[Your Name]  
[Your Address]  
[City, Postcode]  
[Email Address]  
[Phone Number]

[School Name]  
[School Address]  
[City, Postcode]

Dear Headteacher/Principal,

I am writing to encourage [School Name] to participate in a fantastic initiative that will have a lasting impact on both students and the wider community - [Restart a Heart Live](https://www.restartaheart.live/).

Restart a Heart Live is a free, live-streamed event that will be broadcast on YouTube. Its mission is to train as many people as possible in lifesaving CPR, an essential skill that can double the chance of survival for someone experiencing an out-of-hospital cardiac arrest.

**When?**Wednesday 1October 2025

**What time?** Morning sessions will be aimed at primary schools; with afternoon sessions aimed at secondary schools and colleges. A full programme will be available soon.

**Can I join from home?** Absolutely, you just need to register your interest. All you need is a cushion, a bag or a rolled-up coat. No special equipment needed.

**How do we register?** Just visit the webpage - [www.restartaheart.live](http://www.restartaheart.live)

**What next?** You will be emailed a link closer to the time. The class will need to be sitting in front of the screen on the 1 October ready to take part.

Join this nationwide effort to get as many people trained in CPR as possible, helping to save lives in the future.

This initiative is incredibly important, as every year there are more than 40,000 out-of-hospital cardiac arrests in the UK, and sadly, only one in 10 people survive.

Thank you for considering this opportunity. I look forward to hearing from you and hope [School Name] will join this important movement to help train the nation in CPR.

Yours sincerely,  
[Your Name]  
[Your Contact Information]

