



Ambulance
Community
Responder

BRANGORE COMMUNITY FIRST RESPONDERS

“Supporting the Brangore Community”

To join us or to get more information please call
our group co-ordinator via

our voicemail system on

0844 500 9699

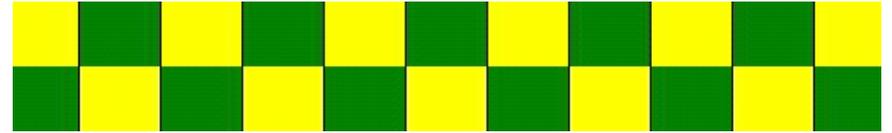
and leave your name and number and we will call
you back

Email:

enquiries@brangorecommunityresponders.org.uk

Web:

www.brangorecommunityresponders.org.uk



BRANGORE COMMUNITY FIRST RESPONDERS

Reg. Charity No. 1049778

YOU COULD HELP SAVE A LIFE!

**NOW HOW GOOD WOULD THAT MAKE
YOU FEEL?**

**JOIN US AS A
BRANGORE COMMUNITY FIRST
RESPONDER**



**ALL YOU NEED IS SOME COMMITMENT
A LITTLE COMMON SENSE AND
THE TRAINING WE
PROVIDE.**



BRANSGORE COMMUNITY FIRST RESPONDERS
Registered Charity No. 1049778

Bransgore, in the New Forest, Hampshire
England

Thank you for expressing an interest in joining our group as a local Ambulance Community First Responder.

We hope that you will find the enclosed information interesting and that it answers your questions. Please do not hesitate to contact us on any of the numbers that appear on our literature if there is additional information you would like. We understand that you may still have some questions or doubts and we are here to answer them. You will find we are a small but very supportive group who are all focussed on supporting the community at times when they are facing a medical emergency.

May we stress again that you need no previous medical experience and are not expected to be a "paramedic". Some simple training and common sense, together with a caring attitude, and use of a car is all that is required, along with being of good character. You can offer as many or as few hours over and above the minimum hours we ask of you, once trained.

You will be taught:-

- Basic Life support
- Oxygen therapy
- Use of a defibrillator
- Care of the unconscious patient
- Medical emergencies
- Trauma
- Health & Safety
- Paediatric CPR

If you have decided that you would like to help us "*Make a Difference in Bransgore*" please contact us for an application form and send it to the address we will give you. Please let our Group Co-ordinator know when you do this so we can monitor the progress of the application.

Many Thanks - Bransgore Community First Responder Team.

General Information

Being the community first responder on call does not stop you doing what you would normally, as long as it is in your home or around the village so that you are available. You don't have to sit somewhere just in case of a call like an ambulance crew would.

You only offer to be available when you can; no fixed rotas, no problem with holidays, no fixed expectations other than our group expectation that you will offer at least 20 hours per month "on-call" and hopefully much more. You will have to requalify (3 hours) once every 6 months locally in Bransgore with the rest of the team.

You give your own time and use your own car but we supply you with uniform items and all equipment.

What do you do? You get a pager alert or call from ambulance control to attend an incident. You drop everything and jump in the car and head to the address promptly. Your training will teach you what to do when you get there and you care for the patient until the ambulance arrives, which may be a few minutes after you arrive or occasionally longer. (If at first you don't want to be on call on your own, we can ensure you are supported by an experienced team member initially.) You have access to immediate medical advice if needed, via the mobile phone provided. You are not expected to attend anything you have not been trained for and you will not be sent to any call where you may be at risk. Once you hand over to the ambulance staff and are released from the call, you return home, replenish the equipment bag and get back to whatever you were doing. You're often home within 30 minutes.

There are a very defined set of calls that we go to. They are:-

Cardiac arrest- Heart attack -Strokes- Choking- Diabetic emergencies- Traumatic emergencies (not road traffic collisions)- Breathing difficulties- Patients suffering from seizures- Chest Pains- Unconscious patients

Paediatric and children aged one year and over.

For much of your on-call time you may not get a call. Many of us double up on our time whilst we work, DIY, garden, relax in the evening, do housework, sleep - practically anything except have a shower as the phone will then invariably ring!

If you think you have common sense and an ability to recall your training in a crisis, you will make a good community first responder.

Questions

What if I get squeamish at the sight of blood?

The fact is you may see blood or vomit and you need to be able to deal with it. Ask yourself if you get squeamish, but can deal with it, or whether it incapacitates you. If you really can't deal with it, this isn't for you.

How long is the training? Once necessary character checks are completed you will be offered training dates. The ambulance service train new community responder volunteers over one weekend which will teach you all you need to know.

What if I think I might panic? We probably all experienced a small degree of panic initially but by applying the training you will be surprised at how calm you will be. Consider what emergencies you've been faced with, perhaps injuries within the family, and how you coped at the time. Our training will help you improve on that.

Do I have to stay at home whilst on call?

No, you can pop out to the newsagent, go round to a friend for coffee or post that letter but you do need to remain within our call area, and take the mobile phone and pager and equipment with you.

What if I can only give an hour or two a week?

In reality you are unlikely to get many calls in that limited time and you will need to gain experience and knowledge. Though attending patients it is also costly to train volunteers and for that reason we ask for a minimum of 20 hours per month. Although that can be done in a number of small blocks we really do need the commitment of at least 20 hours per month.

What area do you cover? About an 8 minute drive from the Crown crossroads and within an area encompassed by Burley, Avon, Sopley, Holmsley, Neacroft, Bisterne and Beckley.

Do I have to learn new driving skills? No. We drive our own cars, as normal, but you will need to inform your insurers. As they all support the scheme, you should not be charged any extra. If you wish to use the group response car you will need to do a short driving session to become familiar with it which will include a quick assessment of your driving ability. Responders have no

exemption from traffic law and do not use blue lights or sirens.

What about my safety? The ambulance service will never knowingly send you to anything where you may be at risk, for example, road traffic collisions or assaults. You will be trained to avoid risks such as infection, lifting hazards, family dogs etc. You will be offered appropriate vaccinations.

Lifting hazards? I'm not very strong! We are not trained or expected to lift patients and we are discouraged from lifting anything such as furniture. The heaviest thing is our equipment bag which is a ruc-sac and can be carried safely on the back. You do need to be fit enough to walk quickly with this, maybe upstairs or across a field, and of course to get up and down off the floor with ease.

This sounds quite solitary. Is it? No. On every call you meet and help fabulous people around our area and the ambulance staff. At the start and end of each shift, we often meet each other as we hand over the equipment. We have an active, supportive group and there's always someone to lend an ear if you want to talk about anything. We meet once a month, for a voluntary training session and every two months for a group meeting where we have a catch up session over a coffee. We also have access to ambulance service liaison and training staff. If there's anything solitary, it's the need to maintain confidentiality and disclose personal data about patients.

I think I could do it, but I'm still not sure?

Of course. None of us had done this before and nobody was quite sure how they would respond. The induction session after initial training is there to assist you, so you have time to get used to everything, and you can start by shadowing the on-call responder for a couple of calls. Please do give it careful consideration. Some people have found that it's not for them and that's fine, but most people have continued into responding. None of us are super-heroes or especially clever, we're just ordinary people who've been willing to learn so come and talk to us.

How the scheme works

A life threatening medical emergency occurs. A 999 call is made for the ambulance



Ambulance control assess the call and despatch an emergency ambulance.

At the same time the on-call Community First Responder is alerted by mobile phone and makes their way to the scene.



The Community First Responder arrives within minutes equipped and able to assist until the arrival of the ambulance.



Interested ?

We need volunteers to join us as local Community First Responders.

You do **not** need to be an expert. Or have previous medical knowledge

You are **not** expected to act as a paramedic or doctor.

You will be trained by the ambulance service in just one weekend and you will be supported by colleagues on your first couple of calls if you wish.

You can give as much or as little time as you wish but we ask you for a minimum on-call commitment of :-

at least 20 hours per month.

You can fit it in around your home or work commitments.

You are not sent to road traffic collisions, assaults or calls where you may be placed at personal risk.

What do I need ?

To become a Community First Responder you need:-

- Common sense and commitment
- To be of good character– A DBS check will be carried out
- To be over 18 with a Full UK driving licence and use of a car. There is no upper age limit but.....
- You must be fit and healthy and able to carry the equipment bag and defibrillator a reasonable distance, climb a set of stairs and conduct CPR if necessary.
- To have a caring attitude and a willingness to help others plus you must be able to work as part of a team or alone

What we ask of our members

- We ask for a **minimum of 20 hours** on-call a month-ideally more. These hours are done at home while you are doing your ordinary household tasks. Our role is to provide a responder on-call whenever possible. The initial training and uniform cost money and we need to ensure the community who fund us see us delivering a service.
- It is often difficult to get everyone together so we communicate mainly by E Mail. An E Mail address and basic internet skills are needed We ask you to reply promptly when necessary.
- We are a team and expect you to be an active part of that team.
- In addition to an optional training opportunity every month and a group meeting every two months, we may ask our team to help raise funds and attend publicity events occasionally to support the group and the ambulance service.
- We provide a high visibility jacket which must be worn on calls and a polo shirt and outer jacket which are optional but do present a professional image when worn. Responders are expected to be neat, clean and tidy when attending calls. Additional unauthorised items of uniform and equipment may not be carried or used.
- We provide an equipment kit, defibrillator, maps and Satnav together with a torch/lighting for use when on-call..
- We expect our team to respect the equipment, reporting any shortages or faults, and to help keep the equipment clean.
- You may wish to be authorised to use one of our response vehicles and after your first few calls, and subject to a driving assessment this may be arranged. We expect the team to play their part in keeping the vehicles clean and tidy, and when necessary holding onto them if not immediately needed by anyone else. You will need to undergo online training in the use of Entonox analgesic gas before using the vehicles as this is carried on both.

What you can expect of us

- South Central Ambulance Service (SCAS) will provide your training over one weekend when you must be able to attend both days. On successful completion we will provide you the required uniform.
- We will provide you with a local induction session so that you know how we work as a group, how the alerting and communications systems works and how to use our mapping and Satnav systems
- We will provide you links to our Group online calendar for showing your on-call availability and to the Group Intranet pages where there is reference materials and guides for your use.
- We will offer online access to our Local Procedures Document and the CFR Handbook provided by SCAS.
- We will introduce you to the Team at our monthly optional training meetings and/or our two monthly team meeting.
- We will offer to support you on your first couple of calls or to allow you to shadow an experienced responders initially. Remember you will have been assessed as “competent” by SCAS at this stage.
- We will be open and honest with you and ask you to be the same with us.
- If you are not managing the hours you committed to, or are not attending meetings or training very often we will approach you and ask if there is anything we can do to assist you.
- We will ask you to recognise that the Group has a very good reputation in the Community and with SCAS. We rely on our team providing the necessary time on-call to provide the best possible service we can.
- We ask that if you realise you have made a mistake and that being a CFR is not for you, that you please tell us immediately. If your circumstances have changed and you cannot devote the minimum hours we also ask that you notify us immediately.

Mike's Story

“I was in the emergency services for over 30 years so shifts and call-outs at all hours have never been a problem. Although now retired I still tend to do my on-call time during the night hours, bank holidays but also some day shifts. When I am called out during the night and early hours it is often to persons with severe chest pain, but at other times it can be to stroke victims, persons in cardiac arrest, or suffering serious trauma following an accident. It is always good to be able to hand over the patient to the ambulance crew and know that you have done your best for them from the time you arrived.”

Jackie's Story.

“I moved to the village nearly 8 years ago, after working in London for 30 years, and very quickly realised what a lovely place Bransgore is. I wanted to do something to make a difference within the community, but I was at a loss until a leaflet landed on my doormat asking for volunteers. I thought about it for a while, I wasn't sure it was for me as I had no medical training apart from basic first aid, but I needn't have worried! The training given by the Ambulance Service was excellent, and the ongoing training within the group really helps to keep me up to date. It's good to be able to make a difference in our lovely village, and the 'job satisfaction' is incredible! “

Denis' Story

“Having been in the Military on active duty I now run my own local business. I think it's time to put something back into the community. It is so rewarding being a team member. Every call is unique. I tend to do night shifts and the odd weekends I also now run a Responder group IN Ringwood during the working day. When I hand over the patient to the ambulance crew that's when I feel I am helping the community. Our team is from all walks of life? Come on join us ? We need you.”

Why not visit our website at

www.bransgorecommunityresponders.org.uk