



Heathfield and Waldron First Responders (H&W FR) Newsletter

Autumn 2014 - Our Newsletters are published twice a year

Welcome to our second Newsletter!

We hope you enjoy reading about the Heathfield and Waldron
First Responders and their valuable work.



First Responders Andy Bodkin and Andy McGarvey

Trained and operational are Theo Parfitt (Team Leader), Andy Bodkin (Deputy Team Leader), Andy McGarvey, Alex Aldstat, and Melanie Compton

Read the profiles of two First Responders overleaf.....



Heathfield and Waldron First Responders Registered Charity Number 1155472
Registered address:



First Responders interviewed

Name – Theo Parfitt (Local Team leader) **Age** – 28

How long have you been a Community First Responder? A year.

Tell us a bit about yourself? I have lived in Heathfield for just over 10 years now and recently got married. I live just off the High Street in Heathfield and have no pets. In my spare time I am an FA referee and currently officiate on the Sussex County Football League and the Ryman Football League. I am also a licensed referee tutor with the FA.

What's your normal day to day job? I am a Hydrometry and Telemetry Officer for the Environment Agency which sees me install and maintain equipment for monitoring rainfall, river levels and flow.

Most rewarding aspect of being a CFR? Being able to make a difference to someone at their most needed time.

What made you join? I was looking for something productive to do with my spare time, and helping people in the local area seemed like a good solution to me.

Interesting fact about yourself? When I was younger I was part of the National Children's Wind Orchestra of Great Britain.

Name – Andy Bodkin (Deputy Team leader) **Age** – 48

How long have you been a Community First Responder? More than a year.

Tell us a bit about yourself? I've been married for 25 years and have 3 children - The eldest has just finished University obtaining a 2:1 in Geography, the middle one is just off to University taking a 3yr Paramedic Practice course following a year out working and the youngest is in Year 10 at Heathfield College and loves dance. We live in Punnetts Town along with our chickens, tropical fish, pet rats, a rabbit, a snake and a Scottish Deerhound! In my spare time I also enjoy clay shooting, country walks (and a pub lunch) and being involved with Kings Church in Heathfield.

What's your normal day to day job? I'm the Vice President of Operations for an international copyright licensing company.

Most rewarding aspect of being a CFR? I think being able to help someone at their immediate point of need by bringing a reassuring and calming influence to the situation. **What made you join?** I was looking for a way to help support the local community **Interesting fact about yourself?** I'm dyslexic and failed all my exams at school with my highest grade being a "D" in pottery!

Profiles of other First Responders will be published in our next newsletter.





The state of play, by Tim Williams, FRCS, Chairman

The Heathfield and Waldron First Responders are delighted to be Heathfield Chamber of Commerce's Charity of the Year 2014/5 and to be present at its Expo 2014 in October in State Hall and the Christmas Fun Day on 22 November 2014. A number of formal fund-raising events have also raised money for the H&W FR scheme, including Quiz nights and similar. Please keep your eyes open for details in the Press, as such events are fun, inexpensive and help to support our Responders in their work. You will also find us at various community events, including Fairs, Fetes and Festivals where the colourful red First Responder banner can be seen across the front of the Responder stall. Here there are demonstrations of cardio-pulmonary resuscitation (CPR) and the use of the portable defibrillator. Such defibrillators are now located at many sites, and are simple to use - they offer spoken instructions when opened. **Please remember what to do** at a cardiac arrest (when someone appears to be dead): (1) Lie him or her flat and shout for help (2) get someone else to ring 999 or 112 with your location (postcode if possible) to summon an ambulance, and to get a defibrillator (3) start CPR – 100 compressions a minute (4) open the defibrillator, apply the two pads to the chest as instructed and (5) if necessary continue CPR until a pulse is restored or help arrives.

Public Access Defibrillators (PADs) are the flavour of the month, but the greater vision will (a) embrace demonstrations of First Aid and cardio-pulmonary resuscitation (CPR), ensuring that people know what to do in medical emergencies (b) recruit and equip more volunteer First Responders in the hope that the SECamb target of 80% of incidents being reached by competent individuals within eight minutes are well exceeded and (c) identifying the location of all existing PADs on maps or even apps, so that any member of the public can know the location of the nearest PAD within moments, by using a mobile phone or the internet. These are pioneering objectives which could have a real impact on the health and confidence of the community at a time when NHS funding is tight and the pressure on A&E Departments and national ambulance services is enormous.

Responders do not merely have the opportunity to save lives – they also support and reassure in those situations (breathing difficulties, choking, fits, falls, allergic reactions, strokes and similar incidents) where expertise can help ensure that everything possible is being done quickly and professionally to relieve the situation. Many testimonials attest to this. How can you help? If you don't wish to be a volunteer (for which no prior medical knowledge is needed) you can help with fund raising and publicity, and by increasing general awareness of what Responders do. Please be in touch if you have something to offer.

Tim Williams is Chairman of the Heathfield and Waldron First Responder Scheme and can be contacted on twill30999@aol.com or 01435 812273 (+ answerphone).





Treasurer's Report

Grants and Donations

Since the formation of the charity in January 2013, a total of £18666 has been received, from grants totalling £13875 and from donations (eligible for Gift Aid) and collections totalling £4791. The trustees are grateful to the Big Lottery Awards-for-All (£9970), Sussex Community Foundation (£3000), Heathfield and Waldron Parish Council (£500) and Cllr Ann Newton's share of the Community Dividend Fund (£405). We have spent £6602 on equipment and uniforms for our Responders and £2545 on their training equipment. £533 was spent on Public Liability Insurance and £259 on promotion and collection boxes. We require the balance of £8727 to equip our present volunteers as and when they complete their training. We shall set out to raise £10,000 before the end of 2015. This sum will cover the equipment of a further six recruits on completion of their training during the year. We aim to raise at least 50% of this sum by way of collections and donations, the balance by grants. To make any donations please contact our Treasurer Bobby Hamilton on 01435 813965 or by email (arelaitch@btinternet.com).

Recruitment

We are confident that we shall continue to attract volunteers of the high calibre we have met so far, and are pleased to have four volunteers awaiting training. There can be few activities so rewarding, so valued by the community. Volunteers cannot act as Responders until they have completed their training to the satisfaction of the Ambulance Service. The Ambulance Service recognises that we cover an unusually large area of operation. They also recognise that there are periods within each day when their target of response is not being met and we shall endeavour to recruit volunteers prepared to commit themselves to availability within these periods. As noted above, we hope to recruit a further six volunteers for training and equipping during 2015. Volunteers who cannot be offered training in the near future after recruitment will be encouraged to participate in the launch within Heathfield of a branch of the British Heart Foundation. Once qualified in Heartstart, volunteers will participate in public demonstrations of resuscitation techniques and the use of defibrillators.

<https://www.facebook.com/HeathfieldandWaldronResponders>

http://www.secamb.nhs.uk/our_services/community_first_responders.aspx

