

# Club & Branch Communication



Queensland

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| <b>Subject</b>       | Restart a Heart Day 2026 – Get Your Club Involved                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Information</b>   | <p>Restart a Heart Day is coming up on Friday 16 October, and we’re inviting clubs across Queensland to get involved.</p> <p>The day is all about raising awareness of CPR and defibrillators, with participating clubs hosting free, drop-in CPR demonstrations for their local communities. These sessions are designed to be simple, focusing on compression-only CPR with no bookings required, giving members of the public the chance to learn the basics in just a few minutes.</p> <p>We’re particularly interested in hearing from clubs in high foot traffic locations, where we can engage with as many members of the community as possible.</p> <p>SLSQ will provide participating clubs with a communications toolkit, including social tiles and messaging to help promote your session.</p> <p>If your club is interested in taking part, please let us know by Friday 9 October, including your proposed location and approximate time for the activation.</p> <p>It would be great to have clubs from across Queensland involved and help more people in our communities learn a skill that could save a life.</p> <p>If you are interested, please email <a href="mailto:marketing@lifesaving.com.au">marketing@lifesaving.com.au</a> by Thursday 8 October.</p> |
| <b>Contact email</b> | <a href="mailto:marketing@lifesaving.com.au">marketing@lifesaving.com.au</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |