

PENRITH MOUNTAIN RESCUE TEAM

Annual Newsletter

Jan 2015

Not only was 2014 our 55th year of providing a voluntary emergency service to the Penrith area, but has also been our busiest, we are therefore extremely grateful for all the support we have received. Particular thanks need to go to Scotmid and Eden FM, go to page 2 to find out why, and to find out what's been keeping us so busy read our Team Leaders report, also on page 2. As the team continues to offer an ever busier service the need for support grows, but not necessarily in the mountains, there's much more to it. We have therefore started a 'Friends of' group and our main article below explains what that entails, but before you read on we would like to thank everyone who has supported us in 2014, whether that's through having one of our collection tins on the counter or by donating your time and money.

TEAM AREA AND RESPONSIBILITIES

PMRT covers the largest geographical area of any of the Lake District Mountain Rescue Teams, taking in 965 sq miles. The area stretches from the Scottish Border to the depths of Haweswater and from the Northumberland border to the Solway Firth, including the towns of Carlisle, Penrith and Brampton.



Our population at risk is therefore varied – farmers, tourists, walkers, and unlucky locals caught in bad weather or suffering from ill health. The team is also on call to assist other Lake District and National teams as required. Additionally the Police can, and do, request our resources and expertise in searches and emergency situations such as floods and major transport incidents. As such team members are on call 24/7 with the aim that response is as prompt as possible.

PMRT is a registered charity and like all Mountain Rescue teams in England and Wales relies entirely on donations, bequests and the generosity of the public to fund their running costs.

BECOME A FRIEND OF PENRITH MOUNTAIN RESCUE TEAM

We have recently started a 'Friends of PMRT (Penrith Mountain Rescue Team)' group and the aim is to develop a social network of people who can assist the team on events & activities, help with fundraising, raise the teams profile locally, and also support us in other practical ways. By providing all manner of support to PMRT will enable the team members to focus on their primary role; to provide a search and rescue service to injured or missing people. All are welcome as active or passive supporters of the 'Friends of group and **the next meet is 20th January, 8pm at the Moo Bar, Penrith.** Here are some ways that 'Friends of' members can get involved:

Fundraising

By working closely with Penrith MRT 'Friends of' can take part in and help coordinate fund raising activities. Fundraising takes place in many ways including collections in supermarkets and local towns, and manning the merchandise stall on local events and shows. Very often these will be joint PMRT/'Friends of' events, however team members may well be involved in a call out, and by having the support of a 'Friends of' group ensures collections and fundraising events never have to be cancelled or cut short.

Collection boxes

PMRT's collection boxes, which are located around the teams' area, also need servicing and are found in a range of venues such as shops, pubs and cafes. Servicing is a simple job but due to the teams large area (the largest area of the Lake District teams), keeping on top of them all is not a straight forward task. However, if there are people who are prepared to look after certain boxes within their immediate area this would be a massive support to the team. Servicing simply means checking up on the box to make sure it is still in place, in good order and to inform the team when it needs emptying.

Annual Open Day

The 'Friends of' group would like to set up and develop a PMRT Annual Event/Fun Day. This would be an opportunity to raise awareness in one main event which may involve opening the base to public, displaying the rescue vehicles and kit, providing demonstrations, having a raffle and cake stalls and a range of other things to entice and encourage people to find out about their local team.

Other ways to get involved

Would you like to run a sponsored event, or are you a whizz in the kitchen and happy to make cakes and jam to sell on our stalls? There are many ways to support your local team, and this list is not endless and other suggestions and ideas will be warmly welcomed. If you would like more information on becoming a 'Friends of PMRT' member, please contact Kathleen or Laura on:

-kathleenconway@hotmail.co.uk
07412830622 / 01768 210799
-nightingale.laura@gmail.com
07887681940 / 01768 840316



For all other enquiries, or if you are interested in becoming a Corporate Sponsor, please contact us:

Isobella Carleton House
Tynefield Drive
Penrith
Cumbria, CA11 8JA

Or go to our contact page at www.penrithmrt.org.uk or our Facebook page

EDEN FM AND THE NEW EDEN VALLEY MONOPLOY BOARD



Having become a regular listener of Eden Fm 107.5, one of our team members decided to meet the radio team to explore ideas about how as two community organisations we could support each other. At the time the new Eden Valley Monopoly board was in progress and we were keen to find out more.

Lee Quinn, the founder of Eden FM, worked extremely hard to secure a license from Hasbro Toys, to allow Eden FM 'Not for Profit' Ltd Community Radio Station the once in a life time opportunity to produce a version of the famous Monopoly board game. This would put Penrith and the Eden Valley on the most successful board game in the world.

There are 36 squares on the original board and they were to be made up of historical landmarks of Penrith and the Eden Valley. There are also of course 32 cards, 28 of which would need to be localised, such as 'Take a trip to Kirby Stephen Station'.

As the areas predominant rescue team it made sense for PMRT to feature on it, and Alan from the team worked with Lee on images and how it could look on the board. Lee being such a community hearted person ended up offering us a space, and a central image on the Board.

As a celebration of famous landmarks of Penrith and the Eden Valley we are very proud to feature on the board, and thank you to Lee for giving us this once in a lifetime opportunity. If you haven't got one and would like one of these limited addition boards for £24.99 there may be some left so just contact Eden FM on 01768 899101.

If you listen to Eden FM you may get to catch us on there. We have already done one show but plan to make it a regular occurrence, where we discuss what we do and offer safety advice for on the fells and whilst out and about. Stay tuned in.

MOUNTAIN RESCUE TEAM

SCOTMID CO-OPERATIVE DONATE TWO DEFIBRILATORS

All Mountain Rescue Teams have a never ending wish list of medical, rescue and emergency equipment to ensure that they can continually function to the best of their abilities.

One of our priorities is to regularly reassess how best to outfit the 3 team vehicles to ensure that they can cover as many outcomes as reasonably possible, but a gap in the team's equipment became very apparent. This time last year the team had one defibrillator, meaning 2 of the vehicles were without. When a persons location is unknown it is impossible to know which vehicle will reach the casualty first, but also the team can be on multiple callouts and therefore each vehicle needs to ideally be set and ready for each contingency. As explained in 'Team Area and Responsibilities' on page 1 we have varied and extensive roles that the need for the teams 3 emergency vehicles to be suitably fitted and ready for an array of eventualities is paramount.

At £1500 each defibrillators are not a straight forward purchase, however they are instrumental to increasing the survival rate of someone who has gone into cardiac arrest while waiting for professional medical assistance; electrical defibrillation provides the single most important therapy for the treatment. Because of the nature of the area in which we work the wait for professional medical assistance can be considerable and therefore ways and means to prolong a person's chance of living is vital.

So when Scotmid Co-operative (merged with Penrith Co-operative Society in 2014) was offering a community grant we jumped at the chance to apply. We had to state our cause, what we required and how it would benefit the community. We were confident that our requirements fulfilled the grants requests, and fortunately, so did Scotmid. Not being too greedy, considering the costs, we applied for enough money for one defibrillator. Imagine our surprise and elation when Scotmid granted us 2.

We are eternally grateful for the generosity of Scotmid and the fantastic addition to our life saving equipment. Thank you Scotmid, they really were two of the best Christmas presents we could have received last year.



2014 rundown by PMRT team leader – Mike Hill

The team had 63 callouts in 2014; this is a significant increase on our team average of approximately 40 per year. The additional number of incidents has meant team members have committed more hours to providing the same professional service.

We have had our usual mix of incidents this year including searches, mountain injuries and ambulance assists. A number of other Lakes teams have also called on us for assistance. This year we joined forces with our neighbours at Patterdale and any calls from the Police or Ambulance service notify both teams. This has proved very valuable when large numbers of members form either team struggle to attend call-outs due to work commitments.

The team continues to recruit new members, with several recently joining the team as probationers. We also have a number of last year's probationers pushing to become full team members in early 2015.

We were delighted to receive a grant from the Rotary of Cumbria & Lancashire to allow us to purchase an Autopulse machine, this device delivers heart compressions automatically which allows us to transfer the casualty swiftly without having to stop to carry out CPR.

As we start 2015 we look forward to the New Year with new members, new equipment and a new training programme but always with the anticipation and apprehension of what that next call from the Police will lead to?

Thank you all for your continued support.