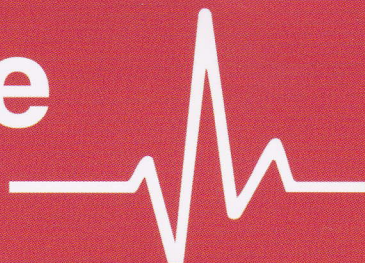


Village Life

Saving life in the community



Would you know what to do if someone collapses with a cardiac arrest?



Village Life Project (VLP) began in 2015 prompted by a critical accident locally and the realisation that it takes some time for paramedics to get to incidents in rural areas. After a cardiac arrest there is no time to waste as within a very few minutes, the chances of recovery go down quickly. But CPR (CardioPulmonary Resuscitation), access to defibrillators (Defibs) and knowing what to do, can make all the difference and save a life.

Initially, VLP set out to install defibrillators in five villages within the Llangattock Vibon Avel Community Council area, and to provide local training courses on how to do CPR and use the equipment. In 2024, VLP was invited to work as partners with Whitecastle and Skenfrith Community Councils, to ensure all 14 publicly available defibs in the area were in good working order, and kept that way.

Defibrillators & CPR training

With advice and support from the Welsh Ambulance and the British Heart Foundation and liaising with the Save a Life Cymru campaign, VLP offers CPR training courses based on Resuscitation Council UK guidelines.

VLP trainers are RCUK Basic Life Support Instructors. By summer 2025 over 500 people have been on a VLP CPR courses.

Arranged through local community networks they are free to attend and are held at intervals throughout the year.

Would you know what to do?

Although no official training is needed to use a defibrillator, or to perform CPR, there is no question that it helps. Unfortunately, outside of a hospital, the survival rates after cardiac arrest in Wales (5%) lag behind those in England (10%) compared to some other European countries (25% or more). Clearly, we need to do better, and we can!

Would you know what to do if someone collapses? Why not refresh or update your skills? Sign up for a local CPR course with VLP. You never know it might help save a life one day.

Contact villagelifeproject@outlook.com to arrange a course date.

 British Heart Foundation

Skills to help save a life:

Recognise a cardiac arrest and call for help
(5 mins)



Perform CPR
(5 mins)



Use a defibrillator
(5 mins)



All skills
(15 mins)



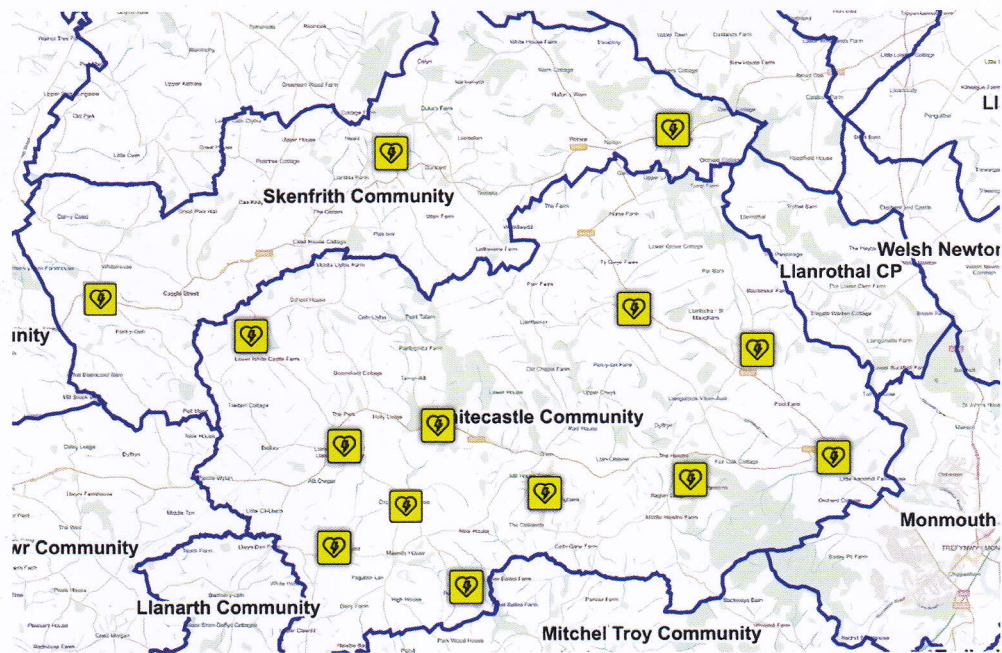
What's next? Community Bleed Kits



Community bleed kits are now being introduced for the public to use in the event of serious bleeding injury, such as due to road or farm accident. As with a defibrillator, this can be lifesaving in the critical time before paramedics are able to get to the scene.

Following a first bleed kit being installed in the Hendre, VLP is now putting two more in Skenfrith and Llantilio Crossenny on a trial basis. The plan is to extend the scheme to other defib sites in the area, if there is local support for the idea to be expanded more widely.

Your local defibrillator locations



Save a life: Know where your local defibrillator is located:

Area	Precise Location	What3Words
Wernrheolydd	Coed Cil Farm, barn wall	///forgives.tarnished.northward
Whitecastle	Whitecastle Cottage, garage	///escalated.install.accusing
Llanvihangel Church	Church porch	///unstated.pram.bubble
Tal-y-coed	Halfway Inn wall, roadside	///native.shack.acrobatic
Llantilio Crossenny	Telephone Box, roadside	///plunge.suppers.tightrope
Penrhos, Raglan	Woodlands Farm, barn wall	///breeding.ivory.rooftop
Maypole	Telephone Box, roadside	///transit.cups.fortnight
Rockfield	Telephone Box, roadside	///poorly.trooper.nudge
Newcastle	Telephone Box, roadside	///minimums.successes.cutlets
Hendre	Golf Club	///talents.salaried.divided
Llangattock-Vibon-Avel	Pwll y Cwm, gate, roadside	///slave.blunders.actual
Penrhos, Raglan	Orchard Farmhouse, barn wall	///giraffes.readers.tribes
Cross Ash	School main entrance door	///ruffling.boring.heartened
Skenfrith	Village hall wall, roadside	///cartoons.pegged.pianists
Llanvetherine	Lanes garage wall, roadside	///regulator.accompany.niece

To find your nearest defibrillator, anywhere in the UK, go to:

DefibFinder
Powered by **The circuit**

<https://www.defibfinder.uk>

Funding and Support

Village Life Project is a registered charity (number 1169515) run and managed entirely by volunteers. It is financed through community fund raising events, private donations and grant applications. It also benefits from financial support from the Whitecastle and Skenfrith Community Councils.



Whitecastle Community Council
Cyngor Cymuned Castellgwyn



Skenfrith Community Council
Cyngor Cymuned Ynysgynwraidd

Further information on first aid and resuscitation

Organisation	Website Link
Resuscitation Council UK	www.resus.org.uk and www.lifesaver.org.uk
Save a Life Cymru:	https://performanceandimprovement.nhs.wales/functions/networks-and-planning/cardiovascular/save-a-life-cymru/
NHS:	www.nhs.uk/conditions/first-aid/cpr
British Heart Foundation:	www.bhf.org.uk/cpr
St John Ambulance:	www.sja.org.uk/get-advice
The Daniel Baird Foundation	www.controlthebleed.org.uk
Somerset & Avon Bleed Kit Partnership	www.heartsafe.org.uk/emergency-bleed-kits/


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SAVE A LIFE CYMRU



Resuscitation Council UK