

1	Website launched	PADCFR.com, also known as PenkCFR.com is launched! Whilst still in development, the first version has been uploaded and is being built. Most of the pages have some degree of functionality, so please feel free to browse :)	1	2009-06-01
2	Forums installed!	The forums have been sucessfully installed and should work. Please have a look!	1	2009-06-10
3	We need your help!	There is much to do before a group can begin serving its community. Our group have been working hard over the past weeks, doing as much as we can to begin saving lives in our area. Now we need your help! - if you have a few hours a month spare and would like to make a difference in your community, please <a href="pContent.php?C=Contact"> Contact us <a/>	1	2009-06-20
4	Responding in your area	Our team are now responding to emergency calls within your area!	1	2009-09-09
5	2 Forums installed! The forums have been sucessfully installed and should work. Please have a look! 1 06/10/2009	The for their donation of £460 towards medical equipment and items desperately needed by the group. The generous donation will be used to purchase the following equipment: A Sphygometer, used to manually measure blood pressure An additional stethoscope An Oximeter used to detect oxygen levels within the blood An entonox kit used to provide pain relief Protective clothing for our volunteers A BM kit used for detecting the blood sugar levels of our patitnes We are very fortunate in that the Round Table are also looking at ways in which they can help us in the future. Thank you !	1	2009-09-11
6	PAD CFR's gains new responders	Dee Rogers and Joanne Mansfield recently passed their final exams and passed the IHCD First Person on Scene Intermediate award. They are therefore, fully qualified Community First Responders! We are very proud indeed of our troops, who have spent a great deal of time and effort training voluntarily for this role. Without dedicated volunteers we simply could not exist.</b> Dee and Jo will be responding in the Penkrige and District area over the coming days and weeks.	1	2009-11-10
7	Thank you to Penkrige Round Table	for their most recent donation of £5000. This means that Penkrige & District Community First Responder group now fulfils the Charities Commision requirements for a charity and we are now eligible for charitable status.	0	2009-10-01
8	PAD CFR's are now mobile!	Thanks primarily to the support of Penkrige Round Table and Cannock Motor Contracts, we have acquired a dedicated response vehicle.	0	2009-11-15
9	PAD CFR's busy over xmas	Thanks to the commitment and dedication of our team, we were able to provide cover for much of the christmas period - including 12hours during christmas day. We hope to deliver the same service during the new year period.	1	2009-12-28

- |    |                                     |   |   |            |
|----|-------------------------------------|---|---|------------|
| 10 | New Year proves to be busy period   | Penkridge & District Community First Responders were kept very busy over the new year period. Our Co-ordinator and Advanced Responder Leigh Rogers started cover on 2200 new years eve and received the first 999 call at approximately 2230. Leigh was home by midnight and was able to see in the new year with his family. The quiet didn't last for long - at 0010 Leigh received a second 999 call and responded to the Chadsmoor area. From this point onwards, Leigh was responding from one call to another until his last call to a farm in Penkridge at approximately 0530. During this shift Leigh treated patients suffering from serious trauma and significant blood loss, abdominal pain, a fractured pelvis, serious falls and hypothermia. | 1 | 2010-01-02 |
| 11 | PAD CFR is a registered charity     | Penkridge & District Community First Responders would like to thank Penkridge Round Table who have enabled us to achieve charitable organisation status. The status means that the group are now eligible to fundraise from a wider range of sources.   | 1 | 2010-03-25 |
| 12 | Fun Run a Great Success!            | On 22nd June 2010, three of our responders, Damon Galliers, Rebecca Drury and David Wiles ran the Penkridge Fun Run on our behalf. We would like to thank all those that sponsored one of runners. Money raised will be put towards keeping us on the road and regularly responding. Thank you very much indeed particularly to the Priors Dental Practice for running on our behalf.   | 0 | 2010-06-22 |
| 13 | Thank you to the Penkridge Goodies! | We would like to thank the Penkridge Goodies for their generous donation, which is a tremendous contribution towards our running costs. This donation will ensure we can keep our team mobile in our own responder car for several months. Our increasing availability to respond to local emergencies means we need more help to meet the also increasing running costs of our responder vehicle - Can you also help us?   | 1 | 2010-07-24 |
| 14 | Shop online & raise money for CFR's | PAD CFR is asking its supporters to shop online at <a href="http://www.buy.at/cfr">www.buy.at/cfr</a> and raise money at no extra cost for Penkridge & District CFR. When you buy via the store, retailers donate to us. Over 100 retailers are accessible through the webshop, including BT, Marks & Spencer, Waterstones and Next. Many retailers provide exclusive offers to the webshop, such as discounts or offering free delivery to the customer, providing more reasons for supporters to buy products through the webshop. The webshop is straightforward to use and no technical knowledge is required. We receive a commission on each purchase you make. Donating to our organisation couldn't be easier!                                      | 1 | 2010-07-30 |
| 15 | Response area increased             | As our team has expanded with some of our volunteers living in other parishes surrounding Penkridge itself, the area we cover has also grown. Despite the current pressures on reducing council spending, we are very pleased and appreciate that local councillors have recognised the importance of the service we provide to their local area. Thank you to both Hatherton Parish Council and to South Staffordshire Councillor Veronica Downes for their financial support and encouragement.   | 1 | 2010-09-01 |

16	New Website Launched	Thank you for visiting our new website, which although 'live' will still be under development well into the new year. The new site will facilitate much more content including detailing our <a href="Training.php">New Training Courses</a> and shortly, a callout log. Please submit any feedback to Leigh.Rogers@padcfr.com. Thank you for your patience!	1	2010-12-13
17	Responders urgently need your help	NULL	0	2011-02-03
18	Staffordshire MP's discover First Responders	Two Staffordshire MPs from our response area have recently been discovering what the work of volunteer Community First responders involves. Gavin Williamson, MP for South Staffordshire (which includes the Huntington part of our District) joined our neighbouring Brewood CFRs for a shift. "Before becoming a Parliamentary candidate, I knew nothing of the work of Community First Responders. During the general election campaign, an elderly lady fell down in front of me and it was CFRs who arrived first to help her. It is breathtaking to know so many people give up so much of their time to respond to emergencies and raise money for their community. People are not doing it for money; they are doing it out of a passion for helping others." Jeremy Lefroy, MP for Stafford (which includes Penkridge) came along to one of our own training sessions to renew his own cpr skills and to find out how to use an automated defibrillator. "I greatly enjoyed my time with the Penkridge Community First Responders. It was a good opportunity to hear of the important work which they do in Penkridge and the surrounding villages as well as to have some basic first aid training. I would like to thank all who work as CFRs and support them. They are volunteers who go about their work efficiently and without fuss but we would soon notice if they were not around."	1	2011-02-10
19	Penkridge Rotary Club show support	We would like to extend our deepest thanks to Penkridge Rotary Club who recently made a donation of £500. With limited funds remaining, Penkridge First Responders couldn't guarantee their availability over the coming months. This donation means the team have enough funds available to keep the response car on the road for another few months.	1	2011-08-05
20	CFR Coordinator completes charity skydive	The Penkridge & District Community First Responder Team Coordinator, Leigh Rogers has recently completed a tandem skydive to raise money for the team. Jumping from 125000 feet, Leigh freefell for nearly a minute before the parachute was deployed. Donations are very welcome at <a href="http://www.donate.padcfr.com">http://www.donate.padcfr.com</a>	1	2011-11-05
21	Lifesavers receive unexpected boost	The volunteers of the Community First Response team that covers the villages around Penkridge and parts of Cannock have in the last few weeks received several completely unexpected donations. The funds that keep their emergency response vehicle equipped and on the road have been helped by both the Levedale	1	2012-01-15

Ladies Circle and the Foresters Friendly Society in Cannock. Mike Tym, one of responder team, explained “Fund raising is always difficult because confidentiality means we can’tt boast of successes and in the worry of an accident or life threatening situation patients and relatives do not actually realise that the first people arriving to help may actually be trained local volunteers. When we receive generous unexpected donations from organizations in our own area we are especially pleased because not only does it help us financially but it gives us a special boost in that what we are doing is recognised and appreciated in the communities we serve.” Community First Responders are trained by the Ambulance service to help in their own locality during the vital first few minutes after heart attacks or other serious medical situations until the ‘999’ ambulance arrives. However, they have to provide all their own equipment such as defibulators as well as buying and running a dedicated response car. The Penkrige District CFR team can be contacted at friends@padcfr.com or on 07889922046

A dressage competition at the Rodbaston campus of South Staffordshire College on Saturday attracted over 50 entries much to the delight of the organisers who raised over £600 for the local Penkrige & District Community First Responders. Riders included both those new to the event plus those with more experience bringing young horses for valuable competition practice. Event planner, Dee Rogers said “First Responders are volunteers in our local communities trained to deal with life threatening situations in the vital first few minutes after heart attacks or other serious trauma until the arrival of an emergency ambulance. Although trained by West Midlands Ambulance service, cfr teams are charities that have to raise funds for all their equipment and running costs”. Leigh Rogers, responder co-ordinator said “A great deal of time and effort was put into organising this event and I would like to thank the college who kindly allowed us free use of the arena and everyone who helped or took part, as well as local businesses who donated prizes. Although our team has most of the vital medical equipment we need, we are very desperate to find money for essential basics like insurance and petrol. In fact Saturday’s event is literary a life saver for our team and the people we respond to in the Penkrige area!”

22 Horse Show rescues our  
Emergency Community  
Responders!

1 2011-  
05-23

We are very grateful for the financial help from Linde Creighton Ltd of West Bromwich, one of the UKs leading distributors of fork lift trucks. Rex Hinton, managing director of the company is supporting one of his employees who regularly volunteers with our Community First Responder team. Steve, one of Linde’s field engineers, not only uses his mechanical and engineering skills to help keep the charity’s ambulance car safely on the road but has also been trained by West Midlands Ambulance Service as an intermediate level first responder to help save lives. CFRs are trained to a national standard to use defibrillators and provide emergency care and help in life threatening situations in the vital first few minutes until ambulance crews or paramedics are able to take over. The volunteers are on call within their own villages

23 Fork Lift Trucks Raise  
Our Funds

1 2011-  
12-01

and are dispatched by ambulance control at the same time as the emergency ambulance to serious incidents but may arrive first simply because they are local. Leigh Rogers, chairman of the Penkridge Team said “Although a company also benefits from having someone with additional life savings skills on site, it is fantastic when they are willing to support an employee who gives so much of his spare time to be trained and in helping the community where he lives. Small charities - in particular those who can’t always boast of their achievements because of confidentiality- often find it difficult to raise vital funding to keep going. This most welcome donation from Linde Creighton will provide advanced driving training to improve emergency response times and help ensure that we can meet essential running costs”

24 Huntington Parish Website

Following a request from Huntington Parish Council, team Chairman Leigh Rogers has created a website dedicated to the community of Huntingtin in Staffordshire. Why not have a look at [the Huntington, Staffordshire](http://Huntington-Staffordshire.info) website. The new website provides information about local facilities, events, history, the Parish Council, community groups, local policing and residents concerns.

1 2012-02-01

26 Founder of Penkridge & District Community First Responders Chosen To Carry Olympic Torch

The chairman of our charity has been rewarded for his tireless charity work by being chosen to carry the London 2012 Olympic Torch as it makes its way through Stafford on May 30. Leigh was nominated after setting up the Penkridge and District Community First Responders charity while also working part-time for West Midlands Ambulance Service – all while holding down his full-time job as the training manager with The Complete Group, which provides specialist care for children and adults with disabilities. Leigh said he can’t wait to take his place in the spotlight as the Torch is relayed around the country before arriving at the Olympic Stadium for the opening ceremony on 27 July. He said: “I was just completely lost for words when I found out that I had been chosen to carry the torch this summer. Just to be nominated was a very humbling moment for me. “The Community First Responders have made a real difference in saving people’s lives on a number of occasions, it’s a lot of work for me with a full-time job as well but it’s worth the effort. “It’s an incredible opportunity that very few people get to do, a real once in a lifetime opportunity that I’m really looking forward to. “It will be an amazing feeling to be personally involved in a home Olympics. “My friends and family are all going to be there and a few of my work colleagues from The Complete Group have said they will try and take the time off as well.” As well as running the charity, Leigh also spends time fundraising, recently completing a skydive which helped raise funds to purchase new and improved defibrillators. “This day will be a great outing for me but first and foremost it will be great publicity for the charity and the work that we do,” he added. “The most important thing is to make sure that I don’t look out of breath so I will probably try and sneak in a little bit of training when I can.” Sally Yandle, Managing Director of The Complete Group, said: “We’re all

1 2012-03-14

extremely proud of Leigh, particularly how he combines his day job with The Complete Group with managing and fundraising for Penkrige Community First Responders – being chosen to carry the Olympic Torch is a fitting reward for his tireless work. “Leigh really is an inspiration to everyone, proving that with a bit of hard work anyone can make a difference to the lives of others in their communities.

Members of the P&DCFR were recently invited to tell two groups about our work and how we operate. The first was the Chase Ramblers who arrange regular walks in the area and unfortunately had the experience of one of their members collapsing during an outing. Our second was to the Penkrige Methodist Guild who also made us extremely welcome. We enjoy invitations to talk to local groups about our work as it is also an excellent opportunity to encourage people to have a go at trying to help in an emergency. We also demonstrate how easy it is to use the life saving defibrillators that are increasingly being placed in public buildings and also in several places in our own village of Penkrige. Thank you to both groups for their warm welcome, encouragement and support.

27 Walking & Talking

1 2012-04-01

We recently received a very welcome and unexpected present from Father Christmas who as you know is helped by all the elves from the Penkrige Round Table to visit our villages during December. After recuperating from his exhausting winter schedule, he discovered that the generosity of our local people meant he was able to provide us with a donation to help us with our life saving work. Thank you Father Christmas - we look forward to your next visit to Penkrige!

28 Unexpected Present From Father Christmas

1 2012-04-01

MAN

29 RESUSCITATED IN PENKRIDGE



1 2012-06-18

For a second year, a life saving charity that provides emergency assistance in the case of cardiac arrests has received support from the Coalfields Trust. If you call 999 for an ambulance in Staffordshire the first people on the scene may be volunteers from the local Community First Responders, bridging the gap until an ambulance arrives. CFRs are volunteers trained by West Midlands Ambulance Service to respond to life threatening emergencies. CFR never replace an ambulance but if they can arrive first, they can start to provide help during the vital minutes immediately after someone has had a heart attack or other life threatening trauma. Besides responding to emergencies, the team based in Penkrige which also covers parts of Cannock Chase, has an educational role in the community, training others in basic life saving skills. Free training is provided through the “Heartstart” scheme run as partnership between West Midlands Ambulance Service and the British Heart Foundation. As well as CPR manikins, the new grant

37 Press release 8th Dec 2012 from Penkrige and District Community First Responders

1 2012-12-08

from the Coalfields Trust has purchased a training defibrillator similar to the ones that are increasingly being made available in shopping centres and other public places. The team now include in their public training sessions a demonstration of how easily anyone can use this publicly accessible life saving equipment. The Coalfields Trust is an independent charity dedicated to social and economic regeneration of coalfield communities throughout the UK. Since it was established in 1999 the trust has awarded grants of over £150 million to 1,550 projects that have improved the quality of life in the UK's former coalfield regions. However, the CRT is not just a grant making body but also provides advice and support to community and voluntary groups. For more information about the Coalfields Regeneration project please contact: [www.coalfields-regen.org.uk](http://www.coalfields-regen.org.uk) For further information about "Heartstart Staffordshire" please contact: Email: [heartstartstaffordshire@wmas.nhs.uk](mailto:heartstartstaffordshire@wmas.nhs.uk) Tel: 01785 237341 P&DCFRS [www.padcfr.com](http://www.padcfr.com) Chairman: Leigh Rogers [leigh.rogers@padcfr.com](mailto:leigh.rogers@padcfr.com) 07889 922046

Learning Emergency Life Support (ELS) skills can help you keep someone alive until professional help arrives P&DCFR members are pleased to be helping the British Heart Foundation and the WMAS by running local "Heartstart" courses. These are free courses, lasting about 2 hours and are suitable for anyone from the age of 10 years upwards. The Heartstart initiative teaches people what to do in a life-threatening emergency – simple skills that save lives The course includes:

- How to call for help
- How to help someone who is unconscious
- How to perform cardiopulmonary resuscitation (CPR)
- How to recognize the warning signs of a heart attack
- How to deal with choking
- How to deal with serious bleeding

If you would like to take part in a course, please contact: 01785 237341 or [heartstartstaffordshire@wmas.nhs.uk](mailto:heartstartstaffordshire@wmas.nhs.uk) If you are part of a community group or organization in our area (Penkridge, Huntington & surrounding villages) and would like a course (daytime or evening), specifically for your group please contact us via [Damon.Galliers@padcfr.com](mailto:Damon.Galliers@padcfr.com) .

Bridging the Gap If you have to call 999 for an ambulance in Staffordshire you may find the first people on the scene are volunteers from the local Community First Responders, bridging the gap until an ambulance arrives CFRs are volunteers trained by West Midlands Ambulance Service to nationally recognised standards to respond to life threatening emergencies prior to the arrival of an ambulance. These volunteers can be vital in helping the Service to quickly reach those suffering from medical emergencies especially in rural communities. The excellent computer system at WMAS control centre at Tollgate in Stafford analyses years of statistics and tries to predict where in the county the next emergency call might come from, paramedics and ambulances being moved to the best standby points to respond quickly. However, if they are already on call or taking a patient to hospital, the next available ambulance may have to travel further and with traffic congestion or poor weather can take longer to reach an incident. If a local

30 Would you know what to do in a life-threatening emergency?

1 2012-08-10

31 PRESS RELEASE (WMAS Press & Publicity Unit) November 2010

1 2010-11-01

CFR member is available they may also be sent to the call. They are never a replacement for an ambulance but if the local volunteer can arrive first, then they can start to provide help and reassurance during the vital minutes immediately after someone has had a heart attack or other life threatening trauma. One of the newest Staffordshire teams covers the areas around Penkridge and Huntington and will soon to be celebrating their first year of being fully operational. Penkridge & District Community First Responders group was initially founded in July 2009 with financial support from the local Round Table and meeting facilities kindly provided by the Hatherton Hotel, going 'live' a few months later with their first two trained members. The group has since gone from strength to strength and now boasts 10 trained members, which have collectively attended over 300 incidents. CFR groups are made up of people from all walks of life and the Penkridge and District CFR group is a classic example of this. Leigh Rogers, group founder and co-ordinator enjoyed responding so much he decided to join West Midlands Ambulance Service full time, beginning in post as an ECA before progressing to his current role as a Technician. His mother, Dee, is also now a qualified responder. Others amongst the team include group Trustee chairman, Mike Tym, a teacher and former senior officer in the special constabulary, his daughter Sarah, a project analyst for a banking group who is also St John Ambulance volunteer, and Damon Galliers and Becky Drury, both student nurses. Others are awaiting training but the group is still keen to recruit more new members especially those who are available during the daytime – perhaps people recently retired or who work part time or shifts. Volunteers on call have a radio and emergency equipment and usually respond from their home either in their own car or in the group's marked vehicle. Although the ambulance service provides CFR schemes with all necessary support and training, schemes are self-funded meaning members are continuously fundraising to find money for essential responder kits and running costs. These kits include an Automated External Defibrillator for resuscitation, oxygen and masks, bandages, a pulse oximeter, suction equipment, and blood pressure monitors amongst other vital equipment. Often groups will also raise money for the purchase and upkeep of their own response vehicle as well as providing protective clothing especially as members will operate in all sorts of weather conditions. As with all charities fund raising is a constant problem – especially with a new group and as they can not talk too much about their achievements because of respecting patient's confidentiality. Leigh, the Co-ordinator explained "At present we now have most of the emergency equipment we require but gradually this will need replacing. Our biggest concern is simply keeping our responder car on the road, meeting the needs for petrol, insurance and maintenance. The more successful we are at increasing our team and extending our availability the more these costs go up". "We are very much dependent on local businesses and the community we serve. Groups like the 'Goodies', Rotary and Ken Prices's Garage in Penkridge have all

helped keep us on the road. Penkridge boasts two Cooperative supermarkets and their membership community funds have been a very important boost to us. Others like the nurses at Priors Dental have adopted us as their charity for the year, getting patients to sponsor them in the local fun run". "Even though local councils are struggling with balancing their budgets, Councillor Veronica Downes has been able to help us through the Staffordshire Local Community Fund, an initiative which allocates funds to local groups and organisations to provide and improve locally important services and promote community pride. Additionally the parish councils of Brocton, Hatherton, Huntington and Penkridge have all recognised the importance of our work and supported us". Besides responding to emergencies, the group also has an educational role in the community, training others in cpr and how to use the defibrillators that are increasingly being made available in shopping centres and other public places. "As our response area includes the former mining areas of Huntington and Hatherton, we have just learnt the Coalfields Regeneration Trust is going to aid us with this aspect of our activities. They are helping us increase the number of our members who are also qualified as instructors as well as providing manikins and other training equipment which otherwise we couldn't afford. We can then train more local people and other community groups in life saving techniques". The Coalfields Trust is an independent charity dedicated to social and economic regeneration of coalfield communities throughout the UK. Since it was established in 1999 the trust has awarded grants of over £150 million to 1,550 projects that have improved the quality of life in the UK's former coalfield regions. However, the CRT is not just a grant making body but also provides advice and support to community and voluntary groups." "We hope that this latest support from a national charity fund will also increase our membership from the east side of our response area. In the future we would like to provide a second defibrillator and equipment for members in this area so we can give more immediate assistance on the west side of Cannock Chase, joining our CFR colleagues in Rugeley who cover the east". As CFRs serve largely rural areas where ambulances have particular problems during ice and snow, trained local people can be even more valuable. Local teams with 4 wheel drive vehicles are often called upon to assist ambulance crews reach patients in such weather conditions. Many of their team are now advanced drivers and one of the things Penkridge CFRs would love to do is to replace their rather aging responder car with something more suitable for winter use, allowing them to also help in all conditions. "4x4s are expensive so unfortunately unless we find a generous sponsor or make a successful bid to the National Lottery this could be some way in the future!" To help raise their profile within the community and raise vital funds this year the CFRs will be attending the famous Penkridge Victorian Christmas Market on Friday 26th November, so why not pop along and find out more about your local lifesavers! Ends Notes to Editors If you are interested in becoming a CFR volunteer, you

should be: Aged between 18 – 70 Have a current clean driving licence Be physically fit Be able to provide time when you can to attend incidents whether at home or work Have a caring nature and be willing to help raise the profile of the schemes in local areas For more information about the Penkridge CFR group please contact padcfr.com or contact lee on 07889922046. For more information about CFR groups with South Staffordshire please contact Duncan Parsonage on 07793040321. For more information about the Coalfields Regeneration project please contact [www.coalfields-regen.org.uk](http://www.coalfields-regen.org.uk)

Penkridge & District Community First Responders recently welcomed the latest recruits to their volunteer team – four new adult and baby CPR manikins! Volunteer CFR teams provide emergency help within their local communities if someone suffers a heart attack or other life threatening trauma. When someone dials 999 an ambulance is immediately sent and often so is a trained local volunteer who can provide assistance and reassurance during the vital first few minutes before the emergency crew arrive. Besides emergency assistance, P&DCFR provide training in basic life support techniques (CPR) and the use of automated external defibrillators that are increasingly being made available in public buildings. A grant from the Coalfields Regeneration Trust to buy equipment means the team can now run courses on life saving techniques and provide HSE approved First Aid at Work courses. The Coalfields Trust is an independent charity dedicated to social and economic regeneration of former coalfield communities including the area around Cannock. Mike Tym MBE, chairman of the Penkridge District team explained “Our volunteers respond from both Penkridge and from Huntington so we cover quite a wide area. Our aim is to reach a local incident within minutes and although we don’t drive around at high speed, thanks to the Coalfields Trust most of our response drivers have received advanced driver training which does help us.

32 New recruits for local life savers!

Staffordshire Councillor Veronica Downes and parish councillors in Huntington, Hatherton and Brocton have also provided us with funding towards our vehicle running costs” Unlike volunteer responders in other parts of the country, CFR groups in Staffordshire may also be sent to provide help at traffic accidents. “Unfortunately, we know from experience, many traffic incidents involve young and inexperienced drivers. Part of the Trust funding has therefore allowed us to offer several schools in the Cannock area the opportunity for new and prospective drivers in their sixth form to take part in a drive safely awareness course”. This course is run by George Smith, a former police driver and advanced examiner, and looks at driver attitudes and the added dangers when speed, drink and drugs are involved. If anyone is interested in learning more about volunteer Community Responders or first aid courses they can offer, please visit their website at [www.padcfr.com](http://www.padcfr.com) or contact their co-ordinator,

Leigh.Rogers@Padcfr.com Note to editors: The Coalfields Trust is an independent charity dedicated to social and economic regeneration of coalfield communities throughout the UK. Since it was established in

1 2010-12-01

1999 the trust has awarded grants of over £150 million to 1,550 projects that have improved the quality of life in the UK's former coalfield regions. However, the CRT is not just a grant making body but also provides advice and support to community and voluntary groups."

Despite local authority financial constraints, Penkridge, Hatherton and Acton Trussel Parish Councils have all recognised the importance and value of the volunteer Community First Responder group that operates within their part of South Staffordshire. Volunteer CFRs are all call from home or work to respond to serious '999' calls in their area, often arriving first, trained and equipped to provide assistance before an emergency ambulance arrives. They are dispatched at the same time as an ambulance but being local and in times of bad weather or heavy traffic can give life saving help with CPR and defibrillators in the vital few minutes after a heart attack or other major trauma. Leigh Rogers, founder of the Penkridge & District team, explained "Although trained to national standards by the ambulance service, we have to fund all our own equipment and running costs of our emergency response vehicle. Without the excellent support of our parish councillors and local fundraising we simply could not exist". The group also welcomed financial support from County Councillor Veronica Downes through the Staffordshire Local Community Fund, an initiative which supports communities to provide and improve locally important services. Although never a replacement for ambulances and paramedics, local concerns about the temporary closure of Stafford A&E with ambulances possibly travelling further, mean CFR teams provide an even more vital service in their communities. Leigh said "We currently have someone on call most days including late into the evening which covers part of the A&E closure times. Ideally we would like to provide 24 hour coverage so if anyone is interested in joining or helping us or finding out more, please contact me at friends@padcfr.com"

33 Local councils support volunteer life savers

1 2011-10-01

34 Penkridge gets a Public Access Defibrillator



1 2012-04-01

35 Olympic Torch to Visit Fun Run



1 2012-06-10

36 County Councillors support local volunteer life savers

If you call 999 for an ambulance in Staffordshire you may find the first people on the scene are trained volunteers from the local Community First Responders, bridging the gap until an ambulance arrives. These volunteers help the Ambulance Service to quickly reach medical emergencies especially in rural communities. They never replace an ambulance but if a local volunteer can arrive first, they start to provide help and reassurance during the vital minutes immediately after someone has had a heart attack or other life threatening trauma. CFR schemes are self-funded meaning members are continuously having to

1 2012-11-07

raise money for items such as an Automated External Defibrillator and all the costs of their own emergency response vehicles. Fund raising is a constant problem – especially as they cannot talk too much about their achievements because of patient confidentiality. Leigh Rogers, the chairman of the group covering the areas around Penkridge and parts of Cannock Chase explained – “Our big concern is our car, petrol, insurance and maintenance. The more successful we are at increasing our team and extending our availability the more these costs go up. Although mainly covering the villages around Penkridge, we are often deployed when needed into Cannock itself, again adding to fuel costs.” “So it is very encouraging and important for us that Councillors Veronica Downes from the Penkridge district and Cannock’s Patrick Corfield have both recognised the value of what we do and been able to help us through grants from their Community Funds”. The Staffordshire Local Community Fund is an initiative which supports communities directly through local county councillors. Each councillor has £10,000 a year to allocate to groups and organisations in their division to provide and improve locally important services and promote community pride. More information on the Staffordshire Local Community Fund is available at <http://www.staffordshire.gov.uk/yourcouncil/slcf/> Staffordshire Local Community Fund

One of Staffordshire’s volunteer Community First Responder groups has received a major funding boost thanks to players of a charity lottery. Penkridge CFRS who also cover surrounding villages in South Staffordshire and Cannock Chase was awarded £10,000 by People’s Postcode Trust, a grant-giving charity, funded entirely by players of People’s Postcode Lottery. CFRS are volunteers living within a community who can ‘drop everything’ and provide emergency help to people within their local area immediately after someone has a heart attack or in other life threatening situations. Because they are local they can give help during the vital first few minutes before a 999 ambulance arrives – which unfortunately in rural areas may not always be as quick as hoped for. Volunteers never replace emergency services which are always sent, but they are called out by ambulance control whenever they are likely to be able to reach a patient first. The team will use the money to help enhance and ensure their emergency care in rural areas. Apart from training and an ambulance radio, CFRs are entirely self funded, including providing and running their own response vehicle. The Peoples Lottery fund has enabled them to replace their old unreliable car with something newer and more suitable. Over the next few weeks this will be adapted and equipped for emergency use. Leigh Rogers, charity chairman explained “When someone has a cardiac arrest the sooner resuscitation is started and a defibrillator used, the greater the chance of survival. Our old car had become increasingly unreliable, difficult to start and too often off the road for maintenance so we couldn’t always be depended upon to provide that quick response. “The Peoples Lottery grant plus not having to pay out for further expensive repairs means we have been able to replace

38 Peoples Lottery plays  
Santa for Emergency  
Responders

2012-  
12-19

the car so we can quickly reach and help in life threatening situations. We are also extremely grateful to Penkrige Round Table and to Skoda (Faintree) in Telford for their help and advice". People's Postcode Lottery is a charity lottery, where players play with their postcodes to win cash prizes while raising money for good causes. As a charity lottery, 40p from every £2 ticket goes to support charities and good causes across England, Scotland and Wales, including People's Postcode Trust. People's Postcode Lottery believes in supporting local communities. The money raised stays local to players who will be really making a major difference to the chances of survival or future quality of life for people in their own communities unfortunate enough to experience life threatening situations. To find out more about applying for People's Postcode Trust funding and the projects which the Trust supports visit [www.postcodetrust.org.uk](http://www.postcodetrust.org.uk) . If you'd like to be in with a chance to win cash prizes while supporting local good causes, sign up for People's Postcode Lottery at [www.postcode lottery.co.uk](http://www.postcode lottery.co.uk), or call 0808 10-9-8-7-6-5. P&DCFR can be contacted via Leigh Rogers, chairman [leigh.rogers@padcfr.com](mailto:leigh.rogers@padcfr.com) 07889922046 - ENDS- Notes to Editors People's Postcode Trust is a grant-giving charity funded entirely by players of People's Postcode Lottery. Players have raised over £20m for good causes across Great Britain. The Trust aims to make communities a better place for both people and nature by awarding grants of between £500 and £10,000 (£5,000 in Wales) to charities and good causes. The Trust has awarded over £4.9 million in funding to date and made possible over 850 charity projects benefiting local communities across Britain. People's Postcode Trust was established as an independent charity (charity number SC040387) in April 2009. Visit [www.postcodetrust.org.uk](http://www.postcodetrust.org.uk) to find out more.

Flying in helps volunteer responders Members of Staffordshire Aero Club and others flying in from across the country made the most of the excellent weather over the bank holiday to drop into Penkrige. The club held an Open Weekend at Otherton Airfield just outside the village where visitors were able to see a range of small aircraft and even experience short flights over the surrounding area with clear skies giving them excellent aerial views. The club is keen on developing their links with the local community and helps support the volunteers of the Penkrige & District Community First Responders. First Responders provide emergency care in the vital first few minutes following a heart attack or other serious life threatening situation and before an ambulance arrives. During the stress of an incident relatives and friends do not necessarily realise the first people on the scene may actually be local volunteers. They are trained by the ambulance service but are members of a charity that has to raise their own funds for emergency medical equipment and a response car. Aircraft flying into Otherton don't pay a landing fee but pilots are instead invited to make a donation to help with the running costs of the responder team – and during the open weekend over £300 was raised for the charity. Although normally on call from their

39 Flying in helps  
volunteer responders!

1 2013-  
05-31

own homes, responders based themselves at the airfield over the weekend – and visitors were quite surprised at the number of times the team were actually called out to incidents during that period. CFRs never replace ambulances but particularly in rural areas may be able to reach local incidents more quickly, perhaps starting CPR, using a defibrillator, providing oxygen or simply giving reassurance to patient and family. The Club will be holding their next Open Weekend on Sept 7th & 8th.

40 Thank you to Anne and David Smith

We would like to thank Anne & David Smith of Dene Close in Penkridge for their wonderful donation towards the work of our team. As part of the National Garden Scheme, Dave & Anne opened their garden during a weekend in July to friends and visitors & with the help of neighbours selling plants, books and refreshments, raised over £400 for us. Several residents in the area of Dene Close have been helped by the team recently & for this reason the CFRs were chosen to benefit from this year's Open garden event.

1 2013-07-30

41 Thank you to Sainsbury's

We are very pleased that the new Sainsbury's Local store in the village has adopted us as their local charity. Please look out for our collecting boxes at the checkouts – those little bits of change dropped in the boxes all add up to help Sainsbury's help us to help you. Thank you to the manager and staff at the store for choosing to support us!

1 2013-08-12

42 County Councillor David Williams helps local life savers!

Penkridge's own ambulance responder car has become an increasingly familiar sight in the village & the surrounding area. If you have to call 999 for an ambulance in our district you may find the first people on the scene are trained volunteers from our local Community First Responders, bridging the gap until an ambulance arrives. These volunteers help the Ambulance Service to quickly reach medical emergencies especially in rural communities. They never replace an ambulance but if a local volunteer can arrive first, they start to provide help and reassurance during the vital minutes immediately after someone has had a heart attack or other life threatening trauma. Many people do not realise CFR schemes are self-funded meaning members are continuously having to raise money for items such as an Automated External Defibrillator and all the costs of their own emergency response vehicles. Fund raising is a constant problem – especially as they cannot talk too much about their achievements because of patient confidentiality. Mike Tym, treasurer of the group based in Penkridge explained "Our main concern is petrol, insurance and maintenance of our car. As our team grows, we extend the hours we are available and the more calls we are able to attend also increase, but consequently so do our running costs. It is therefore very encouraging and important for us that County Councillor David Williams has recognised the value of what we do and has been able to help us with a grant from his Community Funds". The Staffordshire Local Community Fund is an initiative which supports communities directly through local county councillors. Each councillor has £10,000 a year to allocate to groups and organisations in their division to provide and improve locally important services and promote community pride. More information on the

1 2014-02-01

- Staffordshire Local Community Fund is available at Staffordshire Local Community Fund Penkridge  
Community Responders can be contacted via padcfr@outlook.com
- 43 Sainsbury's Shoppers Surprise  
P&DCFRS were surprised to receive a further donation from the Sainsburys Local Store in the village. We were adopted as their charity for the year and through the in store collecting tins, second hand book sales and other events they raised nearly £1000 for us! Many thanks to the staff and customers!  
Thank you to Mandy and her Penkridge Slimmers' World for their donation from their "small change jar". As a voluntary group, we obviously can't exist without financial support – but it is just as important to us that people in the local community think of us and recognised that what we are doing is worthwhile. Their own involvement in sensible eating and encouraging an active life style obviously plays a vital role in helping our local community achieve and maintain a healthy approach to living.  
MandySlimmingWorld@Hotmail.co.uk
- 44 Losing weight and help us respond!  
A National Lottery grant through the Big Lottery Fund is helping us be prepared for next winter. We don't have a long term weather forecast but we want to be able to stay mobile and safe and this award will allow us to purchase a set of winter wheels and tyres just in case of snow and ice. The grant will also mean we can obtain additional cold weather protective clothing for several new team members who are currently undergoing training and also provide them with advanced driving skills.
- 45 Preparing for Winter  
Thanks to a lottery grant and help of local councillors, our neighbouring team based at Burntwood have just taken delivery of their new Skoda Scout responder car – unveiled by film and TV star Hugh Grant! Along with the volunteer teams at Wheaton Aston, Brewood and Featherstone, this means that our part of South Staffordshire now provides some of the best support in the county to the West Midlands Ambulance Service.
- 46 New Arrival at Burntwood  
We would like to thank family and friends of local residents who think of us at times of loss of one of their loved ones. There have been several occasions when collections have been made at funerals and donations sent to us as a 'thank you' for the help we have provided, perhaps over a period of time, in assisting in serious life threatening situations. Sometimes we can make a difference in preserving life until ambulance paramedics can take over, but despite what is a dedicated team effort, a successful outcome is not always possible. Such support at a difficult time for everyone involved is not only financially valuable in maintaining our group but even more importantly demonstrates to us that what we are doing within the community is considered worthwhile and appreciated "To live in hearts we leave behind is not to die"  
~Thomas Campbell, "Hallowed Ground"
- 47 At Times of Sadness

- 48 Fifth Birthday Bash! Thank you to everyone who attended the Haling Dene for our celebration of five years lifesaving in the Penkridge District. Visitors were entertained by a Barber Shop Quartet and a demonstration of Zumba dancing plus some excellent refreshments! Thank you to the ATC and WI for their help and especially to Zara, Nadine, Denise and Dee from our support group for their efforts in arranging the event and persuading people to donate raffle prizes Over £700 was raised to support the work of our CFR volunteers! 1 2014-08-01
- 49 A Music Evening to Save Lives On Saturday 27th September, Penkridge residents were treated to an evening of musical delight at a charity concert evening. The concert, which featured the Stafford Concert Band and Musica, provided live orchestral entertainment at St Michael's and All Angels church in the village. The event was held to raise funds for the Penkridge and District Community First Responders. The bands played a selection of popular and classic songs, as well as some Broadway hits from the likes of Les Miserables and Cats. The music proved to be a smash hit with guests, who could be heard joyfully singing along to popular wartime songs. The event was also attended by invited guests from the Parish and County councils as well as representatives from the Penkridge & District CFRS Over £500 was raised by the concert organisers from ticket sales, refreshments and a raffle to support the local life-saving group County Councillor David Williams attended to present an additional £500 to the Community First Responders, as well as £1000 towards the restoration of St Michael's church. The Staffordshire Local Community Fund is an initiative which supports communities directly through local county councillors. Each councillor has £10,000 a year to allocate to groups and organisations in their division to provide and improve locally important services and promote community pride. CFR groups are small charities and apart from training and radios from the ambulance service, they are entirely dependent on help from local people and organisations to provide funding for equipment and running costs of their emergency responder car In addition to their voluntary role in assisting the ambulance service when someone dials 999, the CFR team help local villages and groups in their area with setting up and training in the use of heart defibrillators (AED). The most recent addition of these easy to use life saving devices is outside Penkridge Fire Station. Councillor Williams is also supporting the provision of an AED at Littleton Green School in Huntington where this potentially lifesaving equipment will be accessible for all local residents to use. The CFR team will be arranging free "Heartstart" courses in the area to show people how they can help in life threatening situations such as heart attacks, choking and serious bleeding, as well as demonstrating how easy it is to use a defibrillator in case of a cardiac arrest More information on the Staffordshire Local Community Fund is available <a href="http://www.staffordshire.gov.uk/yourcouncil/slcf/"> here </a> 1 2014-09-27

- 50 PAD CFR's go Nationwide! Thank you to the customers of Nationwide in Penkridge! Thanks to their votes we have been presented with £100 and shortlisted for the Nationwide Building Society Community Match Scheme for further funding towards our life saving work! If you use the Cannock, Stafford, Rugeley or Penkridge branches you have the opportunity to vote for us to receive a further £500! 1 2014-10-31
- 51 Thank you to Cannock Crafters! Crafting4Causes in Cannock recently held a fundraising event following the donation to them of a large amount of crafting items for their community classes. They raised £100 for us and £100 for Muscular Dystrophy. 1 2015-03-01
- 52 Thank you to Mr Simms Olde Sweet Shoppe (Penkridge)  Thank you to the sweet toothed customers and staff of Mr Simms Olde Sweet Shop in Penkridge. Their Christmas raffle raised £80 towards helping us safe lives in the village. 1 2015-01-15
- 53 Did you know: CFR Schemes are self funded CFR schemes are self-funded meaning members are continuously having to raise money for items such as a defibrillator and all the costs of the emergency response vehicles. Fund raising is a constant problem – especially as they cannot talk too much about their achievements because of patient confidentiality.&nbsp; Our CFR members live in Penkridge & Huntington and not only cover their own villages but may also be asked to respond to emergencies in Cannock Chase. Consequently County Councillors George Adamson & Christine Mitchell from Hednesford, and Alison Spicer from Cannock joined with Penkridge&rsquo;s David Williams to help support the local team over the last twelve months. Mike Tym, P&DCFR coordinator, explained &ldquo;Our main costs are our car, petrol, insurance and maintenance. The more successful we are at increasing our team and extending our availability the more these costs go up&rdquo;. &ldquo;So it is very encouraging and important for us that our local Councillors have both recognised the value of what we do and have been able to help us through grants from their Community Funds&rdquo;,&nbsp; The Staffordshire Local Community Fund is an initiative which supports communities directly through local county councillors. Each councillor has £10,000 a year to allocate to groups and organisations in their division to provide and improve locally important services and promote community pride. <em>Part of press release April 2015 &ldquo;Express & Star&rdquo; </em> 1 2015-04-01
- 54 Thank you everyone: RE Road markings Thank you to everyone who expressed support and surprise when along with most other CFR groups in Staffordshire and many across the country we reluctantly had to stay &lsquo;off the road&rsquo; for a couple of weeks. On May 27th, new legislation came into force to deal with ambulance services using cars and motorbikes&nbsp; to attend emergencies and which were not properly covered for the same traffic and parking exemptions as a normal ambulances. It also allowed voluntary groups for example CFRs and 1 2015-06-01

rescue teams to be covered by the new legislation when sent to incidents by an ambulance service. It is quite complicated & impacted not only on actual driving but on lots of other legislation in relation to&nbsp;vehicle use and lighting regulations. Unexpectedly hidden away amongst many amendments&nbsp; & only discovered a few weeks before the act came into force was a change to use of the green & yellow reflective markings on vehicles (these come under lighting regulations!). A seemingly small change now restricts use of these reflective colours to vehicles actually <em>owned, leased or hired</em> by ambulance trusts but not those owned by charity groups such as CFRs despite the fact that we only operate on behalf of the ambulance service. In Staffordshire we had been encouraged to use proper ambulance style markings for safety reasons because of the rural nature of the county but also because unlike many other parts of the country we do for example attend road traffic accidents. As our vehicles are owned by individual charities (and not by WMAS) this now meant it was illegal for us to use these markings and virtually all the 32 CFR groups in Staffordshire ( and around 75 in the whole of WMAS area) had to be taken &lsquo;off the road&rsquo;. WMAS has come up with an alternative livery design but this will take time to roll out across all the groups affected and they obviously don&rsquo;t want to start the change until it is clearly established that it is needed (especially as they have agreed to fund this!) A major problem was if car insurance remained valid while cars still have incorrect markings. Fortunately most schemes have had this confirmed as acceptable and along with Staffordshire police stating that it would not be in public interest to prosecute for this lighting &lsquo;offence&rsquo; while the matter is clarified, we have been able to return to responding within our local communities. Several MPs, including Jeremy Lefroy, have made contact with the appropriate government departments to see if this can be resolved quickly (and economically!) and again thank you to those who have been in touch with their MPs on behalf of their CFR volunteers. At present we still do not know what the final outcome will be –we may be allowed to continue with the well-known ambulance style markings or you may see us soon with a different colour scheme – but at least we are now out and about helping save lives again!

- |    |                                       |  |              |
|----|---------------------------------------|--|--------------|
| 55 | Thank you to Penkrudge Parish Council | funding. Penkrudge is our priority area for emergency assistance and the recognition of the local council of what we do for the community is very important to us not only financially but also in that our volunteers are appreciated for the help they provide in the village.   | 1 2016-01-01 |
| 56 | Thank you to the M6 Toll              | Thank you to M6 Toll who have provided CFR schemes with ‘tags’ allowing free and quick passage through the toll booths, especially the small ones that may be unmanned. Although volunteer Community First Responders have priority areas based on certain villages, there may be times when they leave from one incident that their proximity to a motorway junction means they may be the quickest emergency | 1 2015-11-01 |

support to be able to reach very serious life threatening situations further away from their usual areas”. Mike Tym, coordinator of Penkridge & District CFRS said “ Being able to easily use the M6Toll even for one junction may bypass more congested roads and save vital minutes that are so important after someone suffers a cardiac arrest. Around Cannock there are teams based in Burntwood, Featherstone, Brewood, Penkridge and Rugeley who cooperate and provide mutual support on each other’s areas but the provision of a tag can also mean they may be able to return more quickly to their home areas. Further along the M6Toll there are CFR teams serving the Tame Valley and at the south end more volunteers covering Sutton Coldfield and Coleshill areas who may also make use of the M6 Toll.”

57 Once again we thank local County Councillors

Once again we thank local County Councillors who support our life saving work through their Community Funding. Cllrs Dave Williams and Mark Sutton have recognised the value of the CFR scheme in supporting the people living in Penkridge and other villages along the River Penk Valley as well as Huntington and Hatherton. Both Dunston and Huntington Parishes have also been able to give us some financial support this year despite increasing pressures on local authority finances. Not only is funding vital but it also provides motivation and recognition that what our volunteers do is recognised and appreciated

1 2015-11-10

58 Recognition for Penkridge First Responder

Congratulations to Steve, one of our responders who received a WMAS Chief Officer’s Commendation for his quick thinking and calm approach to a very challenging job. Earlier this year he responded to a collision involving a motorcycle and a large 4x4 where two women police officers had started resuscitation. Steve took over basic life support and continued to work with doctors and ambulance crews throughout the incident providing any help he could. The patient was transported to hospital but unfortunately later died. However, as a result of the prompt actions of Steve and the police officers and the efforts of all at the scene, plus the generous support of the patient’s family, vital organs were made available for transplant to five recipients including several children. As he always does, Steve thinks of others and later took flowers to the two women police officers who had been first on the scene as a thank you for the help they had given him

1 2015-10-25

59 Builder’s donation to help Penkridge-based First Community Responders

A regional builder has donated £1,000 to the Penkridge & District Community First Responders (CFRS) to help with their vital life-saving work. The charity, which operates in rural areas around Penkridge and Cannock, applied to Persimmon Homes West Midlands to become one of their monthly Community Champions. The project was overjoyed when it was chosen to receive the money as it will go towards essential car and liability insurances. The CFRS is the latest organisation to receive funding from the housebuilder. In total £24,000 will be donated by Persimmon Homes; South East region by March 2016. It is a slice of £750,000 that is being given away by the company

1 2015-12-01

nationally. Mike Tym, spokesman for CFRS, said: "Our volunteers drop everything to provide emergency care within their community immediately after a heart attack or life-threatening situation before any ambulances arrive. "Our volunteers regularly use CPR and defibrillators and the sooner resuscitation is available or a stroke identified the greater the chances of recovery. "Because of patient confidentiality, it's difficult to boast of success and people don't necessarily realise the first people on scene may be volunteers so we don't achieve a high profile that attracts funding. Therefore the support of companies such as Persimmon Homes is much needed and greatly appreciated." Tim Brickley, director in charge of Persimmon Homes West Midlands, said: "We all know that the "golden hour" is essential and the work of the community first responders is vital. It was an easy decision to support them in their work. "Persimmon Homes West Midlands has had a fantastic response to its Community Champions scheme and it is always a difficult choice from so many worthy causes. "If people were unsuccessful last month, we urge them to visit the Persimmon Homes website and to try again and hopefully they will become our next Community Champion." Persimmon Homes will soon be developing a major housing project in Penkridge [www.persimmonhomes.com/charity](http://www.persimmonhomes.com/charity)

60 Hallowed Ground...

Over the last year there have once again been several occasions when collections have been made at funerals and donations sent to us as a thank you for the help CFRs and ambulance staff have provided in assisting in serious life threatening situations. Sometimes we can make a difference in preserving life until paramedics can take over, but despite what is a dedicated team effort a successful outcome is not always possible.

1 2016-02-01

61 Sporting Lifesavers...

Thank you to 25 members of Cannock Cricket & Hockey Club - and the bowls team - who gave up their time to attend "Heartstart" sessions that included practical CPR training and also discovered how easy it is to use an AED. The various activities and social events held at the club already have access to a defibrillator in the Sports Centre and now even more people are confident enough to help save lives in an emergency situation.

1 2016-03-01

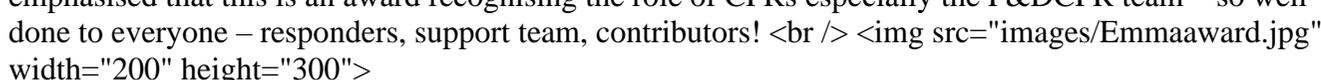
62 Village Support

The support of local groups in villages we serve is very important to our CFRs, not only financially but also because it shows that what we do is appreciated and important so a big thank you to St Michael's Fete Committee and Penkridge Round Table for their continued help! Don't forget - St Michael's Fete this year is Saturday 18th June and the Round Table Fun Run on Sunday 26th June. As usual we shall be on call from these and other events in the area.

1 2016-04-01

- 63 A Co-operative Effort Ten cardiac arrests in one morning! Fortunately it was only a training session outside the new local Co-operative store in Huntington. We joined members of the police and fire & rescue service as part of a community safety event where, despite the rain, both store staff and customers had a go at CPR and found out more about heart defibrillators. Huntington now has two AEDs accessible 24/7. One outside the school and the other outside the Parish Community Centre thanks to the support of County Councillor David Williams & District Councillor Jeff Ashley. 1 2016-05-01
- 64 22 new life savers in the Dunston Area! Well done to all those who attended the `Heartstart` training at the Dunston Village Community Centre with plenty of practice in CPR and demonstration of how to use a heart defibrillator. Both Dunston and Coppenhall now have AEDs accessible to local people outside their village halls. Thank you also for the donations and to County Councillor Mark Sutton for his support of the P&DCFR Team 1 2016-06-01
- 66 Sainsbury's Supporting Christmas Sainsburys Local store in Penkridge are holding a Christmas raffle to support its charity of the year. They will be backing the Penkridge and District Community First Responders after the public voted on which charity the store should donate to. The charity are made up by a team of volunteers trained by the ambulance service to a nationally recognised level and provide life saving treatment to people in their communities. Their aim is to raise funds, provide life saving equipment for the responders to use and support running costs. Raffle prizes include food vouchers, hair cuts, manicures, dog grooming and a family ticket to Drayton Manor amongst other prizes. Raffle tickets are priced at 1GBP each and can be purchased in-store. Many thanks to the manager, store colleagues and customers for thinking of us! Representatives from several Staffordshire Masonic Lodges which have their Centre at Cannock Chase Golf Club recently attended training with us on basic life support (CPR). In particular they found out how safe and easy it is for anyone to use a heart defibrillator (AED) if someone has a cardiac arrest. We are pleased that they will now be able to encourage more people in their own areas to use these AEDS which are increasingly being provided in our communities. We also thank them for their generous donation to support the work of our emergency response team 1 2016-11-10
- 67 More Life Savers! Representatives from several Staffordshire Masonic Lodges which have their Centre at Cannock Chase Golf Club recently attended training with us on basic life support (CPR). In particular they found out how safe and easy it is for anyone to use a heart defibrillator (AED) if someone has a cardiac arrest. We are pleased that they will now be able to encourage more people in their own areas to use these AEDS which are increasingly being provided in our communities. We also thank them for their generous donation to support the work of our emergency response team 1 2017-01-01
- 68 Shoppers Help Us Save Lives Over the last few months, Sainsbury's Local in Penkridge which adopted us as their "Charity of the Year" has been raising funds to help us keep up their life saving work in and around the village. 1 2017-01-15
- 69 Thank you to our partners for expanding life saving defibrillators for our communities Our CFR team are continuing to work with other partners to expand and develop the provision of easy to use heart defibrillators (AEDs) which are accessible 24/7. MidCounties Coop – which has a store in Market Street – has equipped our team with a new AED to use for and enhance our actual responding. They have also provided us with protective helmets so that we can operate more safely at the scene of road accidents We also work closely with County Cllr David Williams in his efforts to add more Public 1 2017-02-01

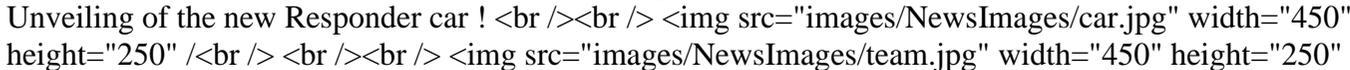
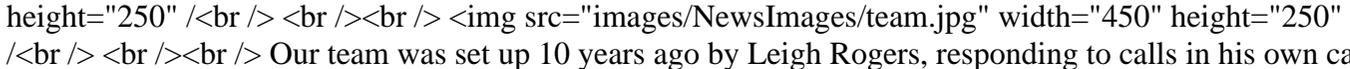
70	First Aid and emergency responder training	<p>Accessible defibrillators throughout the local district, including providing awareness training on just how easy it is to use this equipment. We are also adding 'paediatric' capability to several existing AEDS supported by Penkrige &amp; Huntington Parish Councils where large numbers of young children are regularly using their sites.</p> <p>Our volunteers are currently undertaking additional training with the ambulance service to expand what they can do to help in emergency life threatening situations. This is a new higher level course being piloted by WMAS prior to being introduced across the country where there has been a great variation what volunteer CFRs have been trained and allowed to do. Alongside this, we also have to continue to update our own instructor skills in order to be able to train others in first aid and basic life saving techniques - and again thank you to Cllr David Williams for helping meet the costs from his local Community Funding of "training the trainers"</p>	1 2017-02-03
71	Thank you to Leigh Rogers	<p>We would like to say a special thank you to Leigh Rogers who set up the Penkrige &amp; District Community First Responder Team in 2009. After several very active years as a volunteer CFR he joined WMAS as an ambulance technician and quickly qualified as a paramedic saving further lives on a daily basis. After a period involved in care training and as a hospital ambulance liaison officer, he now works within A&amp;E departments continuing to develop and use his specialist skills for the benefit of others. Although once qualified as a paramedic he could no longer respond as a volunteer CFR, he continued his involvement with our Penkrige team as a Trustee and Chairman of the charity group, providing valuable advice and training to us all. However, after marriage to his lovely Zara and moving out of the local area to easier access to their work and then with the arrival of their twins, Leigh has reluctantly decided that now is the time to retire as a Trustee with the Penkrige CFR group. On behalf of not only your responder team and I'm sure on behalf of the many people you have saved and helped in their time of desperate need, thank you for all you have done – the ongoing success of the CFR team in Penkrige and the surrounding villages is a testament to your vision and efforts.</p>	1 2017-10-01
72	Thank you to Penkrige Round Table	<p>Yet again a lot of hard work and enthusiasm by the Round Table's Santa and elves which is very much appreciated across the Penkrige District! The CFR team usually try to join them most evenings in case the reindeer need a plaster (or the elves eat too many mince pies) but this year were sent off to respond to more 999 calls during the sleigh tours than normal! However it is only because of their continued generous support for us for nearly 10 years that we can actually do this! Well done!</p>	1 2018-12-21

73	Thank you to Newport and Penkrigde Tae Kwon Do	Thank you to everyone at the Newport and Penkrigde Tae Kwon Do and those who donated raffle prizes. Over £200 was raised at their Christmas celebrations yesterday to help the Penkrigde CFRS with their life saving activities! The super support of local groups like the TKD really gives us a 'boost' as it shows that what we do is appreciated by our community!	1	2018-12-23
74	South Staffs Sailing Club	Thank you to South Staffordshire Sailing Club members for their donation to the Penkrigde & District Community First Responders! Financial support is always very welcome but even more so is that many more of the club are now more confident to have a go at CPR and realise how easy it is to use a heart defibrillator! Thank you for helping us to save lives and for also being potential lifesavers! To all your members - Have a good Christmas - don't eat too much, remember the only wind you want is in your sails! <a href="http://www.southstaffssailingclub.co.uk" target="_blank">Link to Sailing Club Website</a>	1	2018-12-24
75	A Churchillian thankyou !	Lots of thanks to Jim and Emma Churchill and their many friends and family who attended their annual Christmas Bash ! We understand there was much eating (lots), drinking (lots) and merriment (lots) and somehow they were all persuaded to raise funds (lots) for the Penkrigde First Responders! A great start to the New Year!	1	2019-01-02
76	South Staffs Community Lottery	You can support us by playing the South Staffordshire Community Lottery! Their website is at <a href="https://www.southstaffslottery.co.uk/">https://www.southstaffslottery.co.uk/</a>	1	2019-01-11
89	Sainsbury's and Co-op bag us a donation.	To all the customers who forgot to take their own bags to Sainsburys Local in Penkrigde and Coop Store in Huntington - a special thank you as your 5p plastic bags are helping support our life saving work! (but please recycle bags responsibly!). Over £1200 received from Sainsburys and £400 so far from Coop - all helping us keep on the road and towards the need to replace our responder car early next year (our 10th anniversary).  	1	2018-07-12
78	CFR Volunteer Wins Deutsche Bank Award !	Well done to Emma for winning the business section of the South Staffordshire Volunteer Awards this year. She was nominated by her employer (Deutsche Bank) for having a full time role but still willing to use her spare time for volunteering for others. This included using her company's community service days to train children as part of the "Restart a Heart" campaign. In the true spirit of the Oscars (she is also one of the leading ladies in the new South Staffs Lottery Video!) she has emphasised that this is an award recognising the role of CFRs especially the P&DCFR team – so well done to everyone – responders, support team, contributors! 	1	2018-12-06

80	Another 60 potential life savers in Huntington!	Pupils from Year 6 at Littleton Green School, along with Denise and Elinor from our team, took part in a “Restart a Heart” session as part of their Science Day. They now know more about CPR and also heart defibrillators- one of which is sited just outside their school.	1	2018-11-23
200	News Archive	Please use the links on the left to browse through our 10 years of news stories  	1	2009-01-01
79	Penkridge Parish Council Chairman's Charity Award	We are fortunate that we enjoy the encouragement of Penkridge and other local parish councils for the help we give residents. So a special thanks to the Penkridge Council for choosing us to benefit from the Chairman’s Charity Award this year! Financial help is always welcome but so is the knowledge that what our volunteers do is recognised and appreciated which helps keep us motivated especially during the cold, rain and snow!   	1	2018-02-20
81	Commendation for Kylie !	Congratulations to Kelly (Kylie) Mckeown from our team . She was this week awarded a WMAS Chief Officer Commendation in appreciation of outstanding dedication and service, above and beyond the call of duty!	1	2017-03-30
82	Training of Sailing Club members results from a real life incident !	Following an incident at South Staffordshire Sailing Club where a man was successfully resuscitated by another member using CPR and an onsite heart defibrillator (AED), plus the fast response by WMAS and a local CFR, there was greatly increased interest in taking part in basic life-saving skills. Jim and Neil, part of our P&DCFR support team have recently demonstrated and trained over 30 club members how to carry out CPR and just how easy and safe it is to use an AED. Well done to everyone at the club and thank you for being potential life savers!	1	2018-12-04
83	We were the Spoofers Charity of the Year !	Thank you to the Penkridge Spoofers for their donation to us during the Santa Dash on Sunday. We were chosen as their charity of 2018. Who are they? Spoofing is a classic drinking game played with some skill as an excuse to get together for a drink! ....and of course raise money for charity in a variety of ways. Find out more about them at: <a href="http://www.Penkridgespoofers.co.uk">www.Penkridgespoofers.co.uk</a>  	1	2018-12-03
84	Co-op Members raising money for us !	Today 4,000 new local causes become part of the Local Community Fund, providing another 4,000 ways Co-op Members can support their community. Co-op Members earn 5% back for themselves & 1% for their local cause when they buy Co-op branded products & services, together with proceeds from sales of carrier bags. The Co-op on Wolverhampton Road is supporting 3 worthwhile local groups. • Marshbrook First School • Penkridge Scouts • Penkridge & District Community First Responders Please use your membership card every time you shop - your 1% will either be divided between the three causes or you can choose one to support. Not yet a Co-op Member – please Become a member today.	1	2018-10-28

- 85 100 Children trained in Bilbrook ! Nearly 100 children trained in how to do CPR at Bilbrook Middle School by our CFR Team on "Restart a Heart day" last Tuesday - well done to all the youngsters involved! They were a credit to the school and staff and really got involved. Another 60 to be trained at Littleton School, Huntington during November! Thank you also to members of our support team - Jim, Neil and Elinor for helping us! 1 2018-10-22
- 86 Fishing for a Donation Being a volunteer community first responder involves a lot of time sitting around with nothing happening, a great deal of patience, followed by a period of intense activity. A situation no doubt familiar to the members of the Dog and Partridge Angling Club in Calf Heath - thank you choosing the local Penkridge & District CFRS to benefit from your charity fishing competition last month! Well done! 1 2018-10-07
- 87 National Citizen Service group supports PADCFR's National Citizen Service (NCS) is open to all 16 and 17-year-olds in England. It helps build skills for work and life, while taking on new challenges and meeting new friends. They have a short time away from home and take part in a team project that will help the community. Thank you to the young people recently based in this area who chose the Penkridge CFRs to help by fundraising and getting sponsorship. While the scheme helped them develop greater confidence, self-awareness and responsibility by encouraging personal and social development, their support of our group means that they have also been helping save lives! Well done! 1 2018-10-07
- 88 Staffs Aero Club have landed us a donation. Once again a big thank you to a group who are one of our longest support groups - Staffordshire Aero Club based at Otherton airfield just outside Penkridge. <br /><br />Visitors flying in are invited to make a donation to help us rather than being charged a landing fee so an extra thank you to those who dropped in to the Open weekend in July!! <br /><br /><br /> <br /> 1 2018-07-30
- 90 Penkridge Fun Run is the stage for a fantastic donation from Round Table. An excellent day at the races today! Well done to the Round Table for their excellent organisation (including the weather) and even more so for their unexpected and very generous donation to the work of the volunteer Community First Responders. Just over 9 years ago they supported our group founder, Leigh Rogers, with setting up the Penkridge & District CFRS and have continued to help us ever since - so the Tablers past and present can be proud of the fact that there are villagers alive today because of their generosity and hard work at raising funds! Many many thanks! <br /><br /><br /> 1 2018-07-01
- 91 By George ! The Royal British Legion and Air Cadets get trained Thank you to George and the members of the Penkridge Royal British Legion for inviting us - along with RAF Air Cadets from Fordhouses Squadron - to demonstrate the use of CPR and life saving heart defibrillators! <br /><br /><br /> 1 2018-05-27

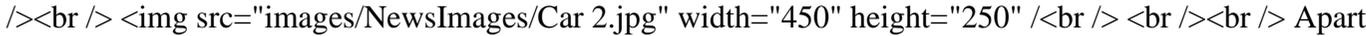
- 92 A Marathon completed by Emma and Jane to save lives ! Well done Emma and Jane for completing the 26 miles of the Brighton Marathon on Sunday! They are still waiting for their official times from the organisers but it looks as if they will achieve nearly £1000 for us! More about this in the next edition of the Penkridge Advertiser! Many many thanks for helping us help save lives! <br /><br /><br /> 1 2018-04-19
- 93 County Councillor David Williams provides Community grant to PADCFR Thank you to County Councillor David Williams for his continuing support with the 12 public access heart defibrillators (AEDs) we have in Penkridge, Huntington, Acton Trussell and Dunston villages. The 'pads' on these life saving machines have to be changed every two years and he has been able to provide funding from his Community Grant to replace any of these that become out of date this year. <br /><br /> Although each AED is regularly inspected by someone from the local parish or the P&DCFRS, please do let us know if you hear a 'beep' coming from one of the yellow cabinets - it might need checking! <br /><br /><br /> 1 2018-03-10
- 94 Emergency First Aid Course generates more donations ! Many thanks today to the local businesses and individuals that attended the Emergency First Aid at Work course undertaken by Denise Wilde, one of our Responders and trainers. <br /><br /> All donations received are very much appreciated and directly fund our much needed ambulance, serving the people of Penkridge and surrounding areas. <br /><br /> Thanks also to Councillor David Williams for his continued support and the grant recently received towards such training for our local community. <br /><br /> More of these courses will be run later in the year - more opportunities to learn how to save a life and provide emergency first aid treatment. <br /><br /> Image : Today's attendees - final assessments and biscuit time! <br /><br /> <br /> <br /> 1 2019-01-25
- 95 Thank you to 'Sainsburys' Customers in Penkridge Thank you Sainsburys' Customers in Penkridge for forgetting their shopping bags during 2018 and popping odd bits of change into our collecting tins at the check outs. <br /><br /> The money from the in-store plastic bags raised over £1200 for your local community first responders and is extra valuable as it can be used for our day to day running costs and insurances while most of our grant applications over the last year have been tied to the need to replace our responder car! <br /><br /> (PS please recycle your plastic bags responsibly!) <br /><br /> 1 2019-02-21
- 96 Thank you to the South Staffs Carers Association Thank you to the members of South Staffs Carers Association for the opportunity to explain the work of our CFR volunteers to them and also for members taking part in the demonstration of CPR and AEDS so they can also be part of our wider lifesaving team! (and also for the donation from your raffle!). <br /><br /> Are you a carer? <a href="http://www.carersinformation.org.uk" target="\_blank">Link to their website</a> 1 2019-03-25

- 97 Thank you to Penkridge Spoofers  
 During April, the Gentlemen Spoofers of Penkridge discovered the importance of CPR and how easy it is to use a heart defibrillator if someone collapses with a cardiac arrest. Well done to the 10 gentlemen for refreshing their skills or becoming even more potential life savers in our community. Thank you Spoofers for your fantastic support of the P&DCFRS last year that helped us towards replacing our car - and your continued enthusiasm for what we do! Who are they? Find out more at [www.penkridgespoofers.co.uk](https://penkridgespoofers.co.uk)  
 We always think it wonderful when people in our area think of others in their community at a time of personal sadness. Recently we were asked to arrange for 3 more heart defibrillators (AEDs) to be positioned in the village area. These have been donated by family and friends of the late Bob Ratcliffe. We therefore want to make sure of maximum possible availability so they need to be placed in cabinets giving 24/7 access. One is currently situated at the “Star” with the aim for it to be placed on an outside wall so it is usable in an emergency by local businesses, residents and also the school (with the addition of paediatric ‘pads’). The second will be placed in Pillaton where Penkridge Cricket Club are looking at raising funds for a cabinet (which are not cheap as unfortunately they have to be vandal proof!). We still need to find a suitable site for the third one – it does need a power supply for a small heater & alarm – and also where it will fill a gap in the existing coverage. We are open to suggestions! Where are the current 24/7 AEDs in Penkridge? They are outside the Monckton Centre, Stone Cross (bus stop), Haling Dene and the Fire Station. If you phone 999 reporting a cardiac arrest and it will be possible for you to access one of these before an ambulance can get to you, you will be given a code to open the cabinet – and you then just follow the simple verbal instructions given by the machine!
- 98 In Memory of Bob Ratcliffe....  
 A super 10th birthday for Penkridge & District Community First Responders at this year’s Round Table Fun Day. Our new responder vehicle was unveiled and ready to go into action this week! We have one of the best ambulance services in the UK but there are still delays especially in rural areas and in poor weather. In a more serious life threatening emergency like cardiac arrests, every minute counts so the idea of local community responder volunteers is to help until an ambulance arrives. With financial support from the Round Table and many others (with Jim from our support team doing all the running around!) Hodson Ford was able to arrange an excellent ‘deal’ for a new Kuga AWD car that will mean we can now respond more often, safely and quickly in adverse road conditions. Image : Unveiling of the new Responder car !  
  
  
 Our team was set up 10 years ago by Leigh Rogers, responding to calls in his own car.
- 99 Happy 10th Birthday to Us !

1 2019-04-30

1 2019-05-31

1 2019-06-30

Then the Round Table stepped in to fund a second hand response vehicle and the team also grew. Fortunately, the Round Table has always been around when we needed them – usually for money!  Apart from training, radio and a small petrol allowance from West Midlands Ambulance Trust, we depend on local support to run and equip our team. We can't provide cover 24/7 and are only sent to the more serious incidents when we can most likely arrive before an ambulance. In 90% of the emergencies we are sent to, we are first on the scene to start helping. Some days we may not have any calls, on others it is non-stop! However, on average over the last 10 years your cfr team has potentially saved the life, or made a positive difference to future quality of life for at least one local person every day. Many of you visited our stand at the Fun Day and saw details of the fantastic groups that have supported us over the last 10 years. But all those are made up of individuals who live and work in this area. So in reality it is all of you, the people of Penkridge and surrounding villages who are the ones really saving lives in your own community. Thank you all for your support!

100 Two more groups of potential lifesavers!

As part of finding out about the work of emergency services, Penkridge Beaver Scouts learnt about our responder volunteers with Mark and how CPR can save lives. In Coven, Brian and his staff at Astons Butchers were trained by Neil in basic life support and how easy it is to use a heart defibrillator. Well done and thank you for having a go! And fund raising continues at both the “Star” in Penkridge and at the “Penkridge Cricket Club” in Pillaton to provide cabinets for the AEDS they already have so they can be made available 24/7.

1 2019-07-12

101 Do you have a heart defibrillator (AED) at work?

Does the ambulance service know about it? Please pass this information to the person responsible for the AED! When a cardiac arrest strikes, CPR and defibrillation can help double someone's chances of survival. Many defibrillators never get used because emergency services don't know where they are or how to access them. That's why they need to be registered on 'The Circuit' – the new national defibrillator network. It is connected to West Midlands Ambulance Service and allows them to direct 999 callers to the nearest defibrillator to save lives. There are currently tens of thousands of defibrillators in public and private locations but to date they are used in less than 4% of cardiac arrests. If the Ambulance Service know where it is, it's far more likely to be used. There may be reasons why it isn't possible for the public to access your premises or use your AED. However, a cardiac arrest could happen on your car park, in your grounds or anywhere in your buildings and with most people carrying mobile phones your staff may call 999 directly. If your AED is registered they can be reminded of its existence and location and help save a colleague's life! Better knowledge and data about their

1 2019-08-31

locations could make the difference between life and death – that’s why you need to register it on The Circuit.   
 How do I register? Registering your defibrillator on The Circuit is quick and simple.   
 1. Set up your account at [www.thecircuit.uk](https://www.thecircuit.uk)   
 2. Register your defibrillator • You will need to know the location and surroundings of the defibrillator • You will need the brand, model and device serial number • You will need to know when the defibrillator is accessible (it doesn’t need to be 24/7, it can be simply when your school, pub, club, surgery or other premises are open) • You will need to know when the pads expire and if it displays a green emergency ready light. (You will receive reminders to check the defibrillator and warnings when pads are about to expire).   
 3. You are ready to help save lives!   
 After entering your post code some details of an AED may exist because of already having being on WMAS 999 systems or listed temporarily by your local CFRs until correct ‘guardians’ can be established. Please still check, update contact details if necessary and complete any missing information such as access times. Ready to help save a life?   
 Go to [www.thecircuit.uk](https://www.thecircuit.uk) and register your defibrillator now!

102 Even more potential Lifesavers !

Thank you to South Staffs Council for the opportunity to demonstrate CPR and defibrillators (AED) to the 'Let’s Work Together' group at Codsall.   
 Opportunities were provided to try CPR – a vital part of the immediate action if someone isn’t breathing. As always there were people who were worried about using an AED but hopefully they went away with the confidence to use one if necessary and realised that the defib cant make a poor situation even worse!   
 Well done to even more potential lifesavers!

1 2019-09-18

103 New sites for Donated Lifesaving equipment.

A super year for P&DCFR thanks to the support and generosity of our local community. Not only do we have our new car to stay operational in bad weather but are now able to help our secondary aim to add more 24/7 public access sites for heart defibrillators (AEDS) in the district.   
 This is possible though the gift of three AEDS from family & friends in memory of former resident, Bob Ratcliffe, several more from WMAS “Staffordshire 1000” scheme plus special funding given to us that is restricted to “community resuscitation projects” such as cabinets and CPR/AED training.   
 The first new AED is already available in Templars Way being accessible to Druids and Princefields areas. Two more will ‘go live’ this week – one will be outside “The Star” (with support from Round Table, Spoofers and customers) and the other at “The Swan at Whiston” again with additional help from their customers.   
 Details of other sites will follow as they go live!

1 2019-11-01

104 Find us on Facebook... To all of you that follow us on Facebook – we still want to remain “friends” but our page is now simply called “Penkrige & District Community First Responders” and with additional team members able to add information, we hope to keep you more up to date with what we are doing! <br /><br /> 2019-10-15