



Penicuik Community
First Responders



Celebrating 20 Years of Penicuik Community First Responders

The First Self - Funded Responder
Group in Scotland!



Scan Here For
PCFR Website



Scottish Ambulance Service
FIRST RESPONDERS





Penicuik Community
First Responders





What PCFR Do

Penicuik Community First Responders (PCFR) are a group of local volunteers who have been trained by the Scottish Ambulance Service.

A Community First Responder is trained to provide an initial assessment of a patient's condition and where appropriate, use their emergency skills and knowledge to initiate care and treatment.





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





PCFR Firsts!

Penicuik First Responders Meeting

Beeslack Community High School
7.30pm - Tuesday 14 June 2005

AGENDA

1. Apologies
2. Office Bearers - Bank Mandate
3. Committee - Membership Update
4. Route Maps - Update
5. Insurance Details - Report
6. Project Update
 - Responders Update
 - Mobile Phone - Update
 - Def' Purchase
 - Rota Sheets
 - Ambulance Service Jackets & ID Badges
 - Publicity - Penicuik on Parade - PR Person
7. AOCB
8. Date & Time of next meeting

Penicuik Community First Responders

Public Meeting to be held in Beeslack Community High School
On Wednesday 23rd March 2005 @ 7.30pm

1. Apologies.
2. Introduction by Robert Cooper - Principal Officer
'Beeslack Community High School'.
3. An insight into the 'Community First Responder Scheme' by
Neil Proven - Divisional Training Officer
'Scottish Ambulance Service'.
4. Questions from the floor.
5. Next step - Training etc.
6. Presentation of cheque by Rotary Club of Penicuik.
7. Tea/Coffee - Defibrillator demonstration.





Penicuik Community
First Responders

PCFR Firsts!



Penicuik Community First Responders Training Programme



Dear Responder

Further to your recent interview in May, I now write to advise you that we have had a very good response with regards to our First Responder recruitment drive. We have been fortunate in recruiting 24 people so far with a further 5 also showing a keen interest to become involved.

As previously stated, there are two organised training sessions listed below, the latter of which you must attend and successfully pass before you can become a Community First Responder.

Forthcoming programme of dates for First Responders training ...

Saturday 25 June 2005	9.30am - 1.30pm	Beeslack Community High School – Penicuik <i>[Optional]</i>
Saturday 27 August 2005	9.45am - 5.00pm	Beeslack Community High School – Penicuik <i>[Compulsory]</i>
Sunday 28 August 2005		

If for any reason you are unable to attend either of the above training sessions, please contact Robert Cooper or Maureen Sanford at Beeslack Community High School on 01968 673893.

PLEASE REMEMBER: Attendance at the August 27th & 28th training weekend is compulsory. There will be continuous assessment throughout the August weekend training course and Neil Proven from The Scottish Ambulance Service will perform candidate assessments on the Sunday afternoon.

Upon completion of your training, a final 'Responders' meeting will be held at 7.30pm on Wednesday 21 September to discuss rotas etc. This meeting will afford you the opportunity to raise any last minute concerns you may have prior to the launch of the scheme, which will take place sometime during the following week.

Finally, I look forward to meeting with you all at the training sessions and would like to take this opportunity to thank you for your valued support.

Yours sincerely

BRYAN FINLAY
Trainer Assessor
Penicuik Community First Responder
17 June 2005



Beeslack
COMMUNITY HIGH SCHOOL

Edinburgh Road
Penicuik
Midlothian
EH26 0QF

Tel. 01968 673893 Community Education Office
Tel. 01968 678060 School Office
Fax. 01968 678659
E-Mail. robski@beeslack.freeserve.co.uk

Robert Cooper... Principal Officer

Midlothian



Penicuik Community First Responders Scheme Official Launch

Beeslack Community High School
Thursday 20 October 2005 @ 7.15 pm

As you may be aware, there is a new voluntary group currently being trained to assist the Scottish Ambulance Service to help bridge the gap before the ambulance paramedic arrives on scene. *[An information leaflet is attached which helps explain in more detail, the benefits of such a scheme to the people of Penicuik]*

On behalf of the 'Penicuik First Responders' I would like to formally invite you to attend the above launch. The official launch will be attended by...

- Jeremy Purvis MSP
- Local councillors
- Representatives from the Scottish Ambulance Service
- Beeslack Community High School staff
- Members from The Royal Life Saving Society
- Rotary Club members
- Representatives from various local community groups.

Invited guests will meet in Beeslack Drama Studio where we will present a brief background to the scheme and provide detail of our future plans. We will also present our recently qualified volunteer 'First Responders' with their certificates. Afterwards we will retire to the staffroom for an informal glass of wine and nibbles.

Leading up to this event, and the scheme becoming operative on Monday 31 October, we are organising a 'Community First Responders Awareness Week' which will include the following...

- 1) A leaflet drop through every household in the town.
- 2) First Responders will promote the scheme at high profile venues throughout Penicuik eg. Library; Town Hall; local Supermarkets etc.

I would be obliged if you could **RSVP** to my office at Beeslack Community High School on 01968 673893.

I look forward in anticipation to hearing from you soon.

Yours sincerely

Robert Cooper
Principal Officer



Scottish Ambulance Service
FIRST RESPONDERS



Penicuik Community
First Responders



8 Months
November 2005 – June 2006
Statistics
For
Penicuik Community
First Responders

Bryan Finlay
Community First Responder
Training & Development Coordinator



Penicuik First Responders
Serving Your
Community

PCFR Firsts!



Scottish Ambulance Service
FIRST RESPONDERS





PCFR Firsts!

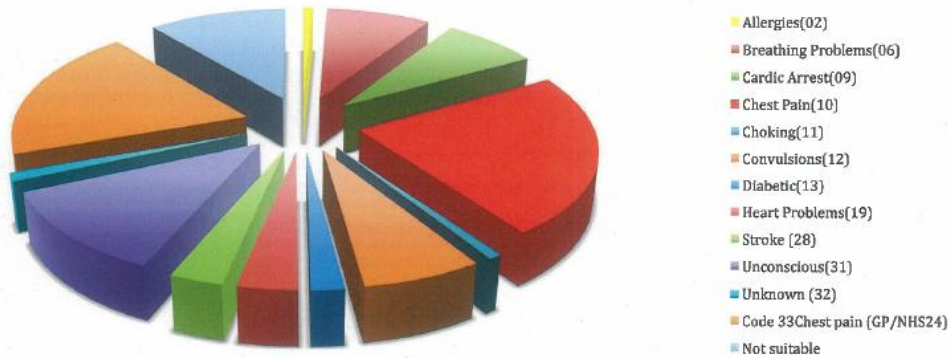


Penicuik Community First Responders Types of Calls Attended by Responders For Year 1



AMPDS code number of calls	Allergies(02)	Breathing Problems(06)	Cardiac Arrest(09)	Chest Pain(10)	Choking(11)	Convulsions(12)	Diabetic(13)	Heart Problems(19)	Stroke (28)	Unconscious(31)	Unknown (32)	Code 33Chest pain (GP/NHS24)	Not suitable
	2	22	20	60	2	18	5	9	8	31	3	50	29

types of calls



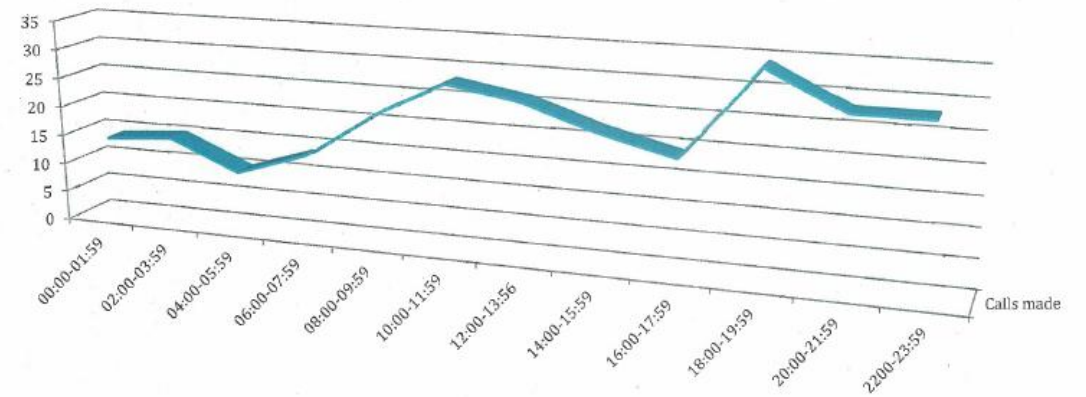
Penicuik Community First Responders Year 1



Penicuik Community First Responders Time of day For Year 1



Time of day	00:00-01:59	02:00-03:59	04:00-05:59	06:00-07:59	08:00-09:59	10:00-11:59	12:00-13:59	14:00-15:59	16:00-17:59	18:00-19:59	20:00-21:59	22:00-23:59
Calls made	14	15	10	14	22	28	28	22	19	34	28	28



Penicuik Community First Responders Year 1





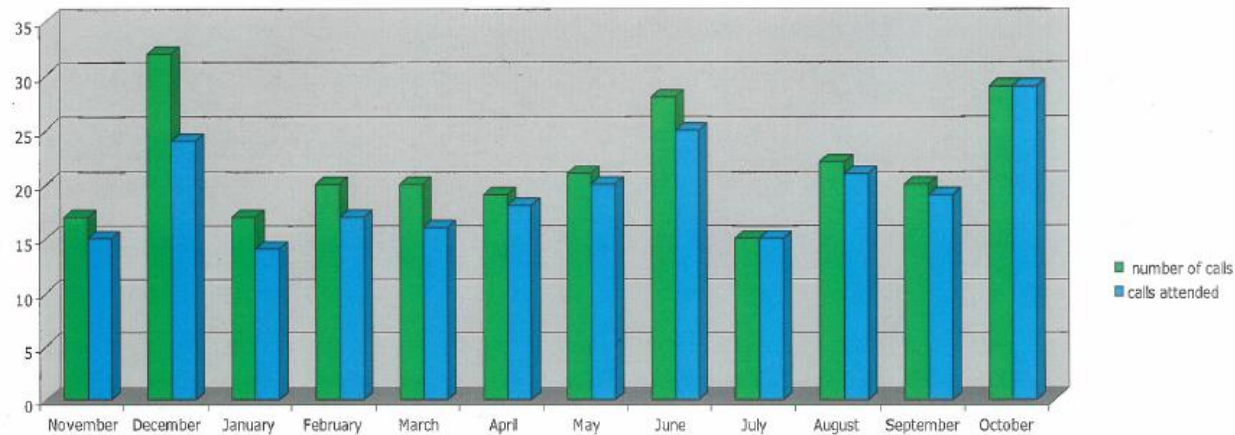
PCFR Firsts!



Penicuik Community First Responders Calls out for Year 1



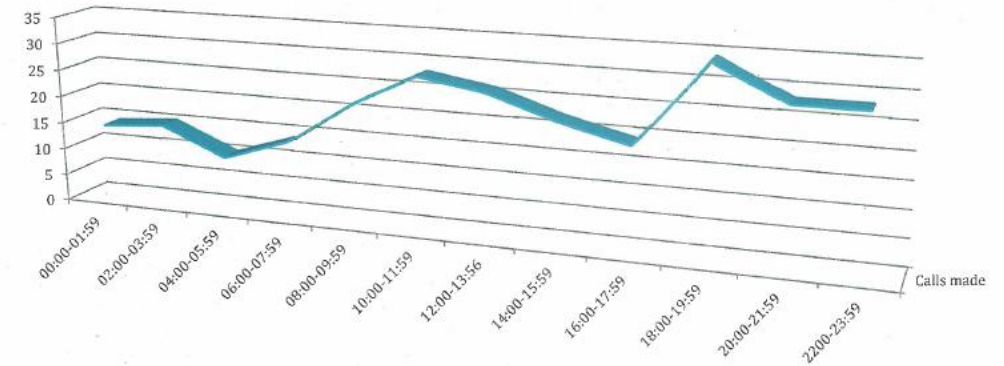
Monthly Totals	Nov 05	Dec 05	Jan 06	Feb 06	Mar 06	Apr 06	May 06	Jun 06	Jul 06	Aug 06	Sep 06	Oct 06	Total calls for Year 1
Number of calls	17	32	17	20	20	19	21	28	15	22	20	29	260
Calls attended	15	24	14	17	16	18	20	25	15	21	19	29	233



Penicuik Community First Responders Time of day For Year 1



Time of day	00:00-01:59	02:00-03:59	04:00-05:59	06:00-07:59	08:00-09:59	10:00-11:59	12:00-13:59	14:00-15:59	16:00-17:59	18:00-19:59	20:00-21:59	22:00-23:59
Calls made	14	15	10	14	22	28	26	22	19	34	28	28



Penicuik Community First Responders Year 1





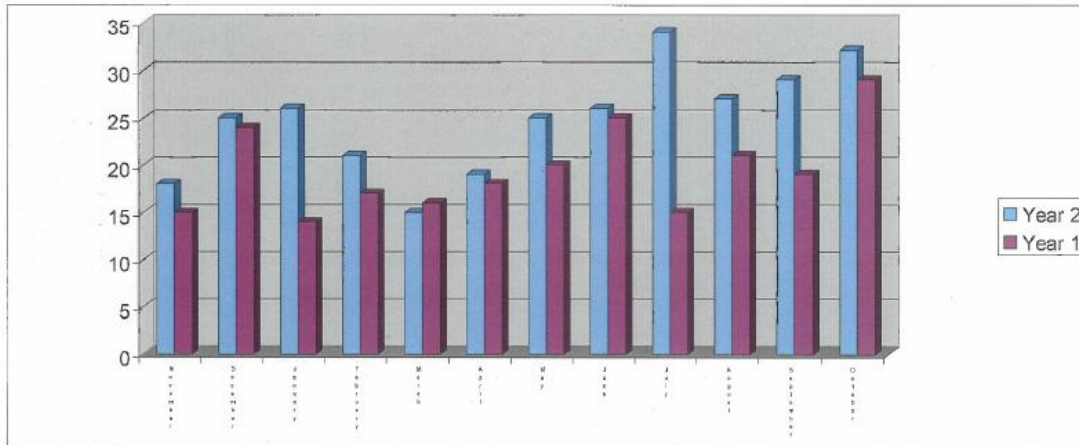
PCFR Firsts!



Penicuik Community First Responders
Year 1 & Year 2 comparison (Number of Job)

Year 1	November	December	January	February	March	April	May	June	July	August	September	October	Total
number of calls	17	32	17	20	20	19	21	28	15	22	20	29	260
Actual calls attended	15	24	14	17	16	18	20	25	15	21	19	29	233

Year 2	November	December	January	February	March	April	May	June	July	August	September	October	Total
number of calls	21	27	29	21	16	21	25	29	35	27	29	36	316
Actual calls attended	18	25	26	21	15	19	25	26	34	26	29	32	295

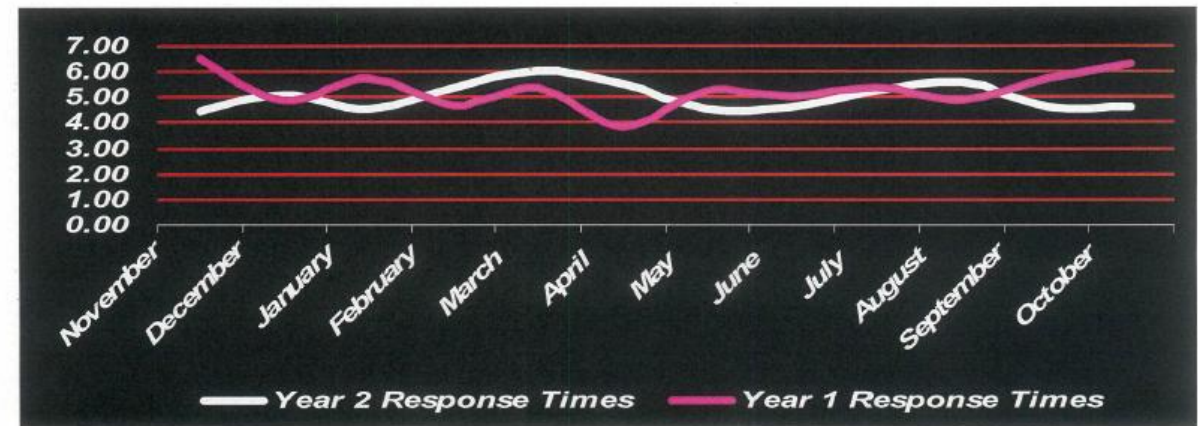


Penicuik Community First Responses
Average Response Times Comparison year 1 year 2

YEAR 2	Comparison Average Times	November	December	January	February	March	April	May	June	July	August	September	October	Total Average
	Community First Responders Times	4.43	5.08	4.56	5.35	6.00	5.55	4.54	4.58	5.25	5.56	4.58	4.57	5.00
	CFR/Ambulance Times	17.05	16.88	18.51	19.01	19.03	14.57	17.08	17.03	18.13	21.07	17.33	16.19	17.68

YEAR 1	Comparison Average Times	November	December	January	February	March	April	May	June	July	August	September	October	Total Average
	First Responder	6.5	4.9	5.7	4.7	5.4	3.8	5.2	5.0	5.4	4.9	5.7	6.3	5.3
	Ambulance	15	13.5	17	14.5	16	14.4	17.1	19.7	18	14.57	24.68	16.7	16.76

PCFR	November	December	January	February	March	April	May	June	July	August	September	October
Year 2 Response Times	4.43	5.08	4.56	5.35	6.00	5.55	4.54	4.58	5.25	5.56	4.58	4.57
Year 1 Response Times	6.5	4.9	5.7	4.7	5.4	3.8	5.2	5.0	5.4	4.9	5.7	6.3





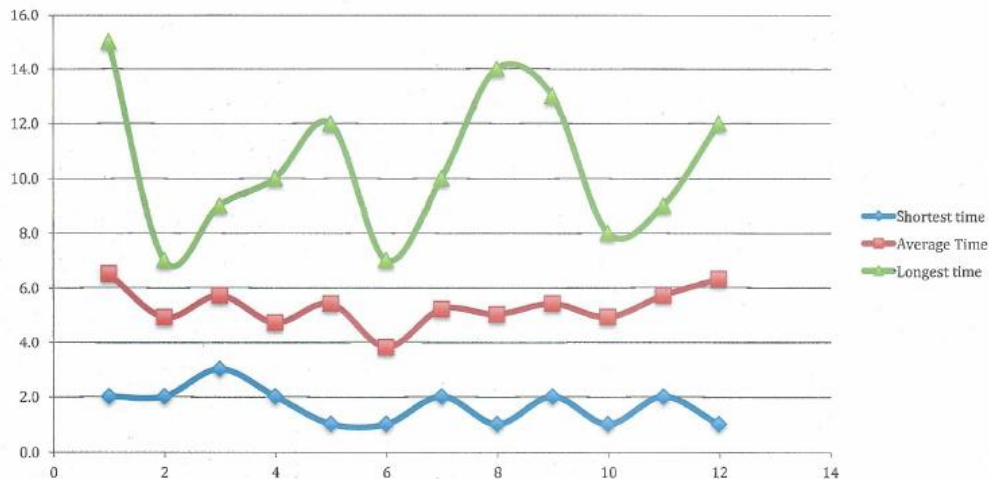
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Penicuik Community First Responders
Response Times For Year 1



Community First Responders Response Times	Nov 05	Dec 05	Jan 06	Feb 06	Mar 06	Apr 06	May 06	Jun 06	Jul 06	Aug 06	Sep 06	Oct 06	Average Response Time
Shortest time	2.0	2.0	3.0	2.0	1.0	1.0	2.0	1.0	2.0	1.0	2.0	1.0	
Average Time	6.3	4.9	5.7	4.7	5.4	3.8	5.2	5.0	5.4	4.9	5.7	6.3	5.3
Longest time	15.0	7.0	9.0	10.0	12.0	7.0	10.0	14.0	13.0	8.0	9.0	12.0	



Penicuik Community First Responders Year 1

List of current 'Community First Responder' volunteers

- | | |
|----------------------|-------------------------|
| 1. Delia Stewart | 2. Richard Proctor |
| 3. Simon Boyle | 4. David Campbell |
| 5. Sheena Harper | 6. Kathleen Spencer |
| 7. Kathleen Hanratty | 8. Fiona Hall |
| 9. Katrina Drennan | 10. David Waterston |
| 11. Richard Hadwen | 12. David McKenzie |
| 13. Harry Blackley | 14. Kathleen Spencer |
| 15. Bill Lawson | 16. Andrew Ketteringham |
| 17. Amanda Hendry | 18. Martin Rooney |
| 19. Chris Harper | 20. Alison Ketteringham |
| 21. Gill Traquair | 22. Mary Archibald |
| 23. Donna Rooney | 24. Isabel Cheeney |
| 25. Sheila Thacker | 26. Bryan Finlay |

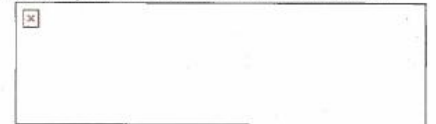


Penicuik First Responders Scheme

Penicuik Community First Responders Scheme

An initiative is underway to recruit and train local community volunteers to assist the Scottish Ambulance Service by providing a 'Community First Responder Scheme' in the Penicuik area.

The idea for a 'Community First Responder Scheme' has come about from the realisation that when someone collapses, every second counts. Although an ambulance is dispatched as soon as an emergency 999 call is received, we hope to assist the Ambulance Service by also dispatching trained local volunteers to the scene.





Penicuik Community
First Responders





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





Your Active First Responders



Mark

Chairman / Responder



Yvonne

Coordinator / Responder



Sandy

Responder & Committee Member



John

Responder



Kerstin

Responder



Abbi

Responder



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PCFR Website





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





Your PCFR Committee Members



Mark

Chairman / Responder



Fiona

Treasurer



Sheena

Secretary



Yvonne

Coordinator / Responder



Samantha Grieve

Scottish Ambulance
Service Representative.



Bill

Committee



Pam

Committee



Douglas

Committee



Alan

Committee



Sandy

Responder & Committee Member



Gilbert

Committee





Penicuik Community
First Responders





Penicuik Community
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Penicuik Community
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Scottish Ambulance Service
FIRST RESPONDERS





Penicuik Community
First Responders

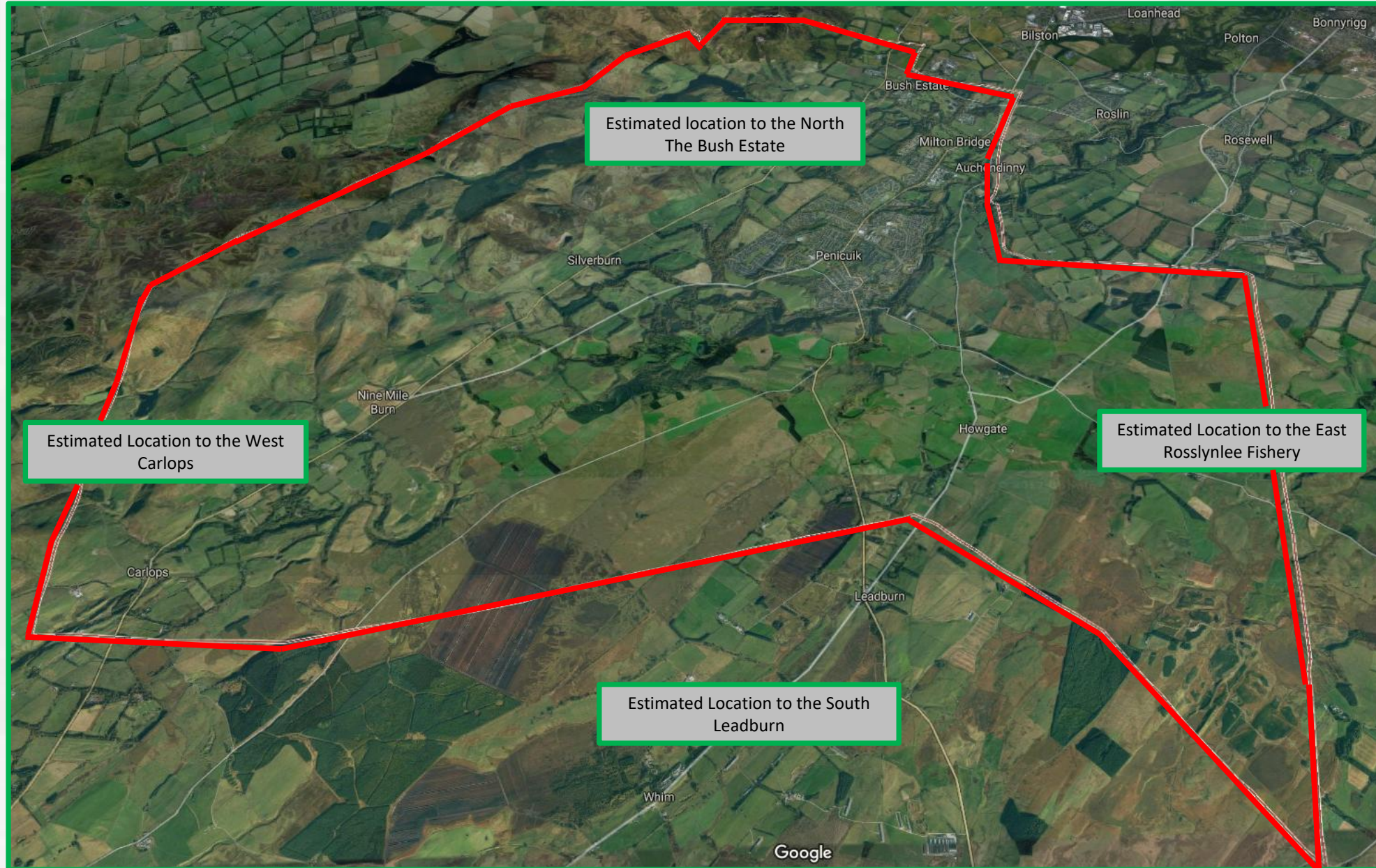


Scottish Ambulance Service
FIRST RESPONDERS





EH26 - Area covered by Penicuik Community First Responders



Scan Here For
PCFR Website





Penicuik Community
First Responders

EH26 Public Access Defibrillators (PAD) Locations

Available 24/7



Scan Here For
PCFR Website

PADs available to the public 24/7



EH26 Automated External Defibrillator (AED) Locations



AED ONLY available during properties operating hours



Penicuik Community
First Responders





Penicuik Community
First Responders





Basic Life Support Courses Trained **1,128** People over the past 20 years



FREE Basic Life Support Courses – Could you save a life?

Penicuik Community First Responders run a number of Basic Life Support courses.

A course lasts around two hours is free to attend and you'll learn key life saving skills including: dealing with an unconscious person; the signs and symptoms of a heart attack; recognising a cardiac arrest and performing cardiopulmonary resuscitation (CPR); dealing with choking and serious bleeding along with a demonstration on how to use a defibrillator.

If you or your group would be interested, please contact us through our website

www.penicuikcfr.com





Penicuik Community
First Responders





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PCFR Website!



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Scottish Ambulance Service
FIRST RESPONDERS





20

Years Responding



132
km²

Total Area Covered



12,400

Residents that PCFR Cover





Penicuik Community
First Responders





Penicuik Community
First Responders

gofundme™

Help PCFR Help You



£130 raised

£5K goal · 3 donations

3%

Share

Donate now





Penicuik Community
First Responders





Penicuik Community
First Responders





5
Mins

Average Response Time



3499

Total Number Of Calls



84,544

Hours Volunteered







Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





Community First Responder (CFR)

Yvonne Mitchell

Joined: November 2011
Location: Penicuik

Why did you become a CFR?

"I saw first hand how much CFRs can make a difference when a friend fell ill and a CFR attended her."



How do you find being a Community First Responder?

"I decided to join as a way of saying thank you for taking such great care of my friend. I enjoy being able to help when people need care even if it is just listening to them and holding their hand."





Testimonials



Caroline

Just want to say a huge thank you to the Penicuik First Responder who was with my Mum in minutes after she suffered a small stroke yesterday. Brilliant and vital voluntary support especially during this pandemic. Can't thank you enough!



Catherine

Myself and my family we're very appreciative of Dougie's support on Sunday when I became unwell. Even though he was supposed to have finished his work nearly 1 hour before he would not leave me until the ambulance crew appeared 2 hours after 999 call was made. You all do an amazing job, thanks again. Catherine Bramall



Elaine

A massive Thankyou to the following people who came to my assistance today on Carlops Rd. The retired nurse who lives on Rullion Rd sorry my partner never got your name. Mark the 1st responder. The 2 ladies who stopped their car sorry no names. Rhona& Nathan paramedics, and last but not least Laura Taylor Midlothian homecare supervisor who came to help. We are surrounded by wonderful caring people in Penicuik. Thanks to you all



The Rotary Club, Penicuik

hello PCFR's,

Thank you on behalf of the club for your thoroughly engaging training session on Tuesday night. As it turned out, I need not have been concerned about the length of it, because - as you would see for yourselves - that simply was not an issue. Your audience clearly became aware that a life (or even lives) may be saved as a result of your visit.



Penicuik Bowling Club

Many thanks to Fiona Hall and Sandy Wann, from Penicuik Community First Responders.

A group of our members have benefited greatly, through undertaking the basic life support training class at the club.

Well done to everyone who took the class. You have definitely gained a lot of important knowledge.



Penicuik Community
First Responders





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





Penicuik Community
First Responders

gofundme™

Help PCFR Help You



£130 raised

£5K goal · 3 donations

3%

Share

Donate now





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS



8

PCFR installed Public Access
Defibrillators



43

Times a PAD was deployments by
SAS



74

Active CFR's Over the Years





Penicuik Community
First Responders





Penicuik Community First Responders





6

Current Active Responders



1,128

Members of the Public Trained in
Basic Life Support Courses



20y

Longest Serving Responder





Penicuik Community
First Responders

PCFR Donators/Supporters

		Penicuik Trefoil Guild
RLSS	Calendar Sam Grieve dancing	Royal British Legion, Penicuik
Rotary Club Penicuik	Beeslack Ski Club	St Mungos Womens Guild
Masonic Lodge, Penicuik	Beeslack Monday Club	Sam Grieve's dance show
Penicuik Cricket Club disco	Penicuik Gala Day donations	Glencorse Barracks
Calendar Food Lodge (Alice)	Stewart Watson's run donations	Mr+Mrs Brian+Janet Richardson
General public, Calendar sales	Mr Wighton	Fiona Hall party donations
Calendar Penicuik Cricket Club	Beeslack Evergreen Club	D Allan
Calendar Kim's Cars	Beeslack CHS (pupils' choice)	Pentlands Royal Arch Charter
Calendar Shotstown Miiners	Mrs A Blaire	Mr + Mrs S Liddle
Calendar Nobel's Garage	Mrs A K MacLean	Beeslack 50+ Group
Calendar Athena Blinds	Mrs Bald	Beeslack Leisure Pursuits Club
General public, Calendar sales	MacDonalds Burgess	Pentland Women's Institute
X Factor Show ticket sales	Leadburn Inn	Beeslack Golden Girls
General public, Calendar sales	Ageing Well, Mrs Bissett	Ageing Well, Mrs Bissett
Ageing Well, Mrs Bissett	Royal British Legion, Penicuik	Sam Grieve's dance show
Beeslack Evergreen Club	Penicuik Bowling Club	Penicuik Cricket Club



Penicuik Community
First Responders





Scottish
Ambulance
Service

Scottish Ambulance Service
FIRST RESPONDERS

Community First Responder (CFR)

Mark Halliday

Joined: March 2016
Location Covered: EH26 Penicuik
(East)

Why did you become a CFR?
"After witnessing a fatal road traffic
accident, I wanted to improve my
knowledge and found out about CFRs
from a friend."



How do you find being a Community First Responder?

"Volunteering as a Community First Responder will give you
great practical knowledge, skillset, and the confidence to help
someone when they need reassurance and support at their
most vulnerable time."





Penicuik Community
First Responders





Penicuik Community
First Responders

gofundme™

Help PCFR Help You



£130 raised

£5K goal · 3 donations

3%

Share

Donate now





Penicuik Community
First Responders





Penicuik Community
First Responders





PCFR Donators/Supporters

Calendar Sam Grieve dancing

Beeslack Ski Club

Beeslack Monday Club

Penicuik Gala Day donations

Stewart Watson's run donations

Mr Wighton

Beeslack Evergreen Club

Beeslack CHS (pupils choice)

Mrs A Blaire

Mrs A K MacLean

Mrs Bald

MacDonalds Burgess

Leadburn Inn

Ageing Well, Mrs Bissett

Royal British Legion, Penicuik

Penicuik Bowling Club

Ageing Well, Mrs Bissett

Laerdal

Beeslack Evergreen Club

Beeslack Leisure Pursuits Club

Penicuik Rotary Club

E Keith + A Livie

Neil Proven

Sam Grieve's Dance show

Scotmid Funeral Directors

Mrs Drabble

Robert Cooper

Penicuik Archers

Pentland Women's Institute

Ageing Well, Mrs Bissett

Penicuik Gala Day donations

General public, Tescos bag pack

Sam Grieve's Dance show

Dr Taylor

Beeslack Evergreen Club

General public, Tescos bag pack

Tescos, Penicuik

Penicuik Gala Day donations

Sam Grieve's Dance show

Beeslack Evergreen Club

Ageing Well, Mrs Bissett

Penicuik Street Fair

Charties Foundation

Beeslack Evergreen Club

Ageing Well, Mrs Bissett

Penicuik Cricket Club fun run

Mr Andrew Bain

Penicuik Gala Day donations





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





Penicuik Community
First Responders





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS





PCFR Donators/Supporters

Sam Grieve's Dance show

Dr Taylor

Beeslack Evergreen Club

General public, Tesco's bag pack

Tesco's, Penicuik

Penicuik Gala Day donations

Sam Grieve's Dance show

Beeslack Evergreen Club

Ageing Well, Mrs Bissett

Penicuik Street Fair

Charties Foundation

Beeslack Evergreen Club

Ageing Well, Mrs Bissett

Penicuik Cricket Club fun run

Mr Andrew Bain

Penicuik Gala Day donations

Neil Proven

Mr + Mrs Ashtol

Ageing Well, Mrs Bissett

Ladywood Leisure Centre

B Fiddes

Beeslack CHS (pupils choice)

Penicuik Gala Day donations

Mrs M Weir

Mr D Weir

Masonic Lodge, Penicuik

Penicuik Rotary Club

Penicuik Gala Day donations

Penicuik Rugby Football Club

Mr I + E Grieve

Penicuik Gala Day donations

Mr Alexander Young funeral collection

Dr Nigel Tophan

Mr + Mrs Derrick + Emma Latto

Beeslack Community High School

Penicuik Boxing Club

Penicuik First (for CAB PAD)

Penicuik on Parade Home Baking Stall

Mrs Margaret Weir

Mr Derek Weir

Howgate donation after CPR course

Penicuik Boxing Club

Bank of Scotland Matched Staff Donation

Beeslack Community High School

Citizens Advice Bureau

Bank of Scotland Matched Staff Donation

Penicuik Medical Practice



Penicuik Community
First Responders





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS



Penicuik Community
First Responders



11th Annual Report Nov 2015 – Oct 2016



Penicuik Community First Responders is a
Registered Charity:
Registered Charity No. SCO 37495



Scottish Ambulance Service
FIRST RESPONDERS





PCFR Donators/Supporters

Cala Homes

Howgate WRI

Shotstown Miners Club Xmas jumper

Town Crier

TK Max

Cuiken Inn

Beeslack Youth Philanthropy award

Mrs Young funeral collection (for 2nd PAD)

J+E Farquhar (after MH's call out)

Trefoil Guides Association

Seated Exercise Class (Yvonne's)

Kirkhill neighbours (after course)

Howgate Painting Club

Old Crown Inn fundraising quiz night

St Ninians Church (after course)

Anne Lorraine Ansell

Paypal

Bankton Mains Bowling Club

Penicuik Gala Day donations

Seated Exercise Class (Yvonne's)

Shotstown Miners Club Race Night

Penicuik Boxing Club

Penicuik Bowling Club

Ageing Well, Mrs Bissett

General public, Tesco's bag pack

David + Jo Ross

Ann + Joe Findlay (Joe's 70th collection)

Sophie + Glen McKendrick

Old Crown Inn quiz night team winings

Tanden cyclists (after BLS course)

Mr D Weir

Ms S Rudol

Ageing Well, Mrs Bissett

Mrs M Ritchie

Ms P Wilkie

Mrs Margaret Cannings (Yvonne's Mum 80)

Guides (4th) Penicuik

Watsons Rugby Match

Mrs Margaret Graham's estate

General public, Tesco's bag pack

Shottstown Miners fundraising race night

Penicuik Rotary Club

C Wylie

Ageing Well, Mrs Bissett

Penicuik Bowling Club

R Hetherington

St Kentigern Crew

St Ninians Church (after course)



Penicuik Community
First Responders

Penicuik Community First Responders

2008 Calendar



Charity No SC037495





Penicuik Community First Responders



If you were to collapse from a Heart Attack, for every minute that passes by your chances of survival reduce by 10%
 bystander CPR can increase your chances of survival by 50%
EARLY CARDIO PULMONARY RESUSCITATION (CPR) - TO BUY TIME
March 2



Penicuik Community First Responders average response time for an incident in Penicuik is under 5 minutes

Early Defibrillation - To Restart The Heart

Automated External Defibrillator (AED) An AED is a device about the size of a laptop computer that analyzes the heart's rhythm for any abnormalities and, if necessary, directs the rescuer to deliver an electrical shock to the victim. This shock, called defibrillation, may help the heart to re-establish an effective rhythm of its own.

April 2008



concept was developed. This protocol addresses the fact that deaths occur outside of a hospital with death occurring within to be effective, quick execution of each and every link is essential, the likelihood of survival decreases by 10%.

May 2008



Post Resuscitation Care -
to restore quality of life



Laerdal
helping more lives

The AED's used by
Penicuik Community
First Responders
are produced by Laerdal Medical
and is the most commonly used
AED in Scotland



Penicuik Community First Responders

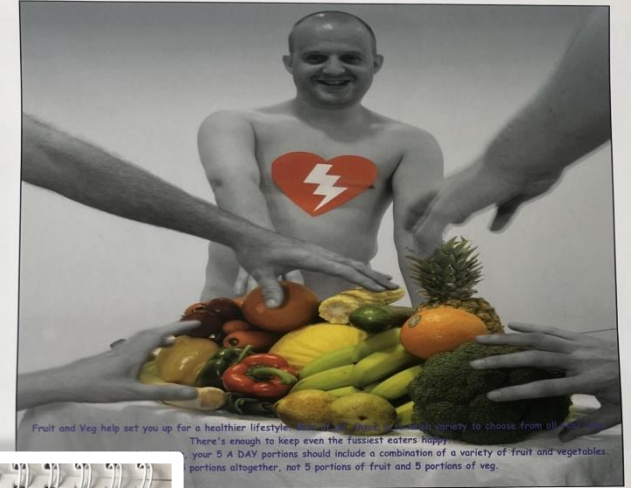


Staying active as you get older can improve your health and quality of life. Just 30 minutes of moderate activity can make a vital difference. Best of all, you can get your 30 minutes through simple everyday activities. The good news is that being active doesn't mean you have to join a gym or play a sport. It means incorporating climbing stairs into your daily routine.

June 2008



Regular health checks can help to identify problems earlier!
August 2008



Fruit and Veg help set you up for a healthier lifestyle. There's no need to choose from all the fruit and veg available. There's enough to keep even the fussiest eaters happy. Your 5 A DAY portions should include a combination of a variety of fruit and vegetables. Portions altogether, not 5 portions of fruit and 5 portions of veg.

fruit and vegetables a day. They're packed with vitamins and minerals. They can help you to maintain a healthy weight and reduce the risk of heart disease, stroke and some cancers. They taste delicious.

JULY 2008





Penicuik Community First Responders



Not very many people know what to do in a real life-threatening emergency such as a Cardiac Arrest.
These skills are simple to learn and can save lives.

BYSTANDER CPR CAN INCREASE YOUR CHANCES OF SURVIVAL OF A CARDIAC ARREST BY 50%

October 2008



Penicuik Community First Responders have been running since October 2005. Now, by 2008 we will have responded to over 700 people in Penicuik who have called 999 in need of help.

When you dial 999 for an ambulance in Penicuik, the Scottish Ambulance Service will activate a First Responder (if appropriate) to bridge the gap before the Ambulance Paramedic arrives. Responders will work only within the town of Penicuik and will respond to calls for emergency help relating to specific types of emergencies, e.g. chest pains or suspected heart attacks.

September 2008



PUBLIC ACCESS DEFIBRILLATION

Defibrillators should be placed where there is an increased public gathering i.e. Community Schools Leisure Centres and Cricket Clubs

November 2008



Penicuik Community First Responders



ANYONE can be a Community First Responder as long as they are over 18 years of age and physically fit. Community Responders work with the Ambulance Service. They give as much or as little time as they can.

It's about allowing Communities to help themselves

A Community Responder scheme is made up of a group of volunteers, who operate within the community. They have been trained to attend Emergency 999 calls received by the Ambulance Service. This provides vital care until an Emergency Ambulance arrives.

December 2008

Below are the people/groups and clubs that have helped Support Penicuik Community First Responders with their kind donations

Year 1:

Beeslack Ceilidh Club,
Beeslack Community High School
Beeslack Family Disabled Club,
Beeslack Golden Girls,
Beeslack Ski Club,
British Heart Foundation
Penicuik Archers,
Penicuik Cricket Club,
Penicuik Masonic Lodge,
Penicuik Rotary Club,
Royal Life Saving Society
Rutherford Castle Golf Club,
Sam Grieve's Dance Show
Scottish Ambulance Service
The Clippers Restaurant
The Food Lodge,
The Railway Tavern,
The Royal Hotel,

Year 2:

Beeslack Evergreen Club
Beeslack's Golden Girls
Brian Sibson
David O'Brien
Derek Wilson
Forth One's Boogie
Halifax Bank of Scotland
Tan and Eli Grieve
Jenny Slaven
Karen Liddle
Neil Proven
Peebles Ladies Circle
Penicuik Archers
Penicuik Cricket Club
Penicuik on Parade Day
Penicuik Traders Association
Penicuik's Hunter - Lass day
Penicuik Shotstoun Miners Club
Rutherford Castle Golf Club captains ay
Sam Grieve's Dance Show
Scottish Ambulance Service
St Mungo's Guild
The Clippers Restaurant
The Food Lodge
The Railway Tavern
Wallyford Miners Club

Penicuik Community First Responders would also like to thank the following people who helped with the production of this calendar

**Tony Wright
Terry Brown
Bryan Finlay
Fiona Hall**

We would also like to thank the 'models' who participated in the making of this calendar:

Nathan Anderson, Gavin Bleazard, Danny Burnett, Sam Cassie,
Matty Dower, Paul Forsyth, Ally Gordon, Michelle Halcrow,
Chris Harper, Colin Kee, Martin Laing, Derek Lockett,
Peter McDonald, Laura Scott, Kevin Steel, Kirsty Thompson,
Lynsey Watson

And **The Penicuik Community First Responders Team.**

© Tony Wright



**Penicuik Community
First Responders**



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For more information contact Sam Grieve
07910 774 376

**Penicuik Community
First Responders**
www.penicuikfirstresponders.com



**Scottish Ambulance Service
FIRST RESPONDERS**





Penicuik Community
First Responders



Scottish Ambulance Service
FIRST RESPONDERS



A Heartfelt Thank You

As we mark 20 years of Penicuik Community First Responders, we want to take a moment to reflect with deep gratitude on everyone who has shaped our journey.

To every past responder, committee member, supporter, trainer, and donator, thank you.

You have been the lifeblood of our organisation. Whether you responded to a call in the middle of the night, sat through a committee meetings to guide our direction, gave your time to train others, shared words of encouragement, or donated to keep us going, you made a difference.

Your efforts have saved lives, comforted families, strengthened our community, and built a legacy that continues to grow today.

It's because of your dedication and compassion that we stand here, 20 years on, proud of what's been achieved and inspired to carry it forward.

Thank you!

The Current Penicuik Community First Responders Team

