



HEART BEAT 45+ GRANTS

INFORMATION & EOI FORM 2024/25

Partner:



Government of **Western Australia**
Department of Health



ROYAL LIFE SAVING
WESTERN AUSTRALIA

**MAKE THE
RIGHT CALL**



The Royal Life Saving Society WA (RLSSWA) believes that everyone should know the lifesaving skills of resuscitation and first aid. Half of all drowning deaths recorded in WA are adults aged 45 years and over. In the event of a drowning, CPR performed at the scene could be the difference between life and death. If this was you could you provide lifesaving assistance until emergency help arrives? Like with any skill, resuscitation skills can be forgotten if not practiced regularly so update your CPR skills by completing a refresher course every 12 months.

RLSSWA's Heart Beat 45+ community education course is specifically designed for adults who would like to learn more about how to respond in an emergency and refresh their resuscitation skills. It is a flexible session that runs for between two and three hours, depending on your needs.

The program is currently available free of charge for eligible groups thanks to the support of the Western Australian Department of Health.

Please note that this session aims to improve your ability to respond in an emergency, however, is not a qualification course and you will not receive a Statement of Attainment on completion.

Royal Life Saving WA has implemented a number of safety and hygiene protocols for training courses to protect those taking part. Please contact us if you require any specific information about how this will be managed.

Eligibility Requirements

Applications for a grant to host a free Heart Beat 45+ session in 2024/25 are invited from Western Australian community groups, organisations or associations. The majority of participants in the program must be over the age of 45 years.

Both metropolitan and regional organisations are invited to apply. Delivery of sessions in regional areas is subject to trainer availability in the region.


If your organisation works with a different target group who you believe would benefit from a free course, please contact RLSSWA to discuss eligibility.

Delivery Requirements

A minimum of 10 participants is required for the Heart Beat 45+ course to run. If you do not have at least 10 participants confirmed prior to your course, it will not be able to go ahead. The maximum number of participants in a course is 20; however please contact RLSSWA to discuss options if you wish to provide the training for a larger group of people.

The course will be delivered at the venue of your choice. The available funding is for the course costs only and additional costs such as venue hire will not be covered by RLSSWA.

Your organisation is responsible for promoting the course to your community and taking registrations. Please ensure that your course is scheduled at a time that will allow as many members of your community as possible to participate.



How to apply

Please complete the application form on the following page and return via email.

Applications are now open for the 2024/25 financial year. Applications can be received at any time during the year, however we advise you to submit an application as soon as possible, even if you do not yet have a date in mind. This will assist with planning and ensure that as many organisations as possible can benefit from a free course.

Once your application has been received and approved, a staff member from RLSSWA will work with you to arrange a convenient date and time for course delivery. Courses must be delivered before 30 June 2025.

Questions and further information

If you have any questions, please contact:

Email: maketherightcall@royallifesavingwa.com.au

Phone: (08) 9383 8200

Postal Address: PO Box 28, Floreat Forum WA 6014



Heart Beat 45+ Grants Application Form

Please download this form and complete the details below to apply for a free Heart Beat 45+ course. Once downloaded, you should be able to type directly into this form and save as a PDF.

Please email completed applications to maketherightcall@royallifesavingwa.com.au

ORGANISATION, CLUB OR ASSOCIATION:	
CONTACT PERSON:	
CONTACT PERSON POSITION:	
CONTACT EMAIL ADDRESS:	
PHONE NUMBER:	
PLANNED VENUE FOR COURSE:	
PREFERRED TIME FOR COURSE:	
PREFERRED DAY/DATE FOR COURSE: (It is most efficient for you to nominate two or three suitable dates which can then be checked with our trainers for availability)	
PLEASE BRIEFLY DESCRIBE THE COMMUNITY GROUP THE COURSE WILL BE DELIVERED TO:	
PLEASE BRIEFLY DESCRIBE THE EXPECTED BENEFITS OF RECEIVING A FREE HEART BEAT 45+ COMMUNITY FIRST AID COURSE FOR YOUR ORGANISATION / CLUB / ASSOCIATION:	
PLEASE LIST ANY SPECIAL REQUIREMENTS YOU HAVE FOR A COURSE: (e.g., female trainer only)	
I ACKNOWLEDGE THAT THERE MUST BE AT LEAST 10 CONFIRMED PARTICIPANTS FOR THE HEART BEAT 45+ COURSE TO GO AHEAD	

*Please note that the Heart Beat 45+ course is a community education initiative only. This is not a qualification course.