

Great News our Telephone Box has been transformed

A defibrillator has been installed in the telephone box in Gilmerton. The defibrillator is available for use 24/7 and has been registered with Scottish Ambulance Service. Anyone dialling 999 will be told of its position if appropriate.

Sudden Cardiac Arrest happens around 100,000 times a year in the UK making it one of the UK's largest killers. Statistics suggest that the CPR alone saves just 5% of people who suffer from a sudden cardiac arrest. However, CPR and using an Automated External Defibrillator (AED) increases the chances of survival to 50%.

The defibrillator and rescue kit was installed in conjunction with the Community Heartbeat Trust who provided a training awareness session free of charge with 30 locals taking part. It covered what to do if someone is unconscious, CPR and using a defibrillator and the difference between sudden cardiac arrest and a heart attack.

In addition to the equipment the Community Heartbeat Trust is providing an eight year support contract covering replacement batteries/pads for the defibrillator, theft and public liability insurance and governance control. British Coatings Federation provided the red and gold paint free of charge

The Gilmerton Telephone Box will also be an Information Hub as it also houses a book exchange library and information board showing details of walks around the Knock and other news relating the environment and the local area.

A grand opening of the library is planned for spring 2019 including a book signing with a local author!

Hazel and Janice would like to thank those who helped in this project. The funding was provided by Perth & Kinross Community Planning. The telephone box was adopted for £1 from BT by East Strathearn Community Council and thanks to Maureen Beaumont (ESCC) and Councillor Stewart Donaldson for their help with this process.

Thanks also to Alex, Callum, Lewis, Neil and Phil for the cleaning, painting and the installation of shelving to transform the box.

If any other community is interested in installing a defibrillator and want any help or advice please email hazelm.brown@btinternet.com