

Healthwatch Lambeth invites you to a



## **Myth-busting Afternoon Tea: The Truth About CPR**

**Wednesday 15 May  
3pm-4pm**

**336 Brixton Road, London SW9 7AA**

Cardiopulmonary resuscitation (CPR) can be life-saving, but it's not like a TV hospital drama.

Join us for a friendly and honest discussion about:

- ◆ What re-starting someone's heart actually involves
- ◆ Facts and figures about survival rates
- ◆ Is CPR appropriate in every situation?
- ◆ Choices we can make about receiving CPR
- ◆ What a 'do not attempt CPR notice' is.

This free session will include:

- ◆ A presentation from Kimberley St John, Transforming End of Life Care Lead at Guy's and St Thomas' Trust
- ◆ Information from London Ambulance Service
- ◆ Q&A with Kimberley and a local GP
- ◆ A chance to think about the treatment and care you would like if you weren't able to communicate your wishes.

Please book online at <https://the-truth-about-cpr.eventbrite.co.uk> or call Kate Damiral at Healthwatch, tel: 020 7095 5764. Help with transport and other access eg carer cover is available - please call for details.



*Let's talk about it*

**part of Dying Matters Week, 13-19 May**

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