

Statement for Lowestoft Council
Annual Assembly of the Town
10 March 2026



MJ Training East Ltd

Community Public Access Automated External Defibrillators (AED's), Cabinets
and Bleed Kit provision in the area.

As a business we are passionate about training people in first aid and safe use of an AED. Giving back to the community when we can, with free training sessions and provision of lifesaving equipment like AED's and Bleed Kits in the community.

We already had 2 Public Access AED units on the Gunton Estate, originally funded by the Lowestoft Hospital Charity Funds and installed at the beginning of COVID.

Plus 6 bleed kits out in the area which were jointly funded by ourselves and the local Princes Trust, who raised funds for bleed kits as part of their youngster's programme.

Councillor Jenny Ceresa kindly funded a third AED unit for the Whitton Estate in 2024 and has since given a large portion of nearly £11,000.00 of funding, we received last year, along with another 4 other local Councillors. From these funds we were able to provide 4 more AED's, cabinets, 1 bleed cabinet, 4 first aid training courses for local businesses and another 35 bleed kits for Lowestoft and surrounding areas. All funded from the East Suffolk Enabling Communities Locality Budget and supported by Lowestoft Vision.

We also have our own AED available to the public at our training centre on Commercial Road, the AED kindly donated by Seatrium's, Lowestoft. The cabinet donated by Heart 2 Heart Norfolk.

We generally gain funding for the original equipment from Councillors and businesses, the replacement pads, batteries and bleed kits items we fund the replacement of these from donations, usually donated after demonstrations we give to groups and at events. (Or our own funds if need be.) We do not expect the hosting businesses to pay for replacement kit, unless the units have been used by their own staff / business.

We are currently looking to secure funding to replace the older AED Cabinets on the Gunton Estate, as these have no permanent lighting and the areas are very dark with the limited public lighting these days. However, these cabinets will be moved to two other locations that are nearer a road to house new AED units in the future.

If anyone is interested in a demonstration, talk on CPR, AED's and Catastrophic Bleeds –
or contact us on –

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