

The Wellbeing Corner



ACHUB BYWYD CYMRU
SAVE A LIFE CYMRU

Welcome to a new feature
for the 2026/27 season and
beyond: the Wellbeing Corner.

Sub-Edited each edition by Cardiff City's Medical Director Professor Len Nokes and Club Psychologist Dr. Mikel Mellick – with contributions from Club medical personnel, health partners, researchers and charities – these pages aim to provide you with information around current wellbeing and health-related issues and campaigns.

And crucially, where you can find out more information and get support.

This afternoon, Prof. Len and Glenda Lloyd Davies from Save a Life Cymru encourage Cardiff City supporters to learn CPR with Restart a Heart LIVE. You may just save a life...

RESTART A
HEART •LIVE

Sign up now for 1st October 2026
Let's get everyone CPR ready!



This matchday, supporters are being encouraged to take part in **Restart a Heart Live** on Thursday 1st October. The free online event teaches people **how to perform CPR and use a defibrillator**, helping more people gain the skills and confidence to save a life.

Every year, more than 40,000 people in the UK experience an out-of-hospital cardiac arrest. Sadly, fewer than one in ten survive. Early CPR and defibrillation before emergency services arrive can significantly increase a person's chance of survival.

Restart a Heart Live is open to everyone. Whether you're part of a workplace,

community, supporters' group, school, family, or simply want to learn a new skill, you can take part. Sessions will be streamed online every hour from 9am to 7pm, allowing participants to choose a convenient time. Those unable to attend live can still register and receive a recording afterwards.

We're backing Restart a Heart Live and encouraging supporters to get involved. We're calling on parents and carers to encourage their children's schools to register.

The training sessions are suitable for all ages and experience levels; all you need to do is check the timetable using the QR code below.

One of the biggest advantages of the event is how easy it is to join. No special equipment is needed. In just 20 to 25 minutes, participants will learn how to recognise a cardiac arrest, call 999, perform CPR and understand how a defibrillator can help save a life.

For Cardiff City supporters, this is an opportunity to help make local communities safer. Cardiac arrests can happen anywhere, at any time. Knowing what to do in those crucial first minutes could help save the life of a loved one, friend, colleague or fellow supporter.

How to get involved

- Register at www.restartaheart.live or use the QR code on these pages.
- Join a live online session on Thursday 1st October.
- Practise CPR using a cushion, football, teddy or jacket in a bag.
- Encourage your child's school to register.
- Share the opportunity with friends and family.
- Just 20 minutes of training could give you the confidence to help save a life.

Register today and help create more lifesavers at Cardiff City Football Club.



RESTART A
HEART •LIVE

Sign up now for 1st October 2026
Let's get everyone CPR ready!



Scan
here to
sign up



0808 8021234
BHF Help line (Weekdays 9am - 5pm)
www.resus.org.uk/support-after-ca

ACHUB BYWYD CYMRU
SAVE A LIFE CYMRU

Resuscitation Council UK

Cefnogaeth

i chi

Ydych chi wedi
bod yn dyst neu
wedi perfformio
CPR?

Ydych chi'n roeswr
ataliad y galon neu'n
aelod o'r teulu?

Support for

You

Have you
witnessed
or performed
CPR?

Are you a cardiac
arrest survivor or
family member?



In association with



ACHUB BYWYD CYMRU
SAVE A LIFE CYMRU



Find out more, Get support

cardiffcityfcfoundation.org.uk
& www.restartaheart.live

mikel.mellick@cardiffcityfc.co.uk

Your Wellbeing Editors

