



RUFFLE THE RAIL DOG IN

What if...

I needed
First Aid
Skills?

Visuals resource pack

Written and illustrated by
Rachel Greaves in association with
The Community HeartBeat Trust
In partnership with Your Coop



Teacher notes

Contained in this document are copies of the line drawings accompanying the Ruffle FIRST AID book.

You are free to copy these to hand out to children for them to colour in. Please do not obscure the logos.

Accompanying this book is a children's story Ruffles saves a life. The video link is below.

The Community Heartbeat Trust charity is delighted to be working with the Midcounties Cooperative to bring this resource to primary schools. For additional copies of the books please go through your local co-op or contact:

The Community Heartbeat Trust charity

0330 1243 067

enquiries@communityheartbeat.org.uk



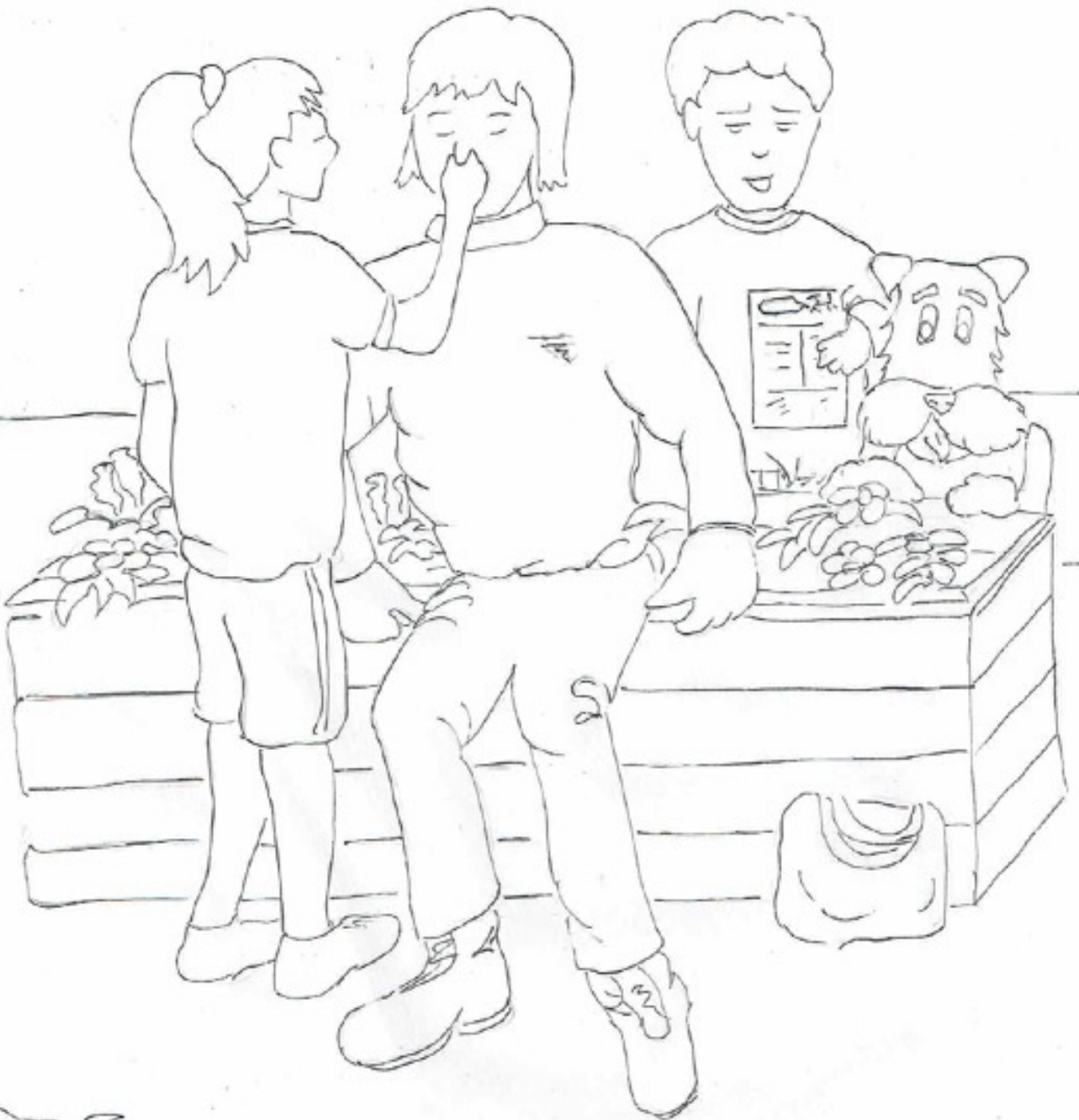
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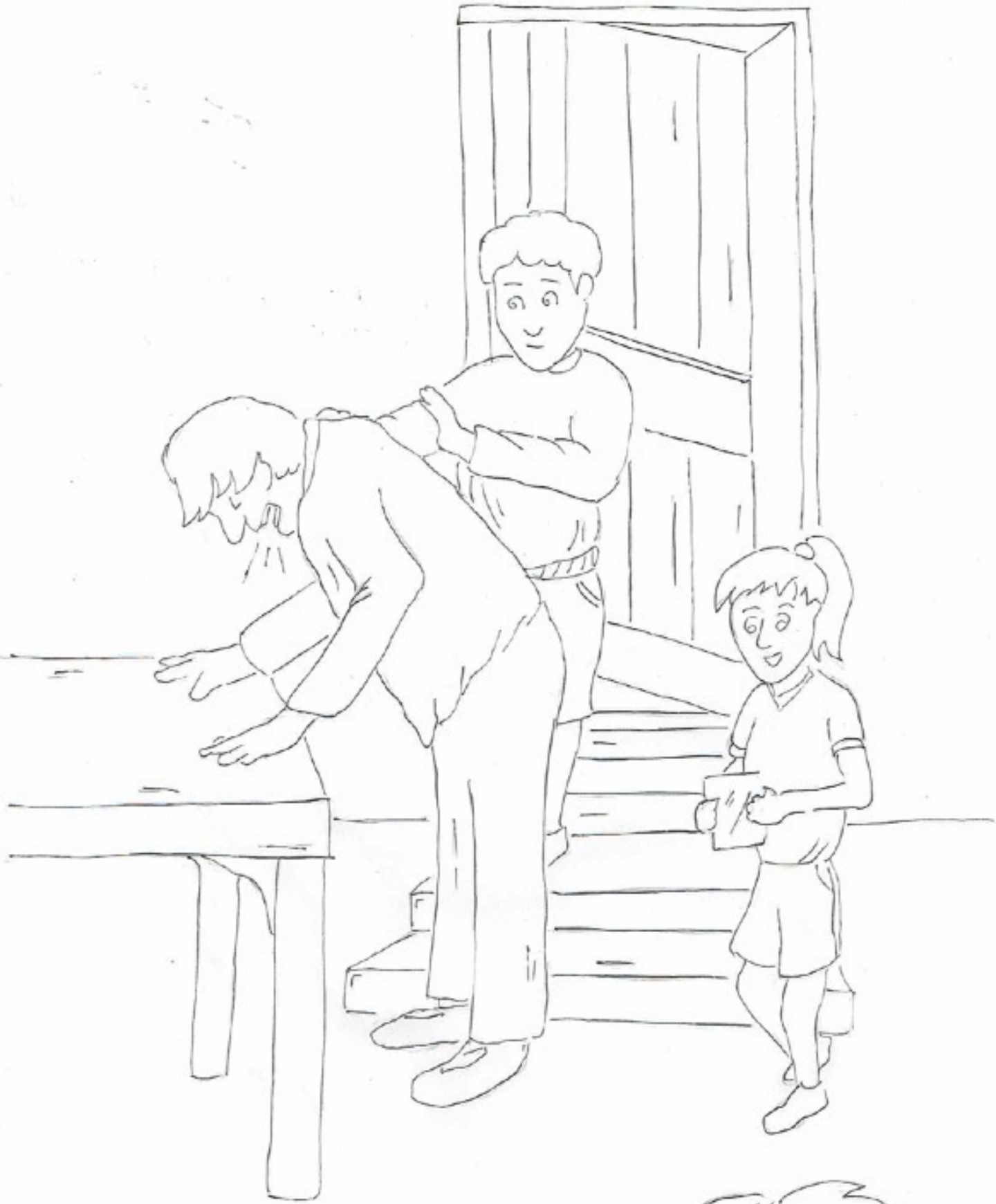
Ruffles Saves a Life

Video link

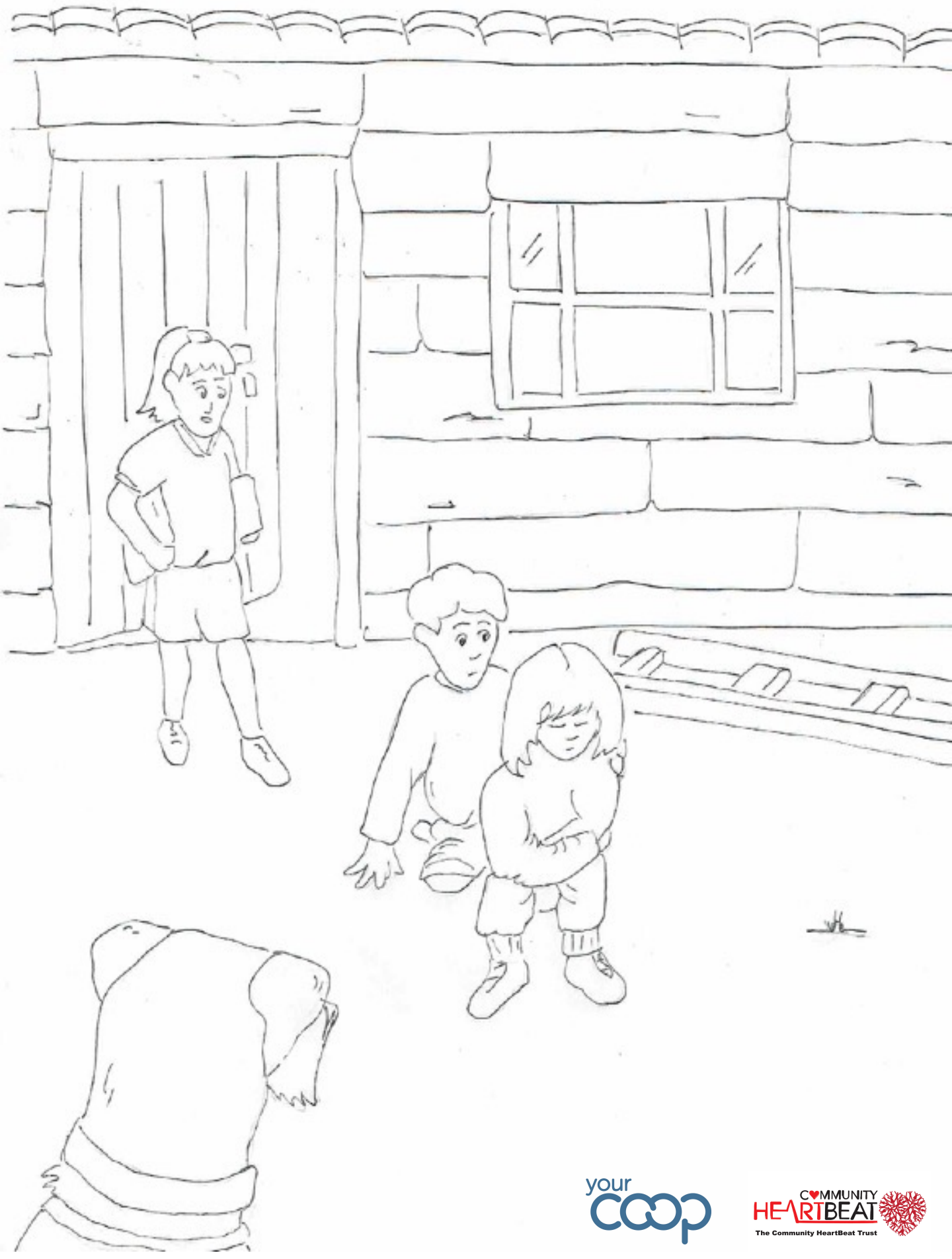














The Community Heartbeat Trust (CHT) is the UK's leading Community Public Access Defibrillator (cPAD) Charity in facilitating the placement of life saving devices.

As a "not for profit" organisation, the CHT charity is focused on providing the best impartial advice and support in assisting communities with the development of their proposed defibrillator project, to bring it to completion and ensure it is fully resilient, sustainable and supported with Governance throughout the lifetime of the installation.

CHT offers a unique, complete and holistic solution to the issues relating to the installation and function of community Defibrillators. The Charity has to date placed many thousands of full cPAD schemes throughout the UK, working on projects with many local communities as well as other charities, UK Ambulance Trusts, Police Forces, Fire & Rescue services, BT, BCF, Rugby Football Union (RFU), Club Cricket, Midcounties Cooperative, Lions, Rotary and many more.

**www.communityheartbeat.org.uk
0330 1243067**

Your Co-op is one of the largest independent co-operatives in the UK, with over 400 food stores, travel branches and childcare nurseries, as well as an energy and telecoms business.

We have over 766,000 members who guide everything we do as a co-operative. Each year we provide grants, fundraising and volunteering support to our local communities and work closely with local schools to nurture the next generation of co-operators.

We have worked with the Community Heartbeat Trust (CHT) to install 42 defibrillators across our estate using funds raised by our members to help keep our local communities healthy. This book forms part of an ongoing partnership with CHT and our commitment to supporting young people.

Find out more about us at midcounties.coop



For information about the adventures of Ruffle The Rail Dog please email:

ruffletheraildog@outlook.com

www.ruffletheraildog.co.uk

Written and illustrated by Rachel Greaves
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