

## Defibrillator Locations

We hope that we never need to use one of them but, just in case, please see the defibrillator locations that we know around Lingfield, Dormansland and East Grinstead. Most of you will have run past a few of them....

Lingfield	Costa coffee	To right of the front door
Lingfield	Train station	
Lingfield	Fire station, Saxbys Lane	Front wall
Lingfield	Lingfield Community Centre (opp. VSSC)	
Lingfield	Tesco Express, Plaistow St	To left of self-service checkout*
Lingfield	Hearnden Associates, Mount Pleasant Road	
Dormansland	Train station	
Dormansland	Outside Village store, High St	In red post box
Dormansland	The Plough P.H.	On wooden wall by car park
Newchapel	Shawlands Farm	Opposite main farmhouse
East Grinstead	East Court	Rear of WC block, car park
East Grinstead	Train station	

\* If needed, just take it, don't waste time asking a member of staff.

The British Heart Foundation (BHF) website contains a list of defibs which have been registered with it. <https://www.defibfinder.uk/>

These are a important items of life-saving equipment and I assure you are very easy to use. You will need to dial 999 to gain access to the locked defibrillator cabinet. It is as easy as switching them on and the machine then talks you through the quick process. If you dialed 999 for an ambulance, the call handler will guide you through Defibrillator locations close to you and how to use them.

Our club also has two defibrillators, one for Wednesday training sessions and the other in our cupboard at the Victoria Club.

Run leaders - please familiarise yourself with their location, and contact me if you are unsure of these. Please take them out to cross-country and club races. Keep them at the start/finish.

Many thanks, Scott  
Club chair & Mental Wellbeing Champion - [07710 269369](tel:07710269369)  
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