

COUNTY

# Life

St John  
Ambulance



The magazine for St John Ambulance Derbyshire

SPRING 2011

## Point of pride

Outstanding first aiders take a bow

## Winning form

County competitions put skills to the test

# County's young award winner

Young First Aider of the Year Ashley Ames puts Derbyshire on the national map

**PLUS** TELL US YOUR STORY + PRESENTATIONS + ALL YOUR LOCAL NEWS

## WELCOME

### MAKING A DIFFERENCE

ON Friday, May 6, we held a presentation evening at county headquarters in Chesterfield for winners of long service and special awards.

It was a real pleasure to have over 100 members and friends attending this celebration of their hard work and dedication to helping communities throughout Derbyshire.

During the past year members of Derbyshire St John Ambulance have given over 180,000 hours of service and treated over 2,500 patients.

This is an amazing achievement and one of which you should all be very proud.

Volunteers have also trained many members of the public and equipped them with the skills to 'be the difference' – meaning lives saved rather than lives lost.

In January 2011, when I became Chairman of Council, I said that my dream was to have someone trained in first aid skills on every street in Derbyshire.

To this end, I have been talking to colleagues from the East Midlands Ambulance Service and the British Heart Foundation. They are both fully supportive and willing to work together to achieve this.

Well done and thank you to all St John Ambulance members in Derbyshire.

Keep up the good work, you are really making a difference.

**Dr Cheryle Berry**  
Chairman of Council

**RIGHT:**  
*Dr Cheryle Berry, pictured at the annual service of rededication for the Order of St John in Derbyshire. As Chair of Council, she is the new county head of St John Ambulance.*



# Life-saving goal for county Chair

**WITHIN three years every community in Derbyshire will have its own lifesaving defibrillator and a trained first aider who knows how to use it – that's the dream of the new head of St John Ambulance Derbyshire.**

Retired headteacher Dr Cheryle Berry has spent the last year championing a drive to promote first aid lessons for children. That programme, pioneered by our schools team, has proved a resounding success and has since been taken up by other authorities across the UK.

Now, as the new Chair of Council, Cheryle is launching an ambitious campaign to persuade ordinary members of the community that they too can be the difference between a life saved and a life lost.

'I dream of having a first aider on every street – like Neighbourhood Watch – and a defibrillator for every community, whether it's in a shop, a post office or a pub,' she says.

'It's such a simple thing to do, but this has the potential to save dozens of lives in our county alone.

'All it takes is a few hours of training and a defibrillator costing no more than £1,000 for each neighbourhood. With a bit of fundraising, that's incredibly do-able.'

Cheryle first joined St John Ambulance as a young teacher: 'Those early days taught me what an excellent opportunity it is for people to contribute to their community. I also became aware that the best way of ensuring

that everyone knows first aid skills is to teach it in schools.'

She went on to become a headteacher in Sheffield, then Director of Education in Middlesbrough and Lincolnshire. She returned to Derbyshire on retirement and, in the wake of the 2004 tsunami, launched her own charity, raising nearly £1.5 million to improve education and wellbeing in disadvantaged countries.

**'I dream of having a first aider on every street and a defibrillator in every community...'**

But her most time-consuming role has been as Director of Training and Marketing for St John Ambulance in Derbyshire – a post she took on last year with the encouragement of Ken Cook, whom she now succeeds as Chair of Council.

'I'm delighted with the progress we've made with the schools campaign: in a year we've definitely got further than anyone expected. We're well on schedule to get every Derbyshire child learning first aid – and we really think it's achievable,' says Cheryle, who lives with husband Michael in Clay Cross.

'We want to harness the goodwill we have in our communities to really make a difference with this new campaign. I think we can achieve success and that's my three-year goal.'



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# Tell us your story...

We all learn first aid skills, but have you ever used them?

**THIRTEEN-year-old Katherine Johnson acted quickly when a man collapsed in the street, near the Ilkeston bus stop where she was waiting on her way to school.**

The Cadet ran over, realised he was having a seizure, then put him in the recovery position and raised the alarm at nearby Ilkeston Community Hospital.

She said: 'I was glad of my St John training because otherwise I wouldn't know what to do.'

The man was discharged after treatment and Senior Sister Julie Henson said: 'Katherine should be commended for her help and the training she has undertaken with St John Ambulance.'

Katherine's courage and quick actions were recognised when she was awarded a Commissioner's Commendation at the recent County Awards Evening.



**COMMUNITY First Responder Julia Reid was called to help a neighbour who had collapsed at her home in remote Edale.**

'I don't know what might have happened if she hadn't been there,' said Julia Thompson, who knew nothing



about what happened until she regained consciousness in hospital two days later.

She was so grateful to Julia and the Hope Valley CFR unit that she donated £100 towards new equipment.

**YOUNG Ashley Ames dashed to help when his dad slipped from the top of a ladder and crashed to the ground below.**

He used his first aid skills, learned as a member of Derby Central Cadets, to put him in the recovery position and keep him warm until help arrived.

Dad Brad suffered broken ribs and elbow, but is now fully recovered. And ten-year-old Ashley's actions have won him a national Young First Aider of the Year Award for using his initiative in a dramatic situation.



*These are stories about St John Ambulance volunteers who have used their skills to help those around them. Do you know someone who has a story to tell? There's a prize for the division that comes up with the best entry in the next issue of County Life. Email: [life@derbyshire.sja.org.uk](mailto:life@derbyshire.sja.org.uk)*

## IN THE NEWS

### ROYAL RECEPTION

CHESTERFIELD Cadets Keelan Rushby and Joshua Quinn kept a royal date at Buckingham Palace when they were invited to a reception hosted by HRH the Princess Royal.

Keelan, 17, and Joshua, 15, were selected to attend the prestigious event having completed their Grand Prior Award – the highest a Cadet can achieve.

Keelan, who has dealt with a number of incidents thanks to his first aid skills, said: 'It was a really good day and a privilege to be invited. The Princess asked what I wanted to do with the skills I've learned and I told her I wanted to go on to become a professional paramedic.'

Joshua said: 'Visiting Buckingham Palace and meeting the Princess Royal was an experience I will never forget.'

The youngsters were congratulated by Derbyshire's Principal Youth Officer Carl Makins, who said: 'It's important that we recognise the achievements of young people and this reception presents us with a perfect opportunity to do so. These cadets have worked so hard and demonstrated real commitment and we're very proud of them.'

*BELOW: Keelan (left) and Joshua are presented to the Princess Royal*



## Honoured for loyal service

**FOUR long-serving volunteers have been rewarded for their dedicated commitment with investiture into the Order of St John.**

Brian Commons, Derbyshire's Senior Member Support Officer, is promoted to Officer Brother; Ian and Susan Towndrow of Dronfield Division and Jean Hudson, Pleasley president, have been invested as Serving Brother or Sisters. The honours were bestowed at a special ceremony at the Order's historic Priory Church in London.

Brian, who has been part of St John Ambulance for 50 years, has used his first aid on a number of occasions, including a rescue from a crashed aircraft in January 1987.

Ian and Susan, both joined 21 years ago. She is now Divisional Superintendent and Ian Divisional Officer in Dronfield. Both are also assessors and Community First Responders.

Jean Hudson has been involved for more than 30 years. She began by helping husband Bob, then became Badger leader in Arkwright and is now President of Pleasley Division.



**ABOVE:**  
Brian Commons (left) with Jean Hudson



**RIGHT:** Ian and Susan Towndrow

# Schoolboy's C2C challenge

Joe embarks on gruelling 150-mile ride as a 'thank you' to trainers who taught him first aid...

**WHILE the rest of the country was enjoying the extended bank holiday, sixth former Joe Havenhand had no time to relax – he spent three days cycling 150 miles to raise funds for St John Ambulance.**

Joe, 17, of Dronfield, tackled the Coast to Coast route with a group of family and friends. He said: 'I'd been on a St John Ambulance first aid course as part of a sports coaching award at school and it really interested me. I'd got the course free and I wanted to pick a local charity to help, so St John Ambulance was the perfect one.'

The ride started at Whitehaven harbour on the west coast, where Joe dipped his bike tyres in the Irish sea. Then he cycled through the Lake District, via Penrith, the Eden Valley and Durham Dales, to the finishing point on Sunderland's east coast, dipping his tyres in the North Sea three days and 146 miles later.

'The second day was by far the hardest, with many steep hills over the fells of the north Pennines. There were very strong

headwinds which meant we had to pedal downhill – and even harder uphill,' says Joe.

And he was able to put both his skills and his first aid kit to good use when one of the group gashed his leg, and again when another rider was thrown from his bike.

Joe's efforts have raised more than £300 for Derbyshire St John Ambulance.

**RIGHT:** Joe sets off from Whitehaven



**LEFT:** Joe en route – with Tony Cragg's Terris Novalis sculpture at Consett



**ABOVE:** Eugene and Sheila Swift

## Village charity champions

**CUSTOMERS at Rowsley's Country Store have helped to raise over £100 for the work of St John Ambulance in Derbyshire, thanks to shopkeepers Eugene and Sheila Swift.**

Over the past year, the couple have kept a collection box on their counter – and the pennies that shoppers have dropped into it have added up to pounds over the months.

'Things are pretty tight nowadays, so it's good to be able to do something like this,' says Eugene, who was an SJA cadet in the village in his youth.

'It's nice to see customers popping their change in the box and if anyone wants to put a poster up in the shop, we ask them to make a contribution too.'

He adds: 'If every shop in Derbyshire had a collection box for St John Ambulance, it would make a real difference to the charity.'

## Answering call of the wild

**VOLUNTEER Stephanie Reid is just 19, yet for the last two years she has been responsible for feeding, clothing and educating a Kenyan schoolboy whom she met during a college expedition.**

This summer she is planning a return visit, to help improve education prospects for children in the remote village of Kavunyalalo. And her mum Julia is going too.

Steph and Julia are both members of St John Ambulance and have agreed to serve as first aiders for a group which is flying out to Africa in July. The party, from Hope Valley College, will help to decorate and equip a new classroom and teach some of the children at the local primary school.

During the visit they will also have a chance to meet 16-year-old Thomas Kombe, the school's former head boy whom they have been supporting since 2009. Steph

works part-time at the Rambler pub near the family home in Edale to fund the education he needs to become a lawyer.

'We pay £300 a year to cover boarding school, uniform, books and food. That's not a lot to change someone's life,' says Steph, a student at the University of Derby, Buxton.

The entire family has been involved with St John Ambulance: Steph followed in the footsteps of her older brother and sisters from the age of nine. Julia signed up after receiving help when her father collapsed and is now a regular Community First Responder.

'I'm really excited about it – I've never done anything quite like this before,' says Julia. 'I know I can cope with every-day first aid, but the kind of things we'll have to deal with when we're living in mud huts and tents in a remote African community are a completely unknown quantity.'



**Steph (right) and Julia**

To prepare themselves for the challenge ahead, Julia and Steph are undertaking specialist wilderness training – and they must find the money for this on top of the £2,000 each needed to pay for flights and equipment. They hope business sponsors will come forward to support them.

# Point of pride

THE pride of the county's volunteers was out in force for the annual awards evening, which was postponed in December because of bad weather.

Among those honoured was Pete Hartshorn, Divisional Superintendent of both Matlock and Bakewell – which he is trying to revive. He was presented with the Millennium Cup by County President Shirley Shaw.

A retired police officer, Pete has given more than 20 years' service to St John Ambulance, including working with local schools and community groups. He is currently putting together a county driver training programme.

After the presentation he said: 'I had no idea I was going to receive this cup, it was a complete surprise. But it's a tremendous honour and I feel proud to have achieved this recognition.'

Others receiving awards included Badger of the Year, eight-year-old Bethany Greveson from Bolsover; County Cadet of the Year Emma Musson, 16, from Heanor; her Deputy Alice Bungay, 15, from Dronfield; and Lord Lieutenant's Cadet Laurisa Robson, 16, from Bolsover.



TOP: Cadets Alice Bungay (left), Emma Musson and Laurisa Robson

ABOVE: Badger of the Year Bethany Greveson with her trophy

LEFT: Pete Hartshorn receives his award from County President Shirley Shaw

## HERE & THERE

### ASHBOURNE'S TEAM

MEET Ashbourne Community First Responders – who are enjoying a new lease of life thanks to Catherine Lawson, who took over as co-ordinator at the beginning of this year.

The Royal Derby Hospital nuclear medicine technologist joined the unit only nine months ago, but is keen to build it up.

'I know how difficult it is to get ambulances to rural communities – I just want to help people,' says Catherine, of Fenny Bentley.

Since taking over, she has organised an open meeting which attracted five potential new Responders – at least two of whom are now engaged in induction training.

She has also planned profile and fundraising appearances at Tissington Well Dressing, Ashbourne Highland Gathering and Ashbourne Show.

Her team is very supportive, particularly fellow co-ordinator Simon Biggs, but they need a treasurer to take care of the books. Any offers? First aid skills not required.

BELOW: Simon DeSousa, Catherine Lawson, Simon Biggs, Marie Mcgirr



## New county website goes live

DERBYSHIRE'S county pages on the St John Ambulance website are enjoying new popularity after being given a facelift.

The site – [www.sja.org.uk](http://www.sja.org.uk) – now boasts a regularly-updated news service, carrying details of any Derbyshire St John Ambulance stories as soon as they are released to the local media.

There are sections on everything from youth groups and schools to volunteering and Community First Responders.



ABOVE: The new Derbyshire SJA website see [www.sja.org.uk/counties/derbyshire](http://www.sja.org.uk/counties/derbyshire)

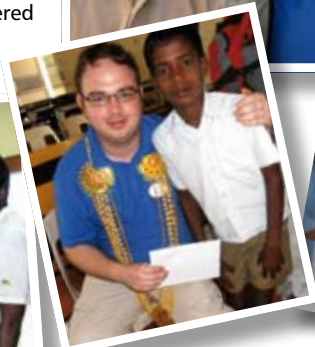
The site is also interactive, so visitors can simply fill in a form to book cover for their events – or download a copy of the latest county magazine.

# Indian summer

**DERBYSHIRE** is blazing a trail in Indian schools after the head of our schools team, Carl Makins, introduced pupils to first aid.

Summer began early for Carl, who left chilly Derbyshire behind to spend five weeks as part of a Rotary International delegation working in the state of Chennai.

With three colleagues, he delivered more than 40 presentations to Rotary groups during his stay.



Other high points included a tour of the factory that manufactures SJA supplies for the UK, and working at an orphanage for children with disabilities: 'I came back laden with gifts!'

Carl added: 'It was life-changing for everybody. For me it enhanced the work for SJA in this country and made me realise why I do what I do.'

He also worked with St John Ambulance India and the country's Red Cross to enhance first aid projects in schools and the local community.

Carl stayed with a different family each week – a highlight of the visit: 'They made me feel like one of the family,' he said. 'The warmth of the community was the thing that impressed me most.'



## CONGRATULATIONS

### MARATHON EFFORT

HEAD of Council Cheryl Berry has raised over £2,400 for St John Ambulance after completing the Virgin London Marathon for the 11th time.

Cheryl, 62, ran the 26-mile route in six hours and 29 minutes.

'It was very hot but the crowds were so supportive and I was really proud to see all the St John members on duty around the route,' she said. 'They must have treated many more runners this year because of the heat.'

BELOW: Cheryl with her medal



### ON THE RECORD

#### NEW UNITS & DIVISIONS

Clowne Community First Responders  
North Wingfield Community First Responders

#### CONGRATULATIONS

Heather Gascoigne, County Nursing Officer

- on the birth of baby Thomas
- Kath Jordan, Operations Section Head
- 60th birthday and retirement
- Darryl Bagley, Delivery Co-ordinator
- 50th birthday

#### AWARDS

CERTIFICATE OF APPRECIATION:

Trevor Reay – Council Member

SERVICE AWARDS:

See back page

#### IN MEMORIAM

Brian Towndrow, Dronfield Combined Division, who passed away April 3.

#### APPOINTMENTS

Carl Makins: Principal Youth Officer  
Matthew Joyes: Deputy Commissioner South

Wendy Rushby: Commissioner Training

Victoria Hill: Divisional Nursing Officer Grade 4, City of Derby Division

Catherine Turner: Divisional Nursing Officer Grade 6, Buxton Quadrilateral Division

# Badger Bob's Travels



**BADGER Bob** is a bear with a passion for travel – in fact he's happy to tag along with almost anyone, if he's invited.

His latest trip was with Principal Youth Officer Carl Makins, who recently spent five weeks in deepest India. It wasn't quite darkest Peru (where his friend Paddington came from), but it did give him a chance to meet some amazing people and experience a completely different way of life.

Bob is pictured here enjoying a ride in the back of an auto rickshaw – very 21st century! For an account of the rest of the visit, see Carl's report above.

Are you going somewhere exciting? Do you have room for Bob? If so, call (01246) 200 272 and ask for Badger Bob.





ABOVE: Winning Cadets Bethany Cook, Sophie McArdle, Sam Cree and Keelan Rushby with Cheryl Berry

RIGHT: Winning Badgers Tom Watkins, Robert Spencer and Katie Watkins

BELOW: David Hogg and Christine Dennis



# Winning form

**VOLUNTEERS** from across the county put their skills to the test in the annual County Competitions.

Winner of the Cadets' title was a combined team from Walton and TI Chesterfield Divisions, who triumphed over their nearest rivals by a clear 60 points.

There were only four points separating the top adult contenders, with Chesterfield B team just clinching victory, while honours in the Badgers' competition went to Pleasley.

The competitions were judged by first aid team members from James Whitehead Training, who won the title of International Champions 2010.

Clive Dennis, Commissioner



Operations, said: 'Competing is the best form of training for first aid. It tests skills and knowledge and also offers an opportunity to represent the county at regional and national level.'

## House of Lords reception

**REPRESENTATIVES** from across the county were invited to a reception at the House of Lords in recognition of the help given by St John Ambulance volunteers during the big freeze of last winter.

Pictured left, with their certificates and one presented to the county, are: Keith Bennett, Glenda Wood, Clive Dennis and Carol Neale.



## DUTY DIARY

### KNOW YOUR DIPS

TO gain access to the Duty Information and Planning System (DIPS), log on to [www.duties.org.uk](http://www.duties.org.uk), enter your username and password.

User name = division name@db

Password = division name

(Eg: for a member of County HQ Division – user name *countyhq@db* with password *countyhq*)

All members are encouraged to access the system. This gives you a chance to look at the events in your area and around the county. If there are any which you would like to cover then please express an interest to your Divisional Superintendent or a member of the Events Team at CHQ on 01246 560207.

### CAN YOU HELP US?

WE are constantly struggling to cover all the requested Derby Live events. We welcome any support from volunteers to cover these shows – this is a huge commitment for the organisation.

An updated list of these events is sent to your Divisional Superintendent on a regular basis, so please ask to see the list if you do not already do so.

There is also a list of the events on the notice board at PATC, Derby.

A huge thank you to the volunteers who have helped to cover events so far throughout 2011.

### WHY NOT JOIN US...

WE have been asked to provide first aid cover at the Y Not music festival from August 5-8. Matlock Division need help to provide 24-hour service. Music fans please sign up!

CONTACT EVENTS TEAM AT CHQ

T: 01246 560207

E: [events@derbyshire.sja.org.uk](mailto:events@derbyshire.sja.org.uk)

>> and finally

# Commitment to duty is honoured

**VOLUNTEERS** from across the county were honoured at a special presentation evening to recognise long service.

Among those qualifying for awards was June Tuffs, who receives an oak leaf for 52 years' service, and Keith Ward, John Davis and Keith Ward who have all completed 50 years.

Twenty-five year certificates go to Sharon Butler, Irene Buttery and Susan Daykin, while long service medals go to Jenny Alexander, John Fallon, Sally Greatorex, Mark Handley, Lorraine Love, Emma Round, Stephen Taylor and Sharon Wilde.

Those receiving bars to their medals include:

1st bar - Gaynor Bowring, Josephine Cotterill, Peter Mummery, Rosemary Owen, Melody Price, Ann Swales, Chris Turner.

2nd bar - Ann Nind, Emma Thorpe.

3rd bar - Sharon Butler, Susan Daykin, Barry Reader.

4th bar - Stella Howard, Jean Slater, Lynn Smith, Clarence Taylor.

5th bar - Ian Blakeley, Diane Tloka.

6th bar - Allan Coe

7th bar - Michael Bust, June Madin

Awards were also presented to those who have carried out more than 1,000 hours of

duties. These included Dorothy Allsop who has clocked up 2193 hours, Peter Mummery with 2080 hours and John Hutchinson with 2040 hours.

Others were John Allsop (1855 hours), Carol Alvis (1021), John Ball (1288), Julie Ball (1288), Lynn Bennett (1004), Cheryl Berry (1039), Christine Dennis (1004), Clive Dennis (1377), Michael Emmens (1088), Tony Gillibrand (1028), Lisa Legg (1000), Ian Martin (1033), Elizabeth Maycock (1001), Ernest Maycock (1001), Neil Robinson (1088), Jean Slater (1141), Stuart Slater (1881), Ian Towndrow (1025), Susan Towndrow (1360), Mark Whitehead (1152), Glenda Wood (1444), Richard Wood (1467).

Bolsover Quad and Ireland Quad both received 100 year certificates.

And the first of Derbyshire's Bronze Diamond Jubilee Awards, denoting 60 hours' service in the run-up to the Queen's anniversary, were presented to: John Ball, Julie Ball, Jenny Bell, Ian Boston, Christine Dennis, Clive Dennis, Elliott Frampton, David Hogg, Hazel Hogg, Gary Lockley, Joe Marshall, Carol Neale, Barbara Shillaker, Stuart Slater, Martin Smith, Ian Stewart, Susan Towndrow, Ian Towndrow, Kevin Wilson and Gareth Yeardeley.

Congratulations to all.



**ABOVE:** Long-serving volunteer Keith Ward receives his certificate for 50 years

## FUNDRAISING

### RAGS 'R' US

COLLECTIONS of unwanted clothing and textiles over the last few months have raised £200 for the work of St John Ambulance in Derbyshire.

This money makes a valuable contribution to our fundraising, and the good news is that the collection is ongoing!

Members are asked to bring old clothing – sorted into ladies', men's, children's or rags – to CHQ in Chesterfield. Jumble will be used for forthcoming events and any leftovers will be sold via Rags 'r' Us.

● The next planned jumble sale will take place in Baslow on September 24, 8am - 5pm. Volunteers are needed to staff the stalls and to make tea and coffee to boost the proceeds.

### COFFEE MORNING

A COFFEE morning will take place on July 25 at Bakewell Methodist Church.

Organisers are appealing for donations of cakes, jam and bric-a-brac, as well as volunteers to help run the event.

For more information about this event, or to offer your help, please call CHQ on (01246) 200272.

### GLOSSOP DONATION

MEMBERS of Glossop, Hyde & District Round Table were so grateful for the help of local St John Ambulance members at their annual bonfire that they gave a donation of £300 to show their support.

The cheque was handed over during a presentation evening at the Globe pub.

## Mayor's gift of support

**PRESIDENT of Peartree & Normanton, Mr Amar Nath, has handed over a cheque for several thousand pounds to the division following his year as Mayor of Derby.**

Mr Nath raised a total of £11,334 during his term of office and this was divided between St John Ambulance, heart disease and diabetes charities.

He said: "I wanted to raise not only money for these charities, but also awareness of them. I am delighted to have been able to do that to some degree."

He and his wife, Nirmal, also asked the council to donate money to charity instead of giving them the customary gift in thanks for their service.

Amar Nath is pictured presenting the cheque to Divisional Superintendent Balwant Bubber.

