



Holmes Chapel & District
Community First Responders

PULSE

The official newsletter of HCCDFR

Visit us online @ www.hccfr.org.uk



Volume 1, Issue 2

Contact Us

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

- E-mail: secretary@hccfr.org.uk
- Phone: 01477 532058
- Post: Holmes Chapel & District Community First Responders
31 Bank View
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Areas we cover:

Holmes Chapel
Sandbach
Middlewich
Goostrey
Twemlow
Allostock
Brereton
Cranage
Byley
Sproston

Summer 2009

Hello and Welcome

to the Summer edition of our quarterly newsletters for Holmes Chapel & District Community First Responders. A lot has happened over the past few months and the group has gone from strength to strength. We initially started with just 4 members and now it has shot up to 12, which is fantastic news. If you are interested in becoming a member, please contact us using the information on the left hand side of the newsletter.

A massive **THANK YOU** to Waitrose in Sandbach and to those of you who put your green tokens in our box back in January you raised a

massive £250 all will be put straight to use in the community.

We have a lot planned for this Summer so keep a look out for us and if your attending the Sandbach Transport Festival, Middlewich Boat Festival or Goostrey Rose Festival this year come and take a look at our stand.

We are holding our A.G.M on Friday 29th May starting at 7.30pm.

For all those interested in attending it will be held at the Goostrey Playingfields Pavillion on Boothbed Lane.

Many Thanks, HCCDFR Team

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

Each year thousands of people suffer a medical emergency often in their home, workplace or in a public area. The majority of the time there are bystanders who witness what happens. Amazingly, only a small percentage of those bystanders would know exactly what to do when that situations occurs. To avoid this we have teamed up with the British Heart Foundation and formed **Heartstart Holmes Chapel and District**. This **FREE** Emergency



Life Support course is open to everyone and anybody, giving you basic life support skills that could one day help save a person's life. If your are interested in coming to one of our courses, check out our website, email us at: heartstartbookings@hccfr.co.uk or phone **01477 532058** to book a place.

We look forward to seeing at the next course.

IN THE SPOTLIGHT

The Defib. Project

Holmes Chapel & District Community First Responders have just set up a Community Defibrillator Placement Project. This is run in partnership with the British Heart Foundation.



Our aim is to raise £600 pounds towards a defib unit. The British Heart Foundation then support by donating the other half of the amount required.



We hope to be able to install as many units as we can in Holmes Chapel, Middlewich and Sandbach. The more units we can place to safer our communities will be in the event of someone having a Cardiac Arrest. If you would like to make a donation towards this project please contact us.

Did you know?

That the body holds about 5litres, (roughly 8 pints in old money!) of blood. Loosing just 10% of your blood can lead to life-threatening problems.

Working in
Partnership
With

