

Date: 17th September 2026

New support group launches for cardiac arrest survivors

A new peer support group has been launched by the Critical Care Outreach Team, providing support for people recovering from an Out of Hospital Cardiac Arrest and their loved ones.

Leaving Critical Care and returning home can bring a range of physical and emotional challenges. The new group aims to provide a safe and understanding environment where former patients can meet others who have been through similar experiences, share how they are feeling and support one another through recovery.



The group held its first meeting on 9 September 2026, bringing together male cardiac arrest survivors to talk openly about their experiences and the challenges they have faced since leaving hospital.

For those attending, an important part of the session was hearing from others experiencing similar feelings, challenges and expectations during their recovery.

Knowing that these experiences are shared by others provided reassurance and helped participants recognise that they are not navigating recovery alone.

Following the first meeting, further sessions are being planned to provide support tailored to different experiences.

The next session will be dedicated to women who have survived an Out of Hospital Cardiac Arrest, providing an opportunity to discuss the physical and emotional aspects of their recovery.

A following session will focus specifically on family members and caregivers, recognising that loved ones can also experience their own worries, challenges and adjustments following a cardiac arrest.

Recovery does not end when someone leaves Critical Care. By bringing people together and creating opportunities to share experiences, the group hopes to build a supportive community for survivors and their families as they adjust to life following a cardiac arrest.

For more information about the group or to join one of the upcoming sessions, contact the Critical Care Outreach Team at wuth.oohcapeersupport@nhs.net.



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