



## Lions Centennial **How 2 Guide**

### Project Title

The SE 100 Defibrillator Challenge

### Centennial Area

Health

### Project synopsis

The District has accepted the 100 Defib challenge to install 100 units across SE by July 2018 the end of the official Centenary activity period.

This guide is to get you started if your club has not installed a defib before. Plenty of further advice is available if you need further help, especially from Uckfield, Bexhill, Whitstable and Eastbourne who have lots of experience in siting units and gaining funds from other local partners.

## How 2 Guide

### Defibrillators

- a) Requests for defibrillators can generally come from one of two sources.
  - i. The first is a member of the Lions club who may suggest placing one in the community.
  - ii. The second is from a member of the public who may enquire if the Lions 'do this sort of benevolence' (possibly after hearing about another clubs activities).

- b) The first step is to assess the need. Is there a requirement for a defibrillator in that area?

The club should look at:

- The location of any other defibrillators in the area
  - The potential users, e.g. sports group (Rugby/Bowls/Tennis/Football Club), school, care home, public meeting place (Library, etc.), transport hub (Train station, bus station, etc.).
  - Does it need to be inside (restricted use to the hours the building is open and the buildings users).
  - If the defibrillator is located outside the spread of potential users increases, as does the hours of availability. However, the unit will need to be housed in a suitable contained, kept frost free, supplied with electrical power and also potential a target for vandals. Units with Perspex windows are generally more prone to damage. Solid boxes fair better.
- c) Take advice from professional organisations, such as First Responders, Red Cross, British Heart Foundation, St John's, etc.
  - d) Decide how it will be funded. Should Lions pay the total costs? Should the costs be shared with the recipients/venue? e.g. a sports club. Are there other sources of funding that will help share the cost? e.g. Joining with Rotary or Round Table to help spread the cost. Town councils are also a good source for shared funding.
  - e) Inside Defibs are approx. £800 for inside units and £2000 for outside. Most clubs obtain Grants or share the costs with other local organisations.
  - f) Purchase the unit from someone like First responders, as they are able to keep the cost down.
  - g) Consider the PR aspect when installing the unit, e.g. press at the hand over, decals and logos on the unit and its box. Signs that show the public where the Defib is located can also have the Lions logo on them (ongoing PR). For the Centenary you can consider the Defib Legacy Sticker "Bringing Life to our community" available on the District Website from PDG Eddy Warn at £5 for 6
  - h) Consider the ongoing cost of maintaining the unit and who will bear those costs. Parts that need replacement are pads (about £25-£35) and batteries.

# Key Contacts

For advice from the British Heart Foundation:

<https://www.bhf.org.uk/heart-health/how-to-save-a-life/defibrillators>

*St Johns ambulance First Responders*

<http://www.sja.org.uk/sja/default.aspx>

*South East Ambulance Service- First Responders*

[http://www.secamb.nhs.uk/contact\\_us/general\\_enquiries.aspx](http://www.secamb.nhs.uk/contact_us/general_enquiries.aspx)

*Centenary Legacy Sticker for Defib installations*

PDG Eddy Warn [ed601pier@gmail.com](mailto:ed601pier@gmail.com)