



# COMMUNITY FIRST RESPONDER SCHEME

## HELP us save lives!

Do you have a current driving licence and access to a car?

Are you physically fit? Over 18 and under 70?

Are you caring and tolerant?

## Come and join the team

We are looking for caring energetic people to join our Caldecote, Toft and Kingston First Responder Scheme.

We need First Responders to volunteer a few flexible hours a week to attend local emergencies.

**No previous medical background is needed** as full training will be given by East of England Ambulance Service NHS Trust.

We also need fund raisers and event organisers to help raise awareness and funds to keep these schemes alive.

### Why we need your help?

It has been recognised that sudden cardiac arrest claims around 150,000 lives each year in the United Kingdom, with survival rates being around 5% outside of a hospital setting. If a person's heart has stopped due to an accident or heart attack and is in a rhythm called ventricular fibrillation, the only way to get the heart into a more regular sustaining beat is to pass an electrical charge through the heart muscle. The **first four minutes are the most vital** for the collapsed person and if FIRST AID and a DEFIBRILLATOR are on hand, then the chance of survival will increase considerably. (For every minute after 4 minutes survival chances decrease by 10%.)



**The types of calls** you will be asked to attend are **life threatening emergencies** such as heart attacks, chest pain, cardiac arrests, fits and breathing problems. You will not be asked to attend dangerous incidents such as road traffic accidents, fights or childbirth. An ambulance or paramedic will always be dispatched to the incident and will take control as soon as they arrive. In the meantime by your actions you may have saved a life!

**Currently, there is no FIRST RESPONDER TEAM covering CALDECOTE, TOFT or KINGSTON**  
**The Founding group goes live on the 1<sup>st</sup> November 2013**

If you feel you can contribute in any way  
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