



SANDOWN TOWN COUNCIL

Press Release

HEART CARE DAY RECOGNISED

Sandown Town Councillors, with members of the Beach Safety Team, helped champion world heart care day this week by raising awareness of the network of defibrillators in the Town, as well as unveil plans for a new Defibrillator at St John's Car Park.

Town Mayor Paddy Lightfoot said 'The Town Council recognise the value of a network of amenities for emergency situations, and are working with partner agencies to site defibrillators at key locations across the Town.'

Todd Miller, from the Beach Safety Team, added 'We know, first hand, the importance of having equipment as close to incidents as possible, and we are working with volunteers to increase the number of volunteers confident to use the equipment when needed'.

The international campaign highlights that the heart beats 115,000 times a day, with 2,000 gallons of blood pumped daily, with 1893 the year of the first open heart surgery, with the average heart weighing 1 pound, and the benefit of healthy diets and exercise to address cardiovascular problems.

Sandown's Deputy Mayor Alex Lightfoot concluded 'The Town Council are working with healthy lifestyle groups to offer a range of inclusive exercise activities, alongside developing the network of equipment across the Town, with additional resources in July and August with the Beach Safety Team'.

