



Ambulance
Community
Responder

**BRANGSORE COMMUNITY
FIRST RESPONDERS**

“Supporting the Brangsgore Community”

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

our voicemail system on

01425 659899

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

E:Mail:

enquiries@brangsgorecommunityresponders.org.uk

Web:

www.brangsgorecommunityresponders.org.uk

South Central Ambulance Service 
NHS Trust

Community Responders



**BRANGSORE COMMUNITY
FIRST RESPONDERS**
Reg. Charity No. 1049778-1

YOU COULD SAVE A LIFE!

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

**JOIN US AS A
COMMUNITY
RESPONDER**

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



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Community
Responder

BRANSGORE COMMUNITY FIRST RESPONDERS
Registered Charity No. 1049778-1

Bransgore, in the New Forest, Hampshire
England

Information Pack

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

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

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

If you have decided that you would like to help us "*Make a Difference in Bransgore*" please contact us for an application form and send it to the Freepost address shown at the foot of the form – No stamp required. Please let our Group Co-ordinator know when you do this so we can monitor the progress of the application.

Many Thanks - Bransgore Community Responder Team.

Mike's Story

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

Jackie's Story.

"I work from home and manage a busy family life and so I mostly do shifts when the schools are in session. Years ago I used to be on-call for computer support and could never wake up at night so I don't even try to do night shifts now. I have weeks where I can do no shifts and weeks where I can do many which works for the scheme and for me. I've been to calls from falls to a heart attack patient collected by the air ambulance helicopter. I find that the emotional support you give the family by being there is as rewarding as the medical care. I also use my educational background to arrange the group's monthly training."

Jacqui's Story

"I retired recently and sought some voluntary work that would allow me to 'pay something back' and help the local community. Being a Responder certainly provides that. I was nervous as I've no medical background but after some basic training by the Ambulance Service, the ongoing support from the others in the group and regular training nights, I feel a real sense of satisfaction knowing I have helped in some critical life-threatening situations. I can also do as many or as few hours I like to fit my changeable lifestyle."

Questions

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

How long is the training? Once necessary character checks are completed you will be offered training dates. The ambulance service train new community responder volunteers on a weekend. One Saturday/Sunday will teach you all you need to know.

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

Do I have to stay at home whilst on call? No, you can pop out to the newsagent, go round to a friend for coffee or post that letter but you do need to remain within our call area, and take the mobile phone and equipment with you.

What if I can only give an hour or two a week? That's not a problem. The community will be better off for an hour or two a week.

What area do you cover? About a 5–8 minute drive from the Crown crossroads and within an area encompassed from the War Memorial in Burley, down to Avon, over to Sopley, across to the Cat and Fiddle and up to Holmsley.

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

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

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

This sounds quite solitary. Is it? No. On every call you meet and help fabulous people around our area and ambulance staff. At the start and end of each shift, we often meet each other as we hand over the equipment. We have an active, supportive group and there's always someone to lend an ear if you want to talk about anything. We meet once a month, for a voluntary training session and every two months for a group meeting where we have a catch up session over a coffee. We also have access to ambulance service liaison and training staff. If there's anything solitary, it's the need to maintain confidentiality and not talk openly about our calls.

I think I could do it, but I'm still not sure? Of course. None of us had done this before and nobody was quite sure how they would respond. The induction process after initial training is gradual and takes a couple of months, so you have plenty of time to get used to everything, and you can start on calls as a second responder not the primary responder. Some people have found that it's not for them and that's fine, but most people have continued into responding. None of us are super-heroes or especially clever, we're just ordinary people who've been willing to learn so come and talk to us.

Interested ?

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

You do **not** need to be an expert.

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

You will be trained by the ambulance service in just one weekend and you will be supported by colleagues in our group as required.

You can give as much or as little time as you wish but we ask you for a minimum on-call commitment of at least 10 hours per month.

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

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

What do I need ?

To become a Community First Responder you simply need:-

To be of good character

To be over 18

To have a caring attitude and a willingness to help others

Common Sense

A bit of spare time

Use of a car

Please visit our website at :

www.bransgorecommunityresponders.org.uk

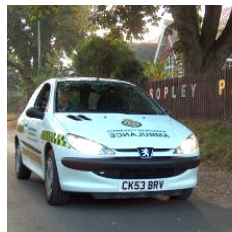
How the scheme works

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



Ambulance control assess the call and despatch an emergency ambulance.

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



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

General Information

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

You only offer to be available when you can; no fixed rotas, no problem with holidays, no fixed expectations other than our group expectation that you will offer at least 10 hours per month "on-call". The only 'must do' is a requalification (2 hours) once every 6 months but even then, you can often choose when to do this.

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

What do you do? You get a call from ambulance control to attend an incident. You drop everything and jump in the car. Your training will teach you what to do when you get there and you stay with the patient until the ambulance arrives, which may be a few minutes after you arrive or occasionally longer. (If at first you don't want to be on call on your own, we pair you up with experienced team members until you feel ready to go solo.) You have access to immediate medical advice if needed, via the mobile phone provided. You are not expected to attend anything you have not been trained for and you will not be sent to any call where you may be at risk. Once you hand over to the ambulance staff and are released from the call, you return home, replenish the equipment bag and get back to whatever you were doing. You're often home within 20-30 minutes.

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

There are a very defined set of calls that we go to. Primarily our training is about emergency life support in a medical crisis where a life may be at risk. You will be taught the necessary basic skills and will not need to learn loads and loads of medical information.

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