



Toby Berlevy who died at the age of 22, his recorded death was SADS

OUR MISSION

Every day, strong and healthy young people die suddenly from heart conditions they didn't know they had. Our mission is to provide cardiac screening, CPR training and defibrillators for schools, sports clubs and institutions. Through the generosity of those who can afford to pay, we will provide these life-saving services for young people unable to fund them for themselves.

About Us

TOBE-Heartsafe was created out of a tragedy. It was in July 2019 that 22 year old Toby (or Tobe as he was known to friends and family) was found dead on his bedroom floor by his mother – Sam Richards. At the time of death he was fitter and healthier than he'd ever been. His death was registered as SADS - Sudden Arrhythmic Death Syndrome, and as the condition is usually inherited, Sam went with her younger son to get tested.

That tragedy brought together a team of people and specialists who decided to form a not-for-profit organisation that could help raise awareness, offer cardiac screenings, training and risk assessments to individuals and organisations, that in turn could be expanded into local communities.

Our ultimate aim is to help prevent the premature and sudden deaths of other young people who should still be alive, like Toby.

Working directly with schools, sports clubs and organisations TOBE-Screened targets those between 14-35yr olds and TOBE-Trained (including an AED risk assessment) is available to all ages, as the more people able to help in a cardiac arrest the better.

We hope to be able to offer access to screening to the wider community and will work in partnership to help identify those places we can offer and where.





What We Do

TO BE SCREENED

Our aim is to detect any underlying cardiac condition in 14-35yr olds. Cardiologist expertise is essential to reduce incidence and to differentiate between pathological and physiological cardiac changes - particularly in athletes.

Our team of expert cardiac physiologists, nurses and cardiologists provide an on-site screening service which includes a questionnaire, BP check and resting 12 lead ECG. These results are immediately reviewed by the cardiologists who will wish to discuss the results with the individual. In around 10% of cases the cardiologist will suggest an echocardiogram and this will be done on-site on the same day as the screening. In a small number of cases, following the echocardiogram, the cardiologist might suggest further investigations. These can either be arranged through ourselves or with a structured referral to the GP.

TO BE TRAINED

Our team of cardiac nurses offer training in Cardiopulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED) in line with the guidelines of The Resuscitation Council (UK).

This group training gives the learner the skills, knowledge, understanding and confidence in CPR and the safe use of an AED, enabling them to provide effective emergency lifesaving first aid.

We are proud to offer comprehensive, yet enjoyable, hands-on BLS and AED training and train groups of up to 30 people at a time.

7 Steps to CPR

DRSABCD

D = Danger

Ensure the area is safe for yourself, bystanders and the patient

R = Response

Check for a response – ask name- squeeze shoulders IF NO RESPONSE

S = Send for help

Call 999 for an ambulance

A = Airway

Open airway- Tilt the head and lift the chin

B = Breathing

Check for breathing- look, listen and feel IF NOT BREATHING NORMALLY

C = CPR

Start CPR- Start chest compressions and rescue breaths 30:2 until help arrives

D = Defibrillation

Apply defibrillator if available and follow voice prompts

CHEST COMPRESSIONS

- Heel of one hand in the centre of chest (lower half of sternum)
- Other hand on top, fingers interlocked
- Press down 5–6 cm, at 100–120/min
- Allow full recoil

RESCUE BREATHS

- Head tilt–chin lift, pinch nose, seal lips, give 2 breaths (~1 sec each)
- Watch for chest rise

Scan to download DRSABCD:



To simply donate to the community programme or find out more go to:
www.tobe-heartsafe.org.uk

For booking and programme enquiries please speak to Kerry on:

Email: info@tobe-heartsafe.org.uk

Phone: 07561 611768