



**SUDDEN
CARDIAC
ARREST^{UK}**



Effective Peer Support
for those affected by an unexpected
and sudden cardiac arrest

Sudden Cardiac Arrest UK

WHO WE ARE

Sudden Cardiac Arrest UK began in 2015 as a Facebook group founded by a Sudden Cardiac Arrest (SCA) survivor. After connecting with other survivors and families also recovering from cardiac events, the group grew into a safe, supportive community.

For years, this group has helped members heal by answering their questions and providing a space to connect with others who understand their experiences. We have expanded our reach by hosting webinars, meetups, and events where survivors can share their stories and build bonds.

Our community aims to support SCA survivors and families through every step of the recovery journey. We provide resources and a compassionate space for people to learn, find answers, and feel heard and understood. If you or a loved one has experienced an SCA, you are not alone. Our community can help.

Today, Sudden Cardiac Arrest UK is a registered charity, formed in 2022. Despite its growth, the charity remains friendly, non-judgemental, and empathetic and continues to support its members and raise awareness about sudden cardiac arrest.

All our members have direct experience of an SCA, whether it be as a survivor, co-survivor (partner, family, rescuer) or key supporter (wider family, friend, health professional, etc.)



ABOUT SUDDEN CARDIAC ARREST



An SCA occurs when there is a problem with the heart's electrical activity, resulting in the heart being unable to pump blood around the body. There is usually no warning that an arrest is about to happen, and often there is no history of any heart problems. The person affected will lose consciousness instantly and, unless immediate CPR (Cardiopulmonary Resuscitation) and defibrillation are administered, the individual will usually die within minutes. An SCA can occur for various reasons, at any age or time, and regardless of a person's fitness levels.

Although an SCA may be triggered by a heart attack, the causes are different. A heart attack is a "plumbing" problem caused when blood flow to the heart is blocked. Symptoms of an impending heart attack may be felt for some time before it happens, and importantly, the heart keeps pumping, and the patient remains conscious. The road to recovery can be a long and challenging one, and survivors and their families often have many questions. Understanding what has happened can be difficult, especially in cases where no cause is found (idiopathic). This is where we can help.

WHY YOU MIGHT NEED US



It is common to feel like you have been through a major event in your life with little understanding of what happened. You may have been given a second chance at life, but struggle to live it fully and not know what to do next. We are here to help, give hope, guidance, and support throughout your recovery journey.

There might be a need for lifestyle changes, as well as addressing health, psychological, and practical issues. These may include...

- managing fatigue and tiredness
- coping with mental health issues
- dealing with neurological issues e.g., memory problems, headaches, and brain fog
- adjusting to having an Implantable Cardioverter Defibrillator (ICD)

- returning to work or education
- financial changes and challenges
- returning to sports and social activities
- health and travel insurance
- driving and the DVLA

Our members offer invaluable emotional and practical assistance to one another. They share their experiences, offer empathy, and provide a safe space for discussing the challenges and fears associated with surviving a cardiac arrest. We help our members cope with the psychological and physical aftermath, exchange advice on recovery, lifestyle changes, and rehabilitation, as well as motivate and inspire each other to lead fulfilling lives post-cardiac arrest. The shared knowledge and encouragement foster a sense of belonging and empowerment within the community.

CHAIN OF SURVIVAL UK

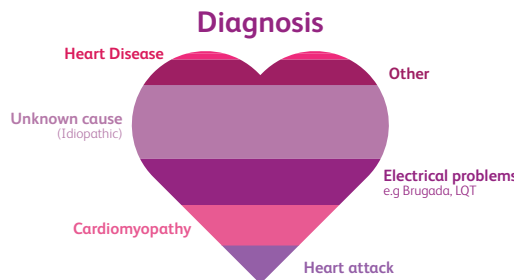
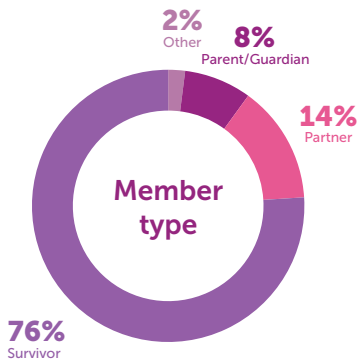


We also run a group that primarily serves individuals who join after someone they know has experienced a cardiac arrest or they were involved in or witnessed a resuscitation attempt. This community brings together people who are often not healthcare professionals but find themselves involved in the “Chain of Survival”. As well as offering a wealth of

invaluable resources, members share personal stories, provide guidance, and offer emotional support as they collectively navigate the impact of their experience. Through shared knowledge and empathy, they empower each other to better understand and respond to the challenges presented, ultimately improving the outcomes for survivors and themselves.



OUR MEMBERS





COUNSELLING

It is well recognised that recovery from an SCA can be quite a roller coaster in both psychological and emotional terms. Through our connection with the charity SADS UK, our members may be eligible for up to six free counselling sessions with an BACP accredited counsellor in their local area.

GIVING BACK

Feeling incredibly lucky to be alive?

- Support our Charity by donating. All donations go towards developing our peer support network.
- Why not raise funds for an Automated External Defibrillator and pass on your good luck? We have members who can provide expert guidance on how to do this
- Share your story with the group. Sharing experiences are core to the fundamental principles of peer-to-peer support
- Register your interest to speak about your experience at meetings and conferences or attend one of our many meet ups which take place all over the country

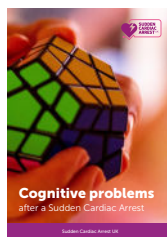
RESOURCES

We understand you will have many questions after experiencing cardiac arrest. Our organisation has compiled various resources to help you through this journey. Our website is the central hub bringing together all of our resources and activities, providing a wealth of information, including:

- cardiac arrest
- practical issues
- sequelae (health issues post-SCA)
- treatment
- self-help

We have published two volumes sharing real experiences in "Life After Cardiac Arrest." We offer leaflets on relevant topics like the Chain of Survival, caring about survivors, managing fatigue, cognitive challenges, and mental health after cardiac arrest.

You can also connect with us and other survivors through social media, our podcast, webinars, and YouTube channel. We are here to provide support and community after cardiac arrest.





"We have all been through a terrifying event, but this group helps us all to recover, at our own pace and knowing we are not alone."

Keith L, Survivor

"As a family, we realised we were not alone. This has been a lifeline to me as a mother of a 10-year-old SCA I needed to be strong for him, and his siblings and keep the family together. On good days and bad days there is always someone willing to help you through and give support."

Hayley T, Mother

"From that day, whether consciously or subconsciously, family, friends, colleagues look at/treat you differently – understandably.... what this group has done for me, and my partner is provide a place where living with the impact of a cardiac arrest is normal, there are no silly questions and, in those days, you just need to speak to someone who understands they are there."

Paul C, Survivor

"I knew I would have lots of questions throughout my recovery, and it is reassuring to know that there is a great mix of people in this group with help and advice available every single day. It is also nice to be able to offer words of comfort and support to others. We all have off days, and no-one understands that better than us – we will help you through it."

Heather M, Survivor

"It has really helped me to help my husband. Thank you."

Jeanette M, Partner

"I was 24 when I had my SCA, and the group has been such a great help in putting me in touch with others of a similar age who have been through a similar experience."

Dawn F, Survivor

JOIN US



Join our Facebook groups for social interaction, chat, sharing stories, asking questions and getting advice:

Survivors, co-survivors, key-supporters

[/groups/SuddenCardiacArrestUK](#)

Co-survivors, rescuers, health professionals

[/groups/ChainOfSurvivalUK](#)

Like our Facebook pages to see related articles of public interest:

[/SuddenCardiacArrestUK](#)

[/ChainOfSurvivalUK](#)

[/LifeAfterCardiacArrest](#)

We are here for all those affected by a sudden cardiac arrest, whether you are a survivor, co-survivor, key supporter, rescuer, or an interested medical professional.





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Sudden Cardiac Arrest UK is registered in England and Wales as a charity, no. 1200875. Fortress House, 301 High Road, Benfleet, Essex, SS7 5HA