

Earlier in the year, Milestones Trust employee Richard Gaman saved a young man's life after finding his lifeless body on a beach, whilst on an early morning walk.

Richard gave the gentleman CPR, despite reservations that the man was even alive. After 20 minutes of CPR, the ambulance crew arrived at the scene. Although having severe hypothermia, the gentleman made a full recovery and is thankful that his life was saved.

The crews who attended the scene have thanked Richard for his kind act and bravery as it no doubt saved the man's life.

An inspirational story that is a true credit to the caring nature of a fantastic employee.

To read the article in full, click [here](#)!