

## Cardiac Arrest Survivor Terry Blake's Story



Founder and Club President of  
Brentwood-SELO Sub Aqua Club

It was at one of the Friday evening club sessions when I was traversing the length of the pool in the 'Swimmers' lane that I suffered a cardiac arrest and subsequently was seen laying face down in the water without any movement.

The quick response of one of the club members who had been swimming in the same lane put into action a sequence of events that saved my life. I was taken from the water and laid unconscious at the poolside. Cardiopulmonary resuscitation (CPR) was undertaken and the defibrillator at the Brentwood Centre was rushed to the area where defibrillation was applied. When the ambulance arrived they took charge of the situation.

I am thankful to be alive. Today as I enjoy my swimming once again I am forever grateful that the Brentwood Centre had the defibrillator machine and that the members of staff had been trained in its use.



## Automated External Defibrillator

Can you afford not to have one nearby?

The Clock is Ticking from the moment a person goes into cardiac arrest.



The chances of survival diminish every minute that elapses

Immediate defibrillation 90%

After 2 minutes 75%

After 4 minutes 55%

After 6 minutes 36%

After 8 minutes 16%

After 10 minutes chances of survival are remote



Photo by kind permission of Luton News



## SADS UK

## Why do we need AEDs

(Automated External Defibrillators)?

Each year between 80,000 & 120,000 people suffer a cardiac arrest in a public place in the UK.

Cardiac arrest can affect anyone, sometimes even children. Speedy defibrillation saves lives.



*"Having had someone suffer cardiac arrest in front of me and carrying out mouth to mouth resuscitation prior to the defibrillator being used, I am all too aware of the need for speedy defibrillation to restore the heartbeat. I would encourage having AEDs widely available"*

**Duncan Goodhew MBE**

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Reg. Charity no. 1113681

Chelsea



Rosa



Daniel



*"I want to say a big thank you for letting my school have a defibrillator, I feel much safer now"*

Chelsea

*"Having the defibrillator at school changes the way I feel when I am there. I feel more comfortable and secure knowing it is there for anyone who may need it"*

Rosa

*"I am delighted to have the protection of AEDs for Daniel at both his school and in the home"*

Justine (Daniel's mum)

## Speedy Defibrillation Saves Lives

Having an Automated External Defibrillator (AED) at hand can save lives. An AED is a portable easy to use device that measures the heartbeat via sticky pads attached to the chest. The AED will deliver a shock via these pads to restart the heart if a person suffers cardiac arrest. It guides the operator at every stage giving clear and easy to follow instructions. It is so safe it can be used with only a little training.

## Cardiac arrest

This is one of the major causes of death in the UK. It is the sudden severe disturbance of the heart's rhythm (arrhythmia) that stops the heart beating or causes it to beat so slowly or so fast that it cannot pump enough blood to sustain life.

When cardiac arrest occurs defibrillation is the only means of restarting the heart and preventing death.



London Ambulance Service **NHS**  
NHS Trust

JB Smith, Community Defibrillation Officer at the London Ambulance Service, said: *"With cardiac arrest it's crucial to get appropriate treatment to the patient as fast as possible. In London we've done a lot of work to reduce time between cardiac arrest and defibrillation, and as a direct result have helped to save more people's lives."*

[www.sadsuk.org](http://www.sadsuk.org)

Registered in England and Wales No. 5679989  
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The primary purpose of this leaflet is for guidance;  
Specialist advice should be sought regarding heart conditions.

**Your organisation could benefit from having a Defibrillator on the premises**



**If you have a heart condition you may wish to consider having an AED in the home.**

Please fill in your contact details below if you would like us to send you further information about obtaining an AED.

This form may also be used if you would like to make a donation to support the work of SADSUK.

Please consider Gift Aid, the Charity can claim back the tax you have paid which will further benefit the Trust by £0.28 for every one pound you donate.

I am a UK Tax payer Yes ☐

Signature ..... Date .....

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