

Community Connections

Building a Safer Tomorrow: Windsor RSL Leads with Heart and Knowledge

Windsor RSL proudly brought home a win for the Hawkesbury at the 2025 ClubsNSW Community Awards, receiving the prestigious accolade for Empowering Young Lives Through First Aid. Among a field of incredible community-focused initiatives, this award is a testament to Windsor RSL's ongoing commitment to the Hawkesbury community and the powerful outcomes that happen when clubs, schools, and community leaders unite.

The ClubsNSW Community Awards honour outstanding contributions made by registered clubs across New South Wales. From health and education to sport and inclusion, these awards shine a spotlight on the unsung efforts that uplift local communities. For Windsor RSL, winning in the Education category highlights a deep commitment to ensuring young people in the Hawkesbury are equipped with life-saving knowledge.

At the heart of this achievement is Windsor RSL's partnership with *First Aid For You*, an engaging and practical education program founded by the passionate Mary Dawes. Together, we brought vital first aid training into the classroom, delivering hands-on sessions to over 90 students in Years 3 to 6 at Windsor Park Public School.

Students learned CPR, wound care, how to respond in an emergency.

These sessions went beyond just practical skills—they empowered young people with confidence, responsibility, and the ability to make a difference. Windsor RSL is proud to support this initiative and encourages other local schools and educators to get involved. We're eager to expand the reach of this life-saving program across the Hawkesbury.

Adding to this theme of community safety, Windsor RSL also welcomed a special visit from Greg Page, original Yellow Wiggle and founder of *Heart of the Nation*. Greg joined us in raising awareness about AED access and the importance of fast action during cardiac emergencies. Through our involvement with the *Heart of the Nation AED Network*, we helped place AEDs in key local locations: McQuade Park, Richmond Oval, Peel Park, and Turnbull Oval.

Heart of the Nation was founded by Greg Page, after he suffered a sudden cardiac arrest on stage in 2020 during a charity concert. His life was saved thanks to the quick action of bystanders and the use of a nearby defibrillator.

That moment changed everything for Greg - and inspired him to take action. Determined to improve survival rates from



Chris Whiteley Windsor RSL CEO, **David Ingram** Windsor RSL Club President, **Greg Page** Heart of the Nation Founder, **Valma Matthews** Board Member, and **Yasmine Chalmers** Community Engagement Manager.

cardiac arrest across Australia, Greg launched Heart of the Nation, a movement to raise awareness about the importance of CPR and defibrillators, and to ensure more communities had access to life-saving equipment and training.

In a powerful step forward, Heart of the Nation recently merged with the Heart Foundation, bringing together two passionate voices for heart health. This partnership strengthens the mission to build heart-safe communities and empowers more Australians to become everyday life-savers.

Together, these two programs—first aid education for students and

public AED access through Heart of a Nation—form a vital safety net across our region. They remind us that anyone, regardless of age, can help save a life.

While receiving the ClubsNSW Community Award for Education is an honour, the true reward lies in building a more prepared, connected, and resilient Hawkesbury.

At Windsor RSL, we'll continue to champion programs that build knowledge, bring people together, and make a lasting difference - because strong communities don't just happen. They're built, one life-saving lesson at a time.



The Home of the Hawkesbury