created in partnership with One Voice Wales and Save a Life Cymru established a Joint Task Group to work together to encourage communities across Wales to understand:

- the importance of learning CPR (Cardiopulmonary Resuscitation)
- using a defibrillator
- ensuring the right number of well-maintained defibrillators are available in every community.

We at DWR cc are proud to be one of the first Community Councils to sign up to this commitment to:

- Watching and sharing save a life cymru's training video on: <https://gov.wales/save-a-life-cymru>
- Establishing a Community Champion role for CPR and defibrillators in our community
- Holding Cardiopulmonary Resuscitation (CPR) and defibrillator training sessions during the year.
- Purchasing and installing a Public Access Defibrillator or a number of defibrillators for our villages.
- Creating regular public announcements for community on CPR training opportunities.

