

# News

The newsletter of St John Ambulance serving  
Herefordshire, West Midlands and Worcestershire

WINTER 2009



## Three at the Palace

Richard receives Sovereign's Award  
Jack and Samantha are Young Achievers

**PLUS** FUNDRAISING + RECRUITMENT + AWARDS + CADETS

## WELCOME

by Susan Taylor,  
County Commander



A new decade dawns – the 2010s, and what great a future we have in St John. Yes, there are changes happening – as always. I am equally sure that, as ever, we will adapt, learn and develop new methods, skills and processes. The things that do not change are the commitment to St John Ambulance, its ethos and principles, and the care for the community whether through event cover, training others in first aid, the development of young people, the Fellowship, or assistance to the NHS through our patient transport.

I joined a St John Cadet division in 1959 and, over the years, have been privileged to work alongside so many different, committed and caring people, whether volunteers or employees. It never ceases to amaze me just how different we are as individuals and in our backgrounds, but we really do have such a united thread through our involvement in St John.

On 31 March 2010, and after over ten years as County Commander, I will be standing down from the role. This is my decision, and my support for St John remains as strong as ever.

So can I thank you for your time, skill and effort in making St John Ambulance the great organisation it is, and acknowledge on behalf of the communities we serve in Herefordshire, West Midlands and Worcestershire, just what a difference YOU make to people's lives.

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## Fundraising and PR get a boost

**Carl Williams is a recent inductee to St John Ambulance who has been working in the county's PR and Fundraising department since July**



With a background in written media, working in charity fundraising is a new challenge for Carl, one that he has embraced wholeheartedly: 'I have really enjoyed the experience of working at such an ambitious and forward thinking organisation. Every unit that I have worked with in my first six months has had so much energy and imagination and that has made my transition to fundraising so much easier. I would like to thank the groups that I have worked with so far, and look forward to meeting more of you in the coming months. It is crucial that we get the word out there about the good work that you achieve in the West Midlands and I hope to hear more of your stories, the more we work together.'

# It's official – Summit Crescent is now open!

Although the County Operations Centre went live in May of this year, members and esteemed guests gathered in November at the Summit Crescent Industrial Estate to see the new premises blessed and officially opened.

For our members, the work done from the centre is obvious, but the day proved a perfect opportunity to display its capabilities to non-members, who may not realise the level of work and number of duties that the centre oversees.

Representatives from the West Midlands Ambulance Service and West Midlands Police attended, as well as the Rt Hon John Spellar MP, who joined Commander Sue Taylor to cut the ceremonial sash and declare the centre open in his Warley constituency. Upon cutting the ribbon, the MP, whose daughter is a St John member in York, said: 'When I was invited to be the guest of honour for St John Ambulance I was overjoyed, as it is so pleasing to know that something as vital as this new Operations Centre is based in my constituency. Seeing the young members here today makes it clear what a crucial role this organisation plays in the community.'

The blessing of the building was conducted by the Reverend Mark Pryce, who has recently joined the organisation as County Chaplain. Commissioner Operations, Paul Bytheway, followed with a few words to mark the day. He said: 'This is a superb turnout, and I would like to thank everyone who has taken the time to come along and enjoy the day with us. Most of you will know that the centre has been in use since May, but we are glad to have the opportunity to open it officially.'

It was then left for those assembled to enjoy the buffet and specially designed cake, featuring the St John emblem.

A special thank you goes to Pat Leadbeater and the Fellowship members who helped out with the catering, allowing everyone to enjoy the special day.



# New St John Memorial

## A new St John Ambulance National Memorial opens at the National Arboretum, Alrewas

The black and white uniforms were proudly on display at the National Arboretum, Alrewas, on Tuesday 15 September, as many uniformed and Fellowship members from the West Midlands attended the opening of the St John National Memorial.

At 1100 hours, all the uniformed members fell in and moved to the Memorial site, where they formed two lines bordering the drive along which the Grand Prior, HRH The Duke of Gloucester, would arrive. They were then fallen out and were able to see the Memorial itself. At 1200 hours they fell in, in the same positions as before, lining the route.

The Grand Prior arrived at 1240 hours. Having been greeted by the senior officers and civic dignitaries, he moved to the Memorial for a short ceremony during which he declared the Memorial open. The uniformed members then reformed and marched past the Grand Prior, who took the salute. When the parade had been dismissed, they all moved towards the marquees, where refreshments were available for ticket holders. Alan Grigg introduced Roy Sampson, Neville Turley, Steve Jackson, Lucy Ford and Roy Bentley to the Grand Prior.



## Thanks

Our work does not go unappreciated – here are just a few of the many kind letters of thanks which we have received throughout the year:

**From Margaret Wright,  
Secretary, Bournville  
Village Council:**

**Re: The Bournville Village  
Festival Saturday 27 June 2009**

'On behalf of the Chairman and members of the Village Council, we wish to thank you for sending a first aid team.

Where would we be without our old stalwart St John Ambulance. You are very much appreciated at our event.

I hope your people enjoyed their time at the festival.  
Thank you again.'

**From PCSO 31141  
Sarah Nunney, Sharp End  
Neighbourhood Police,  
Stetchford Operational  
Command Unit**

'I am writing to thank you for your help in our Community Fun Day held on 18 July 2009 at Hillstone Primary School, Sharp End.

You all portrayed a remarkably high level of professionalism and were fantastic in your willingness to join in. You are a credit to St John and it was an honour to have you join us.

We look forward to working with you all again.'

**From Councillor Jack  
Harrison MBE JP, the  
Lord Mayor of Coventry**

'On behalf of the Chairman, I would like to take this opportunity to ask you if you would kindly pass on my grateful thanks to everyone in your organisation for their support in the Memorial Park during the Remembrance Day service on Sunday 8 November 2009, which was very much appreciated.'

**From Kerrie Davies,  
Acorns Events Manager**

**Re: Acorns Triple Run 2009**

'On behalf of the organising committee of the Acorns Triple Run, I would like to reiterate the committee's enormous gratitude for your support at the fourth Triple Run on Sunday 7 June 2009.

Many thanks for your continued support.'

# In the media spotlight

It has been a busy six months in the media for St John, with members cropping up at some high profile events and spreading the message of the good work that we achieve throughout the county

Our very own Youth Development Officer, Rob Moore, was the voice of St John for the week of the BBC's medical series **Helicopter Heroes**. The show started in October and focused on the work of Air Ambulance crews in the UK. Rob appeared on Radio WM's **Ed Doolan Show** along with our Emergency Planning Officer Glen Curry, and the two of them handled questions from the public and explained how the organisation works.

Following this up two days later, Rob appeared on Radio Hereford and Worcester's **Tony Fisher Show** where he gave listeners an insight into where the organisation is today, along with chair of our newly formed Worcester LINKS group, Dannie Degville. It was a fun day that saw trainer Les George demonstrate CPR on air...no easy task!

**Tough Guy**, the Wolverhampton endurance event, lives up to its name in every sense, but our Commissioner Training, Janet Catto, proved much tougher taking the questions of **Central News** following the event.

Pam Lake appeared on **Sky Sports** during the heated England match at Edgbaston, giving sun worshippers some much needed advice on how to stay safe and still have fun.



*Left: Youth Development Officer Rob Moore, the voice of St John for 'Helicopter Heroes'*

*Below; Janet Catto fields questions from the Sky News team*



St John Ambulance was in the spotlight over the weekend of 14 and 15 November when our volunteers provided vital first aid to around 60 people in Birmingham at the Christmas Lights switch-on. Boy band JLS performed and other pop acts were due to take to the stage at the free event, but because of the massive number of fans turning up, a huge crowd surge and storming of the barriers ensued. The event was subsequently cancelled and our team of 56 worked with the event organisers and local police to treat those injured, and take those who needed it to hospital.

The coverage included one interview on the phone with Adam Williams and two on camera with Glen Curry for **Sky News and BBC News. Classic FM** played a recording of the Sky News phone interview, and there were reports of regional radio stations doing the same. Paul Bytheway was present at a press conference on Tuesday 17 November with spokespeople from **Birmingham City Council, the police, BRMB radio, and Millennium Point**, where questions were asked about the number and types of injuries sustained, and the conference was reported by **Midlands Today, Central News, Birmingham Mail and Birmingham Post**, among others.

# Take that!

## Ricoh rush for Coventry sector

Coventry sector were the perfect substitute for Chris Coleman's men at the Ricoh Arena this July as they acted as the lead sector within the West Midlands for a number of high profile events at the home of Coventry City FC.

It proved to be a turbulent 30 day period for the sector, but with the help of the rest of the county, each of the high profile duties they attended was completed successfully. A three night pop concert and stadium gig fell a few days after a three day music festival at the city's War Memorial Park, all on top of a major emergency planning exercise, which made for an interesting summer in the Coventry sector.

An operations team was immediately set up to co-ordinate all of these high profile duties, that ran alongside the unit's regular summer events. The team was composed of Jeremy Hodierna, Emma Bowditch, John Snowdon, Scott Wiggins, Andrew Diamond and Matt Robinson. George England and John Downey were charged with the task of heading the operation, and worked closely with the team from Summit Crescent and a number of members of the County Operations team.

### Take That concert

Take That was the first of the three duties, as the group performed in front of a spellbound audience from 22 to 24 July. There was a fantastic response from members willing to attend what proved to be an active concert, with 117 casualties treated over the three nights, and seven of that number hospitalised. Provision included a minimum of two backstage teams, five stand teams, three pitch level teams and two medical rooms.

DATE	MEMBERS ON DUTY	NUMBER OF CASUALTIES TREATED	NUMBER HOSPITALISED
08/06/2009	65	36	4
09/06/2009	70	40	1
10/06/2009	75	41	2

### Godiva festival

Held on 3, 4 & 5 July in the city's War Memorial Park, the Godiva festival is the largest free music festival in the Midlands. St John are traditionally the sole first aid supplier to this event. Provision included a field hospital and three first aid posts, together with numerous foot teams.

DATE	MEMBERS ON DUTY	NUMBER OF CASUALTIES TREATED	NUMBER HOSPITALISED
03/07/2009	49	22	1
04/07/2009	54	99	10
05/07/2009	41	26	0

### Oasis concert

The response was no less when Noel and Liam tore themselves away from their beloved Manchester for a gig at the £113 million venue. The Tuesday night Oasis concert saw local band *The Enemy* appear as support act in front of a crowd attendance of 38,000.

DATE	MEMBERS ON DUTY	NUMBER OF CASUALTIES TREATED	NUMBER HOSPITALISED
07/07/2009	85	62	7



*Thanks*

John Downey and George England would like to make a special thank you to the units from the county's other sectors which assisted at all three of these events, as there were representatives from all sectors involved.



# All hands on deck

## We provide vital support in factory fire

Almost literally 'all hands'! St John Ambulance had 30 members in attendance over the course of Wednesday 18 June 2009, the day the Skymark factory in Leominster caught fire. The team helped out at the rest centre set up in the Bridge Street Sports Centre, Leominster, from 4.15am until the centre closed at 7.00pm, giving a total of 144 hours of support.

The first St John members were at the centre within minutes of receiving the call to help, even before the key holder, and instantly set about the many tasks required to support the smooth running of the centre, from setting up the registration process to buying milk, bread and babyfood for breakfast.

Admitting 235 people by the end of the day, Martin Fulloway, the St John officer in charge, called up further members who came to help from Leominster, Ross-on-Wye, Kington and Hereford. Throughout the day, the St John team made sure people in the centre were comfortable and safe – there were babies who needed nappies, people who needed medication they hadn't been able to bring with them, and elderly people who were simply tired and needed a quiet area to sleep in.

Martin said: 'The staff knew exactly what would be needed and how to provide it. Just two weeks ago we re-did all the rest centre training, and we have already put it into practice. The result was that the running of the centre went incredibly smoothly, and the St John team was able to make the whole thing much more bearable for the residents. I'm very proud of the team - we had a great day, and really enjoyed playing such a big part.'



# Motocross mayhem

## Freak accidents bring out the best in the St John Ambulance team

**The St John Ambulance team at the Pontrilas Motocross event at Howton Court on Sunday 12 July had an action-packed day, and showed why they are a star team.**

Equipped with two road ambulances, a further two 4x4 ambulances, three paramedics and several first aiders, every one of the 14-strong team was needed.

During the course of the race, one rider sustained a deep internal injury and was taken to hospital in Hereford by St John.

In another incident, a rider left the track – a freak accident which has never happened before in all the years St John has provided first aid cover at the event. The rider was thrown some distance and sustained serious back and pelvic injuries, whilst a spectator in the crowd was hit, sustaining serious head injuries. The rider was taken to hospital in Hereford, and the spectator flown by air ambulance to Frenchay Hospital in Bristol. Later in the afternoon another rider with a knee injury was taken by St John to hospital in Abergavenny.

'For a while, we were kept very busy', said Martin Fulloway, the officer in charge. 'The event organisers are meticulous in their planning and have an excellent safety record, but nothing can prevent freak accidents of this kind. The organisers were brilliantly helpful to our team, clearing a route for the helicopter and helping us move those injured to the ambulances, and I'd like to thank them for all they did. Our own St John team pulled together incredibly well – as they always do. I know I can count absolutely on them, and I needed to that day.'

### The St John Ambulance team that day were:

M. Fulloway (SRPara Leominster), K. Wood (SRPara Leominster), R. Pearson (SRPara Sector Staff), L. Hurds (PTA Hereford), M. Kinsey (ETA Kington), A. Clarke (ETA Kington), L. Duggan (FA Kington), K. Newton (PTA Kington), B. McQueen (ETA Kington), C. Fulloway (FA Leominster), H. Wrigley (ETA Ross), M. Lowe (ETA Ross), D. Pearson (AFA Sector Staff) and R. Hodges (ETA County Member).

# Fundraising round-up

Units around the county have been shaking buckets, scribbling on funding application forms and saying 'cheese' for the camera, all in the name of St John. The fundraising department has been kept busy with all of your amazing efforts and here are just a few examples of some of the great work that has been undertaken in the last six months.

## New defibrillator for Wolverhampton

In August, £1,500 was received by the Wolverhampton sector for the purchase of a brand new CR Plus defibrillator. NatWest select four local charities each year and picked St John Ambulance due to their hard work in the local area. The company operates a 'matched funding' scheme, where they will match pound for pound the amount raised by employees – so the employees raised £750 and Natwest (at the time, RBS) donated the rest.



## Community matters

£374 of Waitrose shoppers' money found its way to Bournbrook Combined Cadets and Adults in September after they were nominated by a customer as one of the three chosen charities in their Community Matters scheme. If anyone wishes to repeat their success, nomination forms to the programme are available in every Waitrose store.



## London Marathon totals

It is always appreciated when groups outside of our dedicated membership commit time and effort to our cause and we would like to thank those listed below who ran for our county in this year's London Marathon. The training hours are long and painful and we are very grateful for their donations.

They are Trevor Hirons, from Binley, Coventry, who raised £1,867; Derek Round, from Tettenhall, Wolverhampton, who raised £1,371; and Craig Shaw, Andrew Smith and Mark Hines, from Dudley, who between them raised £2,479 in total.

There are a number of fun runs and half marathons that take place in the West Midlands each year – if anyone would like to take part in any of these events please contact the West Midlands PR and Fundraising department.

## Supermarket collections - fantastic results

Morrison's Supermarkets allowed us to collect in certain stores around the county at the end of September and the unit response was fantastic with 27 units taking to the stores to raise vital funds. A special mention should go to Pershore and Evesham units who raised a massive £2,898, the highest amount raised by any unit anywhere in the country.

The grand total for the collection was £12,833.75, a staggering amount – well done everyone!

## Vintage motorcycle club go full throttle for St John Ambulance

At a welcoming fish and chip supper evening on 29 July, the North Birmingham sector of the Vintage Motorcycle Club presented St John Ambulance with a donation of £400.

St John Ambulance were selected to receive the hearty donation from the motorcycle club in appreciation for first aid cover they have provided at the numerous rallies, scrambles and shows that the VMCC have attended throughout the year, such as the Thousand Bike festival in Leicestershire and the VMCC show at Uttoxeter.

The generous contribution to the charity was collected through each member of the club donating £1, in addition to an annual bring and buy evening organised by the VMCC, where any items related to motorbikes from magazines to spare bike parts were sold in aid of St John.

Josie Stanley of the VMCC said: 'Each year as a club we make a donation to charity, and chose St John Ambulance this year because of their support at many different events. We were all just happy to help such a worthy cause.'

The North Birmingham sector of the VMCC has been established since 1959, with many other sectors across the UK, bringing together people with a passion for vintage motorcycles and three wheelers.

Divisional Superintendent of the Sedgley Division of St John Ambulance, Margaret Coomby added 'We would like to say a huge thank you to the VMCC and all of the members for their wonderful donation. The money raised will be used within the Wolverhampton sector of St John, and will help to make such a difference.' As a thank you to all of the members, Margaret will also be returning to the VMCC to give a complimentary 'First aid on the road' talk, and teaching the members basic life saving skills.

*Divisional Superintendent Margaret Coomby displays the cheque from the North Birmingham Vintage Motorcycle club*



## Our youth members are successful fundraisers too!

In June, Stefan Manku, a Cadet with Solihull Transport Combined, successfully applied to the Youth Opportunity Fund for support for the Cycle Response Unit. He asked for £3,000 to pay for two new bikes, panniers and first aid kit - and was rewarded by being awarded the full amount.

The secret of Stefan's success? 'We needed £6,000 altogether, and had already raised the other £3,000 from other sources, so the Youth Opportunity Fund was contributing the final sum and then we could go ahead and buy our bikes and kit - all funders like to feel they're the ones finally making something happen. I'd also read the application very carefully, as it's really important to make sure you answer the questions accurately.'



### IT PAYS TO BE QUICK OFF THE MARK

In June, Yorkshire Building Society announced that they would give £50 to a number of local charities if they could apply within a week. Julia Bloxsome, in Solihull/South Birmingham Sector, got her pen to paper overnight, and a few days later the sector received their cheque - further funding for Solihull Cycle Response Unit.

# Thirst aid grips St John

November saw units and the public raise a cuppa and a collecting tin, as fundraisers organised events around their local area for this year's BIG Tea Cosy campaign.

Opening meeting places, training sessions and local tea rooms to the public gave each unit a platform to raise their own funds and profile in the local community and hopefully have some fun along the way. The cake-based theme of the events proved popular with Badgers, but quite a few adult members seemed to enjoy the occasion and got creative with the theme!

Here are a few events from around the county:

## Opening launch with the Lord Mayor of Birmingham

Old Oscott Badgers and Bournbrook Cadets sipped tea with the Lord Mayor to start the campaign at Birmingham Museum and Art Gallery's Edwardian Tea Room, and even Bertie Badger himself made a special appearance to join in the fun!

## Birmingham City University LINKS training session

Unit training sessions are much more fun with a brew and a slice and the welcome change proved so popular that the unit ran two Tea Cosy sessions in November and raised an impressive sum.

## Tea morning

Darjeeling and Hummingbird cake was the order of the day as Halesowen Quadrilateral invited MP Sylvia Heal, along with the local community, to drop by and view their newly reopened building that had been damaged by floods the previous year.

## Worcestershire open days

Kidderminster and Worcester Quadrilateral both put in a great amount of planning to their open days and found running a fundraiser at the same time a great chance to rally for fresh troops.

## Schools

Foley Park Primary pupil Charlotte Bytheway asked pupils at their school in Kidderminster to get baking for St John and between them they produced 150 cakes and raised £75 at a school bake sale for the organisation.



Two Kidderminster Badgers



The Lord Mayor with Bournbrook Cadets



Old Oscott Badgers



Sylvia Heal MP enjoys a cuppa at Halesowen

# Awards roundup

Award season hit us this summer with a number of special nights organised around the county. Some units decided to make their occasions a little less formal this year and here are a few highlights:

## Solihull/South Birmingham awards

Solihull and South Birmingham held their annual members awards this October and invited the Solihull Mayor and Mayoress, Councillor Norman Davies and Mrs Brenda Davies to help distribute the honours.

The sector has had a number of high achievers this year including Terry Murfin, Sarah Heaton, Brian McCauley and Dennis Hughes, who all received acknowledgement for their exceptional service last winter, and Roderick Thomson and Grace Hurley, who both received their Gold Duke of Edinburgh Award this year. Similarly the Cycle Response Unit gained a special mention for their presence at many of the county's high profile events this summer.

Other significant awards included Northfield Quadrilateral's jubilee certificate, which was presented to Sue Hughes by Mark Worton; Linda Shuttleworth achieving her 1000 hours of service and Graham Green gaining his seventh bar to his service medal. The youth awards from the night are detailed overleaf on page 13.

## Wulfrun Quadrilateral say aloh-ha to winners

Wolverhampton in October doesn't scream grass skirts and palm trees, but the Wulfrun unit decided to inject some sunshine into their awards evening with a Hawaiian theme.

The division's main honours went to Jennifer Corbett as Cadet of the Year, Tracy Jones as Adult of the Year, and to Sam Coleman and Andy Corbett, who both received the Brenda Bates memorial trophy. There is also the gold rubber duck award, in memory of their late colleague who was known to many across the County by her nickname of 'Duck', which is given for the funniest moment of the year.

## 'Rita's girls' attend Oldbury and Langley Centennial

70 people turned out to the Village Hotel, Dudley, to mark the unit's 100 years in their local community, with parents, ex members and previous superintendents joining the celebrations.

Guests were welcomed with a glass of bucks fizz and dined in style with a three course meal, followed by a celebration cake. Amongst the number were eight former Cadets who had trained under ex-Divisional Superintendent, Rita Duke. Five of these ladies, known affectionately as 'Rita's girls' have been DS of the unit themselves at one point, which made the occasion even more special. Divisional Superintendent Linda Franklin organised the event for the unit that operate from The Tom Gough Centre on Birchfield Lane.

Commissioner Operations, Paul Bytheway, thanked the division and its members for their work with St John Ambulance, and presented Linda Franklin with the 100 year certificate.



## Institute of Leadership and Management awards

Never lacking in leaders with strength and conviction, St John West Midlands saw its first recipients of the Institute of Leadership and Management (ILM) level two qualification this summer.

The six day course is recognised by the City & Guilds governing body and covers themes of workplace communication and motivating teams to success. Students came from a range of units across the county and each individual received a certificate from the Commander, Sue Taylor, at an award ceremony held in County HQ in July. The following members received awards:

- Steve Newbery** (CSO Personal Development/Leadership)
- Chris Houghton** (Sector Officer, Dudley)
- James Brogan** (Divisional Officer, Bromsgrove)
- Kath Smith** (Divisional Officer, Worcester)
- John Snowdon** (Unit Leader, Coventry)
- David Spicer** (Divisional Officer, Malvern)
- Karl Richards** (Unit Leader, Bromsgrove)
- Leigh Keyte** (Divisional Officer, Bromsgrove)
- Sarah Heaton** (Divisional Officer, Northfield)

Members undertook a series of modules run by Merseyside CEO, Tom Meade. Commissioner Training, Janet Catto, said: 'We are extremely proud of our graduates in the West Midlands. No-one can take good leadership for granted, and I'm delighted to recognise the success of these members. For some of them, it has led to greater recognition and promotion in their day jobs too. This is exactly what ILM qualifications should provide.'



### Bushbury member makes history

#### Ashley achieves first Grand Prior award

With the unit's 80th birthday celebration imminent, it has been a year to remember for Bushbury Quadrilateral who have just inducted their first recipient of the organisation's Grand Prior award in its long history.

Three generations of Bushbury St John members turned out to see Ashley Bentley receive the distinguished youth award. Ashley, who is currently studying for his GCSEs, was presented his award by his grandfather, Divisional Superintendent Roy Bentley, and his proud mother, Divisional Officer Sue Bentley. The presentation took place at the unit's HQ in Ellerton House, New Park Village, and was a complete surprise to Ashley, who wasn't expecting the presentation so soon.

Sue Bentley said: 'Ashley has worked really hard to achieve this award. We are so proud of him. He has made a start on his Amalfi award and hopes to have the same success. With the anniversary of the unit coming up, it was nice to have all three Bentley generations present for his big day!'



### Achievements at Bournbrook Combined Cadet Division

Well done and congratulations to all the members of Bournbrook Combined Cadet Division for their hard work in the last 12 months in achieving:

- **14 Membership Awards**
- **130 Grand Prior subject certificates**
- **2 Bronze Stage Awards**  
Anna Long and Roxy Duffield
- **1 Silver Stage Award**  
Daniel Knight
- **3 Grand Prior Awards**  
Leanne Insley, Amy McKinley & Anita Kaur-Sanghera
- **4 Cadet Promotions**  
Anna Long and Sapphire Rees to the rank of Cadet Corporal;  
Daniel Knight to the rank of Cadet Sergeant; and  
Amy McKinley to the rank of Leading Cadet
- **50 hour Service Award**  
Anna Long
- **100 hour Service Award**  
Daniel Knight and Amy McKinley

## Congratulations

### 50 Hours Cadet Service Award

**Samantha Jackson** Holy Trinity Combined Cadet Division

### 100 Hours Special Service Award

**Amy McKinley** Bournbrook Combined Cadet

### 200 Hour Cadet Special Award

**Ashley Bentley** Bushbury Quad

### 1000 Hours Cadet Service Award

**Benjamin Gray** Stourbridge Quad

### Amalfi 1st Stage (Red)

**Anthony Fearn** Yardley Quad

**Rebecca Jackson** Yardley Quad

### Bronze Paw Award

**Alfred Green** Yardley Badgers

**Amaron Bhatti** Handsworth Wood Badgers

**Amirah Aziz** Handsworth Wood Badgers

**Annalise Wyatt** Kidderminster Land Oak Badger Sett

**Connor Preece** Kidderminster Land Oak Badger Sett

**Elinor Neville** Kidderminster Land Oak Badger Sett

**Lauren Roberts** Lanesfield Badgers

**Rebekah Richards** Sedgley Badgers

**Samantha Guest** Sedgley Badgers

### Silver Paw Award

**Amelia Darke**

**Andrea Knights** Hereford (Wyeside) Badger Sett

**Carly Davies** Hereford (Wyeside) Badger Sett

**Chloe English** Beatrix Potter Badgers

**Eve Pearson** Sedgley Badgers

**Gareth Swindail-Parry** Hereford (Wyeside) Badger Sett

**Kate Campbell** Leominster (Merewald & Leofric) Badger Sett

**Kieran Coppin** Malvern Badgers

**Oliver Clark** Rookery Badgers

**Sarah Peters** Solihull Transport Badgers

**Zak Pearson** Sedgley Badgers

### Gold Paw Award

**Katie Lowe** Woodland Badgers

**Shannon Bhatti** Handsworth Wood Badgers

### Super Badger Award

**Abbie Robertson** Handsworth Wood Badgers

**Alfie Lewis** Hereford (Wyeside) Badger Sett

**Amy Lowe** Woodland Badgers

**Ffion Skipper** Malvern Badgers

**Gabrielle Crowley** Woodland Badgers

**Grace Blackmore** Malvern Badgers

**Harry Stant** Sedgley Badgers

**Lucy Devine** Malvern Badgers

**Matthew Skipper** Malvern Badgers

**Ross Cameron** Hereford (Wyeside) Badger Sett

**Ross Campbell-Jones** Hill & Cakemore Quadrilateral Division

### Cadet Bronze Award

**Ashley Bolus** Wolverhampton Quad

**David Miles** Oldbury & Langley Quadrilateral

**Eleanor Losh** Leominster Quadrilateral

**Georgia Downing** Oldbury & Langley Quadrilateral

**Katie Harvey** Coseley / Lanesfield Quadrilateral

**Nichola Daly** Priory Green Quad

**Samantha Jackson** Holy Trinity Combined Cadet Division

**Sana Dutt** Woodland Badgers

**Sarah Losh** Leominster Quadrilateral

**Yasmin Suer** Holy Trinity Combined Cadet Division

### Cadet Silver Award

**Alan Evans** Hereford Quadrilateral

**Daniel Knight** Bournbrook Combined Cadet

**Luke Dowey** Holy Trinity Cadets

**Wendy Stokes** Allesley & Radford Combined Cadets

### Cadet Gold Award

**Jessica Hall** Halesowen Quadrilateral Division

**Kayleigh Mansfield** Bushbury Quad

**Neil Evans** Sandwell Hq Quad

**Voirrey Jones** Leominster Quadrilateral

### Grand Prior Award

**Alexander Tunnah** Yardley Quadrilateral

**Amy Fenlon** Bushbury Quad

**Amy Foster** Oldbury & Langley Quadrilateral

**Amy Cadman** Halesowen Quadrilateral Division

**Anita Kaur-Sanghera** Bournbrook Combined Cadets

**Ashley Bentley** Bushbury Quad

**Benjamin Stokes** County Youth

**Daniel Knight** Bournbrook Combined Cadets

**Dominic Harris** Malvern Cadets

**Emily Pritchard-Smith** Holy Trinity Combined Cadet Division

**Grace Vanstone-Hallam** Oldbury & Langley Quadrilateral

**Kieran Morris** Kings Norton Quad

**Kirsty Freer** Yardley Quad

**Mark Bucknall** Priory Green Quadrilateral

**Michael Whitbread** Yardley Quad

**Nicole Coleman** Leominster Quadrilateral

**Richard Fulloway** Leominster Quadrilateral

**Scott Cameron** Holy Trinity Combined Cadets

**Sean Ruddock** Sutton Coldfield Quadrilateral

**Voirrey Jones** Leominster Quadrilateral

**Stacey Silvers** Halesowen Quadrilateral Division

### Sovereign's Award

**Richard Rushforth** Priory Green Quadrilateral

## County Chief Executive Officer

Meet Richard Green, our West Midlands County CEO

It is my privilege to have been the County Chief Executive Officer for St John Ambulance in the West Midlands for six months now. It has been a steep learning curve for me, despite having worked in charities for many years. Everyone knows St John Ambulance, but few outside the organisation really understand the range and depth of its activities.



I am fortunate to lead a small but dedicated team on the salaried side, who understand that their key role is to support the volunteers in the running of the organisation. Indeed, many of them are also volunteers themselves, which helps them understand what is really needed to get everybody working together.

I am delighted that our commercial transport service continues to go from strength to strength, and the income generated from that activity, together with the contribution from commercial training, is providing us with real financial stability at a time of general economic difficulty.

I would like to thank everyone who has made me feel so welcome and for your patience in answering my endless questions. I look forward to meeting many more of our amazing volunteers in the coming months and working with you all to maintain and develop the wonderful reputation of St John in the region.

## Commercial Training Division is born

On 1 October 2009, Commercial Training Division (CTD) went live. A major development within St John Ambulance, the logistical planning went back several months, spearheaded, of course, by the West Midlands very own Mel Fox, now Director of Midlands CTD.

So what had to be done, to meet the go-live date? The biggest task was to absorb the commercial training departments of eight separate counties into one region, with one administration, one voice, and one sales and marketing plan. Then we had to find the people to run it, and Midlands CTD now boasts a staff roll of 326, incorporating training delivery co-ordinators, customer service co-ordinators and trainers, assessors and casualties (some permanent, some casual).

The Midlands is on target to raise £5.6m by the end of 2009, and will tackle an income budget of £6.5m in 2010. Interestingly, most of the business comes via calls into the customer service teams, so the awareness raised by everyone about St John can pay back in terms of training places booked. In return, CTD will share information about companies to whom they've delivered training with Fundraising and PR, so that we can follow up for corporate support.

And then there was a proliferation of other tasks, from IT systems to training resources and materials. The business was there, on time, on task and on budget. On the ground, it covers Derbyshire, Leicestershire, Northamptonshire, Nottinghamshire, Shropshire, Staffordshire, Warwickshire and, of course, West Midlands. In the St John business strategy, it is well placed to deliver more training than ever before, whilst at the same time raising awareness of our brand more widely.

# Recruitment success!

## Two units reopen on the back of a successful recruitment drive

Every organisation needs 'fresh blood', with new talents and energy to inject into its already impressive membership, and since starting in his post of Volunteering Development Officer for the West Midlands, Roy Jarratt has been searching the county for just that.

His task has been finding individuals not only to strengthen our units already in existence, but to reintroduce groups that have ceased to function, and after only seven months in post he has approximately 500 new members who have actually joined or are in the process of joining. Of these impressive statistics he said: 'The response to our recruiting strategy has been amazing; we are at a stage where some units have not got enough physical space at their venues. For this reason we have already got two new units up and running with two more planned for the early part of 2010.'

The reopened units are Bucklands End Quadrilateral, based in Birmingham, and Coventry Three Spires. They both have had a great response in their local community with numbers on the increase.

Roy's enthusiasm may be fuelled by the response he has



*Bucklands End Quadrilateral reopened officially on 24 September*

received from the organisation as a whole. He said: 'I cannot believe how welcome I have been made to feel by the members and staff of the West Midlands St John Ambulance, something that I make clear to all our new recruits.'

## West Midlands students at V

**Whilst many young people enjoyed the music and atmosphere at the 'V' Festival over the weekend of August 19 to 22, members of St John Ambulance West Midlands took a slightly different role.**

Supporting a first aid team led by St John Ambulance Staffordshire, the St John Ambulance West Midlands team provided 19 volunteers to assist with emergency services cover, 18 of which were students from West Midlands LINKS units. This was the biggest contingent the West Midlands team has taken to the festival to date.

Working hard, day and night, throughout the weekend, the student volunteers typically worked 11 hour shifts each day, treating festival goers on the campsite and at various first aid posts around the festival grounds. The most common incidents included sprains and strains, sunburn and injuries related to the effects of temperature, including heat exhaustion.

The West Midlands LINKS volunteers came from a number of university units across the region, including the University of Birmingham, Birmingham City University, Coventry University and the University of Warwick.

Emergency Transport Attendant Keely Gabriel organised and led the group – 2009 was the seventh year she has volunteered with St John Ambulance to provide first aid cover for the event. She said, 'We have a great West Midlands team, with many of the students returning to

*St John Ambulance provided in total over 150 volunteers for the weekend, who treated 1035 people across the four days, ensuring the 85,000 guests who attended V at Weston Park had a safe and enjoyable experience.*

volunteer at the event. It's always an exciting event to attend, as we can bring together people with many different skills and personalities, and get the chance to work with other St John teams from across the country.'

In addition to all the hours put in during the festival weekend, extensive training and preparation for the festival was undertaken by the West Midlands team weeks before the event, from team training to talks about how to deal with issues such as drugs and alcohol. Organisation of transport, uniforms, camping and many other aspects also had to be arranged.



## Birmingham University LINKS

**Birmingham University LINKS proved to be a hit at the university's recent Guild of Students awards ceremony, where they walked away with an award for the 'Most Innovative Project'.**

After receiving numerous requests from other student groups on campus, the society combined the best of both worlds with a range of affordable first aid courses that have also provided a boost to unit funds. The three or six hour Emergency life support courses have so far been offered to a range of societies and have helped the unit build on its existing strong relationship with the university's Guild of Students. With half the proceeds from each course going directly into unit funds, they've also managed to raise over £600 in the first term alone. Project creator Jack Lewis also received a well-deserved commendation for his work in the 'Most Outstanding Student Volunteer' category.



## West Midlands LINKS: freshers' success

**As Christmas approaches, so does the end of a very successful term for the seven LINKS units in St John West Midlands. The start of the academic year is always our busiest time, with a major recruitment drive at each university's 'Freshers' Fair' and plenty of new and enthusiastic students to train. Here's the story of our first five weeks in numbers:**

- **2** induction weekends organised for new members to complete their basic training
- **7** LINKS units following the creation of a brand new unit at the University of Worcester
- **16** trainers kindly gave up their time to help with our Emergency life support training
- **22** new recruits at our first Worcester LINKS meeting
- **91** students were assessed for the role of 'first aider' during our two induction weekends
- **115** students completed Family first aid training during the first five weeks of term
- **138** students completed Moving and handling principles training during the first five weeks of term
- **242** hours of training were delivered by trainers from LINKS sector in the space of five weeks
- **310** students completed Emergency life support (all ages)



## New record

**Keely Gabriel, Sector Support Officer (Training) West Midlands LINKS, writes:**

'I can never be accused of being shy about the achievements of West Midlands LINKS but I wanted to shout this one from the rooftops...

We've just had our craziest time of the year in LINKS and I'm pleased to be able to tell you that I think we have just set a new record! Since the end of September, across our seven LINKS units, **310 students completed Emergency life support (all ages)!**

I'm sure you'll agree that this is an absolutely amazing achievement – a massive thank you to everyone who helped achieve this new record!

## New LINKS group at Worcester University

A new LINKS group was established this summer at Worcester University, receiving a great reaction amongst the campus students. The LINKS team attended the freshers drive, proving a great success in recruiting an impressive 22 new members for the group. Worcester University LINKS is chaired by new member Danielle Degville.

# Richard Rushforth receives Sovereign's Award

**Badgers, bandages and... Buckingham Palace. Having reached the milestone in every young person's life by turning 21 this year, Wolverhampton Sector Support Officer for Cadets, Richard Rushforth, has something much more rare to celebrate. After nearly 15 years in the organisation he has joined the very select few in the St John team to have achieved the 'big four' youth awards (Super Badger, Grand Prior, Amalfi and Sovereign's Award) topped off with his Sovereign's Award certificate signed by the Queen.**

Attending his official award ceremony in November at Buckingham Palace is an honour well earned, as Richard dedicated a great deal of time and imagination to his prestigious Sovereign's Award. Earned by writing a detailed essay evaluating his last few years in St John Ambulance, he explained how he established a drugs education programme in his community to achieve his Amalfi award in 2007. Now, looking a little further back into his time with the organisation, it is quite easy to see how much impact St John has had on his life.

After his parents enrolled the fresh faced Badger at the age of six, besides earning his Super Badger 'stripes' with his first unit, Richard got a taste of community and team spirit. Looking back now as a National Support Worker and staff nurse at a busy Coronary Care Unit, it's a decision that has clearly impacted on his life professionally as well as personally.

As a Cadet himself, in Priory Green Quadrilateral, he put in a huge amount of time to divisional competitions which his unit leaders

promoted (a discipline that has obviously stayed with him), and, despite admitting to spending some time in the 'naughty corner', he was soon picked out as a Cadet with real potential. He said: 'I was approached by the sergeant and asked to go for Cadet of the Year. I didn't feel I really had a chance but I did it anyway as I thought it was a good experience and I won Wolverhampton Cadet of the Year.'

## Leader

This taste for success led him to take on extra responsibilities and after this recognition, he was convinced about taking his Cadet Leadership level 1 course. The life skills he learnt set him up to take the helm of a Badger and Cadet programme at 16. In 2005 he became the first person in his unit to gain the Grand Prior Award, an award he has promoted amongst his own Cadets since, generating a number of recipients this year. Around this time, Cadets who had achieved success were rewarded by the county with a formal trip to Buckingham Palace, and an opportunity as Young Achievers to meet the Princess Royal, a rare privilege for one so young that he treasures still today.

Richard feels that he came to leadership late, but after taking up the challenge it has since been a source of some of his happiest moments: 'I have seen one Cadet grow from being a quiet member to Cadet of the Year for the county. I recently saw him attend a reception at the Palace and the sense of pride I gained from the experience was like nothing else I have felt before.'

He recognises youth as a key element of the St John recipe, and his involvement as Youth Assembly Chairperson has seen him increase



participation in these events and make them more relevant to young people.

## Award

With only a maximum of ten Sovereign's Awards issued each year, it makes the accomplishment all the greater, and as the only person so far to have received it in the West Midlands, he is an asset to the county.

Wendy Human, Head of Youth at NHQ, said: 'The Sovereign's Award is one of the most prestigious awards that a young person can achieve in St John Ambulance. Richard has been a member of St John Ambulance from the age of six and has progressed through our youth programme to gain this award.'

## The future

The award helps equip young people with skills for the future and involves many hours of service to the community. It is hoped that it will help those who receive it to open doors for the future.

'It is a remarkable achievement for a young person and reflects Richards's dedication to both the community and volunteering. We are very proud of all of our young people, and Richard's achievement epitomises the strength of commitment shown by our young volunteers,' Wendy added.

Now an adult member, Richard's involvement in youth is unlikely to diminish and, as he continues to ensure that his units run smoothly, he is busy organising trips and residentials for our youth members – a Sector Support Officer for Cadets both by name and by nature.

# Young Achievers 2009

Two outstanding young people met HRH Princess Anne at Buckingham Palace in November to receive their Young Achievers awards



## Jack Lewis

Studying for a MSc in Biochemistry at Birmingham University, Jack Lewis joined St John in 2007 as he entered his second year. In his role as Guild Liaison Officer Jack has been responsible for developing a fantastic relationship with the University of Birmingham's Guild of Students, resulting in an injection of funds into his unit and a great increase in student training places.

In his role as chairman of Birmingham University LINKS in 2008, Jack forged similar links and strengthened an external training policy for student groups that means when the Guild, or other projects, pay for training, their money goes directly back to student members at that university. Originally this training would have been run by commercial training, but this new process has allowed for more courses and a strong financial return for Birmingham University LINKS. The success of the project means that it may be incorporated by the other six West Midlands LINKS units.

## Samantha Jackson

Helping to care for her blind mother, Holy Trinity Combined Cadet Samantha Jackson, 16, is as much of a carer at home as she is out on duty with St John, and it is for this extra responsibility that she has received a nomination for the Young Achiever award.



Recently gaining a nomination for the Pride of Herefordshire, Young Carer award, Sam helps at home with a number of tasks that can be difficult for her mother, such as washing, ironing, shopping and cleaning – even helping with insulin injections and blood tests which her St John experience has prepared her for.

Sam continues to blossom in her division and has recently received a promotion to Cadet Corporal. Holy Trinity Divisional Superintendent, Gill Worthing, said: 'Whilst Sam is doing this for her mum, she has achieved so much within St John. At a young age Sam has earned this nomination without any shadow of doubt.'

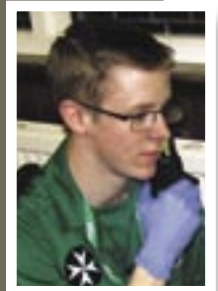
## NEWS IN BRIEF

### OLD OSCOTT CADETS AT THE NATIONAL FINALS

Abbie Tullett, Lydia Poniatowska and Alice Cotton, all Cadets from Old Oscott Quadrilateral, represented the county at this year's Priory Challenge. This was the third year in a row that a team from the unit had made it through both county and regional rounds to the National Finals. The team were faced with challenging scenarios which included a head injury on a football pitch, treating a bleed without a first aid kit and a video based PRF completion scenario. The team finished in a commendable seventh place in the competitions which had eleven of the best teams from across the country.

### SAM TO TAKE PART IN BBC DOCUMENTARY

Sam Taylor, a member of Malvern Combined Adults, is to take part in a BBC documentary examining how people are affected after teenage violence.



This comes after Sam was caught up in a late night incident outside a pub in Bristol in September.

Sam bravely went to the aid of two people attacked by a group of youths - one had been stabbed and one badly beaten. Being the only person on hand with first aid training, Sam did what he could until the ambulances arrived. The stab victim later died of his wounds and the case is now going to court, the defendant charged with murder. Sam does not yet know when the case will be heard, and the documentary will not be screened until after the case has been decided.

Sam says that he has been 'brilliantly supported' by his St John colleagues in Malvern and is coming to terms with his experience positively.

Well done, Sam.

# Second place for Hereford based Badger group

Wyeside Badgers group in Hereford were left beaming this summer after picking up the runner-up cup at the National Badger Competitions in July.

After winning their regional heat, Catherine Sheridan and Katie Boulton set out to pit their first aid skills against the best in the country and did the county proud with a strong performance.

Held at Fairfield Hall in Croydon, the two Badgers and their reserve, Alfie Lewis, competed against ten teams from other regions across the country. They were given two tests to complete in 12 minutes, based on the 15 topics Badgers cover as they earn their badges. The first was a simulated first aid situation and the second was based on the team's communication skills. Catherine and Katie rose to both challenges well.

The pair have been trained at Wyeside Badgers by Pauline Hodges, who said: 'I'm so proud of the two of them. The pressure in the competition is huge, but they had worked really hard, and did very well. The skills Badgers learn are really impressive, and they remembered it all.'



# Summer camp

This August, a group of over 40 Cadets from all over the county packed their bags and headed off to Wem in Shropshire for Cadet Summer Camp 2009.

After settling into their tents, the activities began. These included (deep breath!) kayaking, gorge scrambling, abseiling, canoeing, a high ropes course, ice skating, lots of onsite puzzles and games, rounders, cricket, swimming, a shopping trip to Chester and a trip to Mickey Miller's playbarn (think Wacky Warehouse).

At the end of the week we held the traditional camp show. Each group performed their own country themed sketch and awards were presented. With the adults adding a few of their own 'individual' contributions it was a great way to end the week. Lots of new friendships formed and confidence built as the Cadets overcame their own personal challenges, particularly on the high ropes course. A huge thank-you must go to all the adults that gave up a week of their time to make this camp a success, and to the Cadets whose enthusiasm made the week what it was. So put it in your diary – 1 to 7 August 2010, a fantastic week of fun with new friends and old!



# Bournbrook Halloween party

After a couple of successful annual Halloween bashes, members of Bournbrook Combined Cadet Division decided to change their formula slightly this year by having a Halloween party actually featuring cake!

As well as members dressing up in various Halloween costumes, everyone was invited to make and bring a Halloween-themed cake to the party, where all members would be judges at the end of the night.

The Cadet NCOs organised various Halloween games for the other members to compete in for prizes, including traditional apple bobbing, transforming members into spooky ghosts with only toilet rolls at their disposal, and duos creating the most ghoulish Halloween cookies with icing & cake decorations.



Then the cake tasting session began! There were 18 cakes in all, which involved a lot of scoffing before a secret vote took place to decide the winner.

All the cakes were delicious and everyone had put in a great deal of effort in making & decorating, but there could be only one winner – the prize went to Aiman Velji for her fantastic chocolate cakes.

Jenny Hughes was the judge for the best Halloween costume of the night, and after some deliberation considering all 27 members, she awarded the prize to Maariyah Ashraf.

Everyone had a great (if filling) time!

# Out with the old . . .

## County Cadet of the Year

Meeting HRH The Princess Royal and attending the national schools first aid competition was part of a normal week for 2009 West Midlands County Cadet of the Year, Stuart Jones

Over the past year Stuart, a member of Priory Green in Wolverhampton, has enjoyed the responsibility and rewards being County Cadet of the Year has brought his way.

Since receiving the highly sought after title, Stuart has been invited to a wide range of national events and occasions, including meeting HRH The Princess Royal at Buckingham Palace, lining the steps at St Paul's Cathedral for the Mayor and being a judge in national finals for various first aid competitions across the country.

He said: 'Becoming County Cadet of the Year has given me the chance to get more involved with St John, and has allowed me to take on so much more responsibility. As well as having the chance to go to new places, I've also been able to assist with the

running of my local division and youth groups, including helping to interview for roles within St John.'

Richard Rushforth, Sector Support Officer Cadets for Wolverhampton, was part of the judging panel for County Cadet of the Year 2009, and believes Stuart has had a fantastic year. He said: 'Stuart showed the attributes of a true leader with the ability to appreciate every young person's contribution. Throughout the year he has done a fantastic job as our very own ambassador. He is a true star and has shown St John Ambulance nationally the calibre of fantastic young people the West Midlands has to offer.'

Alongside his new responsibilities, Stuart has also continued to develop his skills and training – a member



since the age of 12, he is now an advanced first aider, has achieved the Grand Prior award and is currently working towards the Amalfi Challenge.

He said: 'I feel so proud to have been County Cadet of the Year. Going to national events has also helped to boost the profile of the West Midlands. I do hope other Cadets look at what I've done and decide to apply, too.'

# . . . and in with the new!

She's 15 years old and lives in Leominster... Alex Friend is the new West Midlands County Cadet of the Year for 2010

Alex Friend, who attends Wigmore High School in Leominster, has just won the title as a result of a competition involving a team task, an informal interview and a ten minute presentation.

Clare Falloway, the officer running Alex's Cadet group, says: 'Everyone at Leominster hopes that she has a

fantastic year as West Midlands County Cadet of the Year and we are all, quite rightly, proud of the effort she has put in and the result she has achieved.'

Alex first joined St John in 1999 as a six year old Badger with the Merewald and Leofric Badger Sett in Leominster. She spent four years there, gaining her Super Badger badge in 2003 (the

top accolade and recognition for completing all Badger skills levels), before moving on to Leominster Cadet division in 2004 when she was ten. Focused as ever, Alex went on to complete all the Cadet skills levels and gained her Grand Prior award in 2008.



## The Deputy County Cadets for 2010 are:

### Scott Cameron

Holy Trinity, Herefordshire

### Sophia Ingleby

Kings Norton, Solihull/South Birmingham

### Clare Townsend

Old Oscott, Birmingham/Sutton

### Kirstie Cooper

Wednesfield, Wolverhampton

'Fantastic training means you know you can handle situations which might make other people confused or scared,' she says, 'I'd advise anyone who has the chance to join to take it with both hands, and don't let go. In St John you meet new people from different backgrounds and are supported by all members whoever you are, so have fun and go for it.'

Enjoy your year, Alex – you've certainly earned it.

**Pictured left:** (Back row, l to r) Scott Cameron, Clare Townsend; (Front row l to r) Kirstie Cooper, Alex Friend, Sophia Ingleby

# St John Cadets take the plunge

White water rafting through 700 metres of rushing rapids takes courage...and this is what they do to relax! Wolverhampton Cadets are a tough bunch and they displayed this on their visit to the National Water Sports Centre in Nottinghamshire this August for a well earned break.

27 Cadets from seven units across Wolverhampton joined eight adult volunteers on the trip to Nottingham. The day was jam-packed with activities, including white water rafting, kayaking, assault courses and team building tests.



Sector Support Officer Cadets, Richard Rushforth, was organiser for the day. He said: 'This was our first time at the Water Sports Centre, and the day was a complete

success. Everyone had a brilliant time, and we'll definitely look into coming here or to a similar place as an annual trip. In fact, we can't wait to go back!'

## Blast from the past

I have recently been delving in the deepest depths of the County HQ basement. Here are a few snippets of what I found...

When filling in a unit annual return (SJF 1) you must record the number of paramedics, first responders and leavers at your division, amongst others. Imagine if you also had to count up the number of surgical haversacks, roadside huts or even the number of beach huts, as they did in the thirties. These roadside huts still had to be staffed in the late 1940s, listed as a post-war duty.

In 1938 the typical uniform provided to a male officer would include a tunic and trousers, a cap and belt, an overcoat, 'leggs' and finally a water bottle and haversack. There is no mention of a shirt – did they provide their own?



I also found a number of books from a series of Air Raid Precaution Handbooks, published in the late 1930s for about fourpence each. These included 'First Aid and Nursing for Gas Casualties' and 'Personal Protection Against Gas'.

*Emily Bridges*



## THANKS

A big thank you to all our friends of the Fellowship who came into headquarters on Wednesday 16 December to help us with the mailing of this newsletter.

Another big thank you goes to all who contributed to this publication, without whom there simply wouldn't be a newsletter. If you would like to contribute to future newsletters please contact Jacky Rattue on 01905 363541, or email at [jacky.rattue@wmids.sja.org.uk](mailto:jacky.rattue@wmids.sja.org.uk)