

## Heart Heroes: Booking a Session

### Background

The University of Manchester Heart Heroes project recruits and trains a team of student volunteers each academic year to deliver 'basic life support skills' training to groups of students, staff and external organisations of around 12-20 in size.

The project is coordinated by a small team of staff from the Volunteering and Peer Support teams, with the practical skills training delivered to our students by Pat Conaghan, a Senior Lecturer in the Nursing department at the University.

Our University of Manchester Heart Heroes Instructors are always on the look-out for groups who are interested in taking part in a session.

Since 2013 our student Instructors have delivered sessions to 1500+ participants and we consistently receive positive feedback on the quality of the sessions.

### Heart Heroes Sessions

It's a practical, hands-on session that can run at a time to suit you for anyone over the age of 16. The sessions are tailored to the group and we will discuss the details of the session with you beforehand including number of participants, age, length of time and if there's a topic you would like us to particularly focus on.

All sessions are free of charge.

The students are not required to have DBS checks for this project as they deliver sessions on an ad-hoc basis, but all students who are training external groups have taken part in the University's online safeguarding training.

University staff will liaise with you to arrange the session, and the students will plan how to best deliver the session itself. On the day, staff will arrange transport for the students where required, and may also be able to come along to support the session if needed.

The sessions cover

- Delivering effective CPR
- Using an AED
- What to do if someone is choking
- Putting someone into the recovery position

The sessions can vary in length depending on what you need. At least 45 minutes is needed to allow the students to cover all of the topics in brief. 1.5 to 2 hours is ideal

for a big group and will allow plenty of time for individuals to practice each element of the training and have a go with all of the equipment.

A room booking with 30 mins set up and down time either side will allow the Instructors more time to train your participants.

## What we need from you

To book in a session, please let us know:

- Time and date, length of session
- Who is being trained, and how many participants we are expecting, age of participants
- Location of training, size of room, information for arrival e.g. parking
- Is there a PC or laptop/ projector/ screen/ sound
- A contact for the session, including name, number and email
- Any additional information you think is relevant

To book, please contact [heartheroes@manchester.ac.uk](mailto:heartheroes@manchester.ac.uk)

