



# Fundraiser story



## Debbie Phillips, Cheshire



Debbie Phillips is fundraising for an Automated External Defibrillator (AED), in memory of her late father, Ken Gribben.

Ken passed away after suffering from a sudden cardiac arrest (SCA) whilst refereeing a game for Manchester United's ladies team.

Debbie says: *"He was a very fit man and refereed for both Cheshire and Manchester FA. He was only 61 years old."*

Ken suffered his SCA in January 2011, and collapsed on the pitch. An AED was immediately brought to him by staff from the grounds, who began defibrillation and CPR whilst waiting for the ambulance service to arrive. Ken was taken to Salford Royal NHS Foundation Trust, where he was placed in a medically induced coma and his family were told that he had a 50% chance of survival.

Unfortunately, when Ken was brought out of the coma it was apparent that he had suffered severe brain damage and he passed away two days later, in intensive care.

His daughter, Debbie, says: “Although the AED did not save my Dad, it did give him a fighting chance and allowed the family to spend some time with him to say their goodbyes, which was so important.”

***‘Although the AED did not save my Dad, it did give him a fighting chance’***

“I now want to give something back to the community, just like my father did throughout his whole life.”

“He was the caretaker at a local school and it is here that I will place the AED once I have finished fundraising. I want to protect both the staff and students and ensure that they have this necessary life-saving equipment in their school, in case there is ever a need for it.”

SCA happens because of a problem in the heart’s electrical system, caused by an abnormal heart rhythm; or cardiac arrhythmia. The most common arrhythmia that leads to SCA is called ventricular fibrillation (VF).

A person's heart will stop beating without warning when they suffer SCA, they will collapse, lose consciousness and look extremely pale. SCA strikes without warning, regardless of age, killing 100,000 people in the UK every year. It requires immediate treatment to keep blood pumping and to restart the heart to prevent brain damage and death, therefore immediate defibrillation is critical.

CPR alone will not restart a heart following SCA but can keep the victim alive until an ambulance crew arrives – which in the UK is usually within eight minutes of a call to 999.

- CPR alone saves 9% of victims
- Immediate CPR and defibrillation with an AED increases chance of survival to 50%

Survival rates drop 7-10% every minute without defibrillation. Quick action can make the difference between life and death.

Debbie has actively thrown herself into fundraising for this AED and has organised a few different events, including a skydive which you can see below.

Support Debbie by following this link:

<https://www.justgiving.com/KensCause>

