



HOW TO GET EMERGENCY HELP

Ridlington Community Defibrillator

If you are with someone, or find someone who has collapsed, you can get help from the team of village volunteers.

Training on helping someone who has had a cardiac arrest or suspected heart attack was provided to a number of villagers in May 2026. A group of these trained villagers are now volunteers, registered to be contacted to help you in an emergency.

A volunteer can help to support you and the patient, by providing initial response actions, compressions and bringing a defibrillator.



Steps to take to get help:

Step 1 Always **Call 999** first

Stay on the line to be supported by emergency services experts.

Stay with the patient.

Step 2 Shout **HELP** for someone else to come to your aid.

Step 3 Call **01572 842111** using another phone, or get another person with you to do this.

The message you will hear is *"Welcome to the Volunteer Emergency Telephone System (or VETS). In a moment you will be connected to one of your village helpers. Please state clearly the assistance you require."*

Tell the phone operator your location and symptoms of the patient.

One of the trained village volunteers will come to your location as quickly as possible to help you. Their help could save a life.



Save this number in your
phone to use in an
emergency

01572 842111

Handy sticker provided