



Heathfield and Waldron

First Responders

The State of Play in 2022, by Tim Williams, FRCS, Chairman

Our First Responder scheme (charity number 1155472) now answers to emergencies in Mayfield in addition to Heathfield, Hadlow Down, Horam, Broad Oak and Rushlake Green though Covid reduced recent participation. Our Responders act on advice of emergencies from SECamb, the South East Coast Ambulance Service. Because Responders live locally, they often reach the emergency before the ambulance, saving lives and facilitating recovery by applying their skills at early, critical moments. They also provide prompt attention for less threatening medical episodes, falls especially, for which the community is grateful.

Covid has disrupted many things, including Responder activity and we are currently down to a team of three active Responders and one being re-trained. Recruitment and training is in the hands of the South East Coast Ambulance service, and if you are interested in becoming a local Responder please see the Facebook page (<https://www.facebook.com/HeathfieldandWaldronResponders>) or contact our Team Leader Hannah Crush (see below) or myself. Watch out for more details !

Our costs include the equipment and outfitting of our Responders, training equipment for them and the public, and the costs of maintaining our charitable organisation. For all this we are reliant on the generosity of our donors, and over £16000 was raised by the Co-op. In addition to equipping our Responders we have allocated funds for buying and maintaining defibrillators on public buildings throughout our area, lately made possible by the funds raised by the Co-op and by annual grants from the Parish Councils of Heathfield and Warbleton.

I urge you to read the note overleaf on CPR (C**ardio**-P**ulmonary** R**esuscitation**). If you need a demonstration in your community, please contact the Team Leader (hannah.crush@btinternet.com) - don't let an *emergency* be the first time you set eyes on a defibrillator! However, let me stress that each Public Access Defibrillator will talk you through how to use it when it is opened. CPR advice and the location of local defibrillators can also be seen at <https://www.heathfield.net/local-information>.

You will often find Responders at local events and they have brought CPR awareness to many schools. Information on their activities is on Facebook and our website (see overleaf). Please let me know if I can help further.

February 2022

Tim Williams (twill30999@aol.com; 01435 812273)



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Know what to do ! **Call **Push** **Rescue** – the elements of CPR**

While it is helpful to know the location of defibrillators, in the case of cardiac arrest (sudden death) **the very first thing to do is to obtain help** (**CALL** – shout or phone) then perform CPR : 100 -120 firm persistent compressions (hand on hand) per minute to the centre of the supine victim's chest (**PUSH**). The **next** attender then fetches the defibrillator (**RESCUE**). There is no longer a need to perform mouth-to-mouth breathing because enough oxygenated blood circulates with CPR.

There is more advice on heathfield.net/local-information (or see Clubs and Groups).

The 999 operator knows the location of the nearest defibrillator (and also the code if the cabinet is code protected). Defibrillators (PADs – Public Access Defibrillators, sometimes labelled AEDs = Automatic External Defibrillators) are widely distributed (see heathfield.net → Heathfield Partnership → Local Information). They are outside the Heathfield Fire and Ambulance stations, the Heathfield Rugby Club, Urban Jump (Ghyll Road), the Welcome Church (Alexandra Road), Three Cups Corner phone box, Waldron (ditto), Broad Oak Village Hall and in Bodle Street (the White Horse Inn), Rushlake Green (Osborne House), Punnetts Town Village Hall, Cade Steet (Goward Hall), the Five Ashes Primary School and Mayfield (Woodhill Surgery and the Primary School), Horam dental surgery (Magpie) and elsewhere.

Don't forget - in the event of cardiac arrest (sudden death):

(<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr>)

Call for help – *you must get help*, to dial 999 and fetch the defibrillator.

Push - 100-120 firm compressions a minute on the centre of the chest

Rescue – turn on the defibrillator and apply its two pads (one to the lower left side of the chest, the other on the upper right chest). Listen to its instructions. It is easy to use, and foolproof. Repeat **Push** as needed.

<http://www.heathfieldcfr.co.uk>

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

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



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