

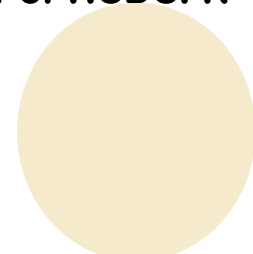


**Holmes Chapel & District**  
Community First Responders

# PULSE

The official newsletter of HCDCFR

Visit us online @ [www.hccfr.org.uk](http://www.hccfr.org.uk)



Spring 2009

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## Contact Us

If you're interested in becoming a member, donating, fundraising or any further information use the contacts below:

- E-mail: [secretary@hccfr.org.uk](mailto:secretary@hccfr.org.uk)
- Phone: 01477 532058

## 999 Calls we get sent to:

- Allergic Reactions
- Breathing Difficulties
- Cardiac Arrest
- Chest Pain
- Choking
- Fittings
- Diabetics
- Strokes
- Haemorrhages (severe bleeding)
- Unconscious Patient

## Hello and Welcome

to the first of our quarterly newsletters that will be placed around local hot spots to keep you in the know of what Holmes Chapel & District Community First Responders are doing. First things first, for those of you who may not know what we do, HCDCFR was formed in April 2008, and we are members of the local community who are entirely volunteers. The team works in Partnership with North West Ambulance Service and operates a 7 mile radius from the centre of Holmes Chapel, covering Sandbach, Goostrey, Middlewich, Byley and Cranage. The team responds to

emergency calls that come from the 999 Emergency Medical Despatch Centre, and are paged or phoned at the



Team Picture  
Person A, B, C, D etc

same time as the Rapid Response Unit or Emergency Ambulance.

Each team member is fully trained to a high level by North West Ambulance Service's Paramedic Trainers.

## Why do we need First Responders?

Research and facts have shown that when someone is suffering from a life threatening medical condition, the sooner they receive trained action the better the patients chances of survival will be. The Community First Responders often arrive before the prompt arrival of the ambulance, and can assess the patient and start treating the patient until the ambulance arrives and either treats them at home, or transfers them to hospital.

## So much done in so little time

Having only gone live in April 2008 with 4 operational members we have now expanded the group to 9, and hoping more will join. We've purchased a group response vehicle, started a Heart start UK program and are currently developing the Defib scheme, which will

enable your local community to have access to an A.E.D, which stands for Automated External Defibrillator. In the event of a sudden cardiac arrest a local Defib will not only increase the survival rate but decrease the chance of long term damage to the casualty.

### Did you know?

If a shock from a defibrillator is passed through the heart within 2-3 minutes of a cardiac arrest, the patient's chances of survival will be increased by over 50 per cent.

Source: Laerdal Medical



Working in  
Partnership  
With

# IN THE SPOTLIGHT-Waitrose is a winner

Thanks to Waitrose's community fund scheme we have been one of the lucky three community projects to receive funding from a total of £1000.00. Running until 24th January 2009, each time you shop at the Sandbach store, you receive a green token that is placed into a box by the exit.

### How it works?

It's very simple, each green token represents an amount of the total £1000.00 available, so the

more tokens we gratefully receive the more funding we receive. Our box is located in the middle section of the three boxes, along with a brief overview of the group above.



### How will the money benefit us?

Every penny we receive is vital for the running of the group. We solely rely on donations and fundraising to build our funds throughout the year, we have our every day running costs of

the group such as the, response car, training sessions and local community development projects such as the Defib program and Heartstart. That is why we need to raise as much as we can and you can help us do this by doing something you do on a regular basis, your food shop!

So next time you pop into Waitrose, use your token to help us as one day we might need to help you.



The Waitrose store in Sandbach

## Airway and Oxygen Therapy

Pocket Mask



Spare Equipment  
Torch

Spare Masks

Oxygen

Oxygen Masks

Special Flow Oxygen Masks

## What's in the bag?

### Dressings and Emergency Equipment



Patient Report Forms

Assortment of Ambulance Dressings and Wound Care

Tuff Cut shears

Burn Care Dressings

Safety Razors & Tape

Diagnostic Equipment

## Response Back Pack & A.E.D



Resuscitation Equipment

Response Backpack

A.E.D

