

**2ND PLACE:** Catherine Mckay  
7/8/2010 (Heart)

One Sunday morning on the 28th of March, my husband, Roy, went out for the morning paper. He took quite some time, more than usual, but I thought he had met someone and was having a chat. His last words to me were, "I'll get my breakfast and shower when I get back". Of course, the next thing was a knock on the door and the police were standing in the door and we all know what that represents.

To cut a long story short, Roy had collapsed on the road to the shop and a couple driving past saw him drop to the ground. He never put his hands out to save himself and they knew it looked bad. They put him in the recovery position and called the ambulance. Luckily a police car was in the area, David, the policeman, having just gone to the shop for his coffee, he stopped and started resuscitation. His colleague, Neil, heard the call and drove another colleague, Susan, around to the area where Roy collapsed. Susan directed the traffic, this being near a busy roundabout, while Neil took turns with David to resuscitate Roy. They got him breathing within four minutes and kept him breathing till the ambulance arrived.

The ambulance was returning from a traffic accident at the nearby village and took over. The Paramedics took Roy into the ambulance and kept resuscitation up while Neil drove the ambulance to A & E. Neil had never driven an ambulance before and kept being told to slow down as the wind was catching the side of the ambulance and rocking everyone around, it was a very windy day. They were desperate to get Roy to safety.

Sunday mornings can be very busy with everyone wanting to go to B & Q and the supermarkets in this area and there was a very narrow bridge, which can be very congested, to cross along with a roundabout at the end of the A9, luckily two police on motorbikes were in the vicinity and gave an escort to the ambulance directly to A & E.

Roy made a fantastic recovery, thanks to the police who never gave up and who had never resuscitated anyone before, they were absolutely marvelous and kept in touch regarding his progress throughout and have visited him at home since. Roy would not be here today if they hadn't been so diligent.

Roy has had a defibrillator fitted and now has a bracelet that identifies this, something he feels secure knowing he has and that can be seen should anything happen to him again.

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