



THE NATIONAL
FIRST RESPONDER NETWORK

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Join The Network

Newsletter

Spring 2017

Welcome to the first CFR Ireland newsletter!

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Welcome to the first of what we hope will be a quarterly newsletter from CFR Ireland for all CFRs and affiliated groups in the country. As we gear up for our 4th national CFR conference, it is perhaps an opportune time to reflect on where things have come to in such a short time.

CFR Ireland is not just a conference; we have been working hard behind the scenes on many levels. We want to bring you all up to date on these issues and share the good news from around the country.

CFR Ireland is *your* network. Later this year we will be holding an AGM to discuss with you with an updated constitution and articles of association, which will streamline the organization as the number of CFR schemes expands.

We are interested in your feedback and hope to see you all at Respond 2017 on 4th March!

John Fitzgerald & David Menzies
Co-chairs CFR Ireland

“A culture of excellence”

Respond

The National First Responder Conference 2017

Respond 2017 set to be the biggest and best national CFR conference yet

CFR Ireland grew out of the first national CFR conference, Respond 2014. Now in its fourth year, Respond has become a prominent fixture in the CFR calendar and provides an opportunity to network, recharge the batteries and hear from colleagues around the country and abroad.

This year we are again grateful for the support of the **Pre Hospital Emergency Care Council (PHECC)** and are also pleased to welcome **Physio Control** as platinum sponsors.

We have arranged a super line up of experts on resuscitation from Ireland and abroad focusing this year on creating “a culture of excellence” in CFR.

We are delighted to have **Prof Richard Lyon** from Edinburgh as our keynote speaker on “Making the luck of the Irish, how to survive cardiac arrest”.

In addition to our speakers,

delegates will also be able to attend 3 **workshops** revisiting popular themes including: Pit Crew CPR, CISM and Social Media. We also have new workshops on Patient Assessment and Paediatric Emergencies.



**EUROPEAN
RESUSCITATION
ACADEMY**

It takes a system to save a life.

Building on the success of Respond, we are also planning a second event in the autumn! In association with PHECC and the HSE, we are proud to be bringing the **European Resuscitation Academy** experts to Ireland.

This will be a **one-day workshop** detailing the 10 steps to save a life, which have proved so successful elsewhere. Places will be strictly limited so stay tuned for further details!

Respond 2017 is on 4th March in the Mullingar Park Hotel.

Tickets are only €45 or €40 if booking more than one.

Get yours at www.cfr.ie



National Ambulance Service

Message from the Director of the National Ambulance Service, Martin Dunne

The NAS is fully committed to working with CFR Ireland and CFR groups nationally. The NAS greatly values the contribution that all CFR groups make to the delivery of patient care, complimenting the services provided by the NAS and ensuring that life-saving emergency treatment can begin as soon as possible. The NAS is proud to be working with existing CFR schemes and looks forward to working with CFR Ireland in significantly expanding the number of schemes across the country.

I would like to acknowledge CFR Ireland, as the national umbrella organization for CFR in Ireland and it is an integral part of the service delivery mechanisms utilized by the NAS. We would encourage all CFR groups to register with CFR Ireland.

At present there are 145 CFR groups across the country with the figure rising all the time. These CFR groups can deliver life saving care to the community they live in when needed. NAS would encourage members of communities to either join their local CFR group or indeed start up their own scheme.

The NAS has recently put in place 3 community engagement officers who will enhance and further support the interactions with CFR Ireland and CFR groups across the country.

We are looking forward to the 4th annual Respond conference. This conference, as with the previous ones, is a fantastic opportunity for the NAS to meet the various CFR groups who deliver the fantastic service across Ireland and also help to encourage others to join or develop a group.

The positive outcomes from CFR engagement may not always be known and therefore we also see the Respond Conference as an opportunity to allow me on behalf of the NAS to convey our appreciation and thank each and every one involved for the life saving service that you deliver every day across the country.

Thank you and I wish you well and best of luck to all involved in delivering Respond 2017.

Motor Insurance

Motor Insurance

We are aware that Aviva Insurance are placing a 20% loading on motor policies for CFRs. CFR Ireland have met with Aviva on several occasions in an effort to remove this requirement. We have explained that, **to our knowledge, there have been no serious incidents involving CFRs** in over ten years of responding.

Aviva have put forward a number of potential solutions and we are continuing to discuss these with them. We will advise all CFR Ireland members as soon as we have an update.

In the meantime, Aviva has stated they will remove the 20% loading for any CFR who possesses an existing **advanced driver qualification** (e.g. RoSPA Advanced Driving Silver or Gold).

Additionally, Aviva are offering a two-hour bespoke **driving assessment** at no cost for CFRs who are currently Aviva policy-holders or who take out an Aviva policy. This assessment will be conducted by Aviva Driving School and can be booked by calling 1890 40 50 80.

Aviva have advised us that any CFR who reaches the required driving standard in the driving assessment will be rated on standard Social, Domestic and Pleasure rates (not incurring the current 20% premium rate

applicable to CFRs) assuming that their normal use/occupation does not require a premium rate in the first instance.

As far as we can ascertain, no other insurers are currently formally applying a premium to CFR motor insurance policies. It remains our advice to CFRs to shop around for the best deal on motor insurance and to avoid paying additional premiums wherever possible.

CFR Group Motor Insurance Offer

CFR Ireland has been working with Aviva and other insurers on a number of possible solutions. Some of these are still in progress,

However, we are pleased to now be able to offer, via JLT Insurance, a special Group Motor Insurance Policy to CFR Ireland members.



JLT will have a facility in place to provide motor insurance to CFR Ireland members from 1st April. This will allow members to access standard motor rating to include work as a CFR volunteer. In the meantime JLT will also try to assist members if their renewal falls due.

Purchasing of this CFR Group policy also automatically satisfies the NAS requirement of a letter from motor insurer. Full details on cfr.ie soon.

All CFRs are required to inform their motor insurer of their volunteer activity as a CFR. It is our belief that no CFR should have to pay a premium to volunteer to save lives.

Profile of a CFR Group

Each newsletter, we will profile a CFR group from around the country Thanks to **Blessington** and **Boher** CFRs for going first!

Group: Blessington CFRs

Date Launched: 2005

Number of Responders: 19

Hours on Call: Almost 24/7

Do you operate a PAD scheme also? Yes we have placed 5 PAD AEDs and there are another 6 in the community.

Do you carry out public CPR training? We provide ongoing CPR training within the community including groups such as the Parents of the Beavers and Men's Shed.

What was your best fundraising idea? Church gate collection. We also have a responder who works in Intel who have very generously included us in their matching grant programme.

What was your worst fundraising idea? Hell and Back! But was also the most fun!

Are you planning any special event within the next 12 months? Training as many members of the public as possible.

When is your next group social night out? We've just had our Christmas party, so will take a break for a little while!

Have you won any awards? Heartsafe award from the Irish Heart Foundation. Blessington Community Award for Excellence from the Blessington and District forum for service to the community in 2014.

Any funny CFR stories? Ah here, with DFB paramedics and HSE NAS paramedics in training and HSE NAS call takers on our team, the stories are endless! Plenty of banter but all on the same team when the phone goes off.

What would be on top of your wish list? A rapid response vehicle... just kidding! To have at least one person in every house trained in CPR and AED use?

Will we see you at Respond 2017? Of course!

(In conversation with Simon Taylor, Co-ordinator Blessington CFRs.)



Blessington CFRs' Heartsaver award being accepted by one of the Cardiac Arrest survivors attended by the group.

Profile of a CFR Group

Each newsletter, we will profile a CFR group from around the country Thanks to **Blessington** and **Boher** CFRs for going first!

Group: Boher CFRs

Date Launched: April 2016

Number of Responders: 12 active and 6 on the way!

Hours on Call: About 80% of the time currently.

Do you operate a PAD scheme also? Not yet. Although the local GAA club has a defibrillator also.

Do you carry out public CPR training? Yes. Over the next 6 months, we plan to train people who are just interested in learning CPR. These people may ultimately become volunteers. All our training has been carried out under the auspices of Irish Water Safety by Ita Richardson and Paul Earls

What was your best fundraising idea? The local Boher Development Association hold a sponsored 5k/10k walk on St Stephen's Day. In 2015, they agreed that CFR Boher would receive the proceeds. As normal, people from the

community organised, stewarded, provided refreshments, and raised over €1,300.

What was your worst fundraising idea? At the Boher Community Development Christmas market, we demonstrated CPR, and had members of the public learn and practice. We made the princely sum of €6.75. However, many people practiced CPR, and we recruited 2 volunteers as a direct result.

Are you planning any special event within the next 12 months? We had a very successful launch in May. It was attended by Deputy Mayor of Limerick, Gerald

Mitchell, Cllr Bridget Teefy. Lt Cmdr John Leech, Chief Executive Office, Irish Water Safety.

Any funny CFR stories? At our launch, the Boher Community Development Chairperson introduced John Leech as the CEO of Irish Water. John almost had to leave the building!!!!

What would be on top of your wish list? A call out with a happy ending!

Will we see you at Respond 2017? For sure

(In conversation with Ita Richardson, Boher CFRs.)



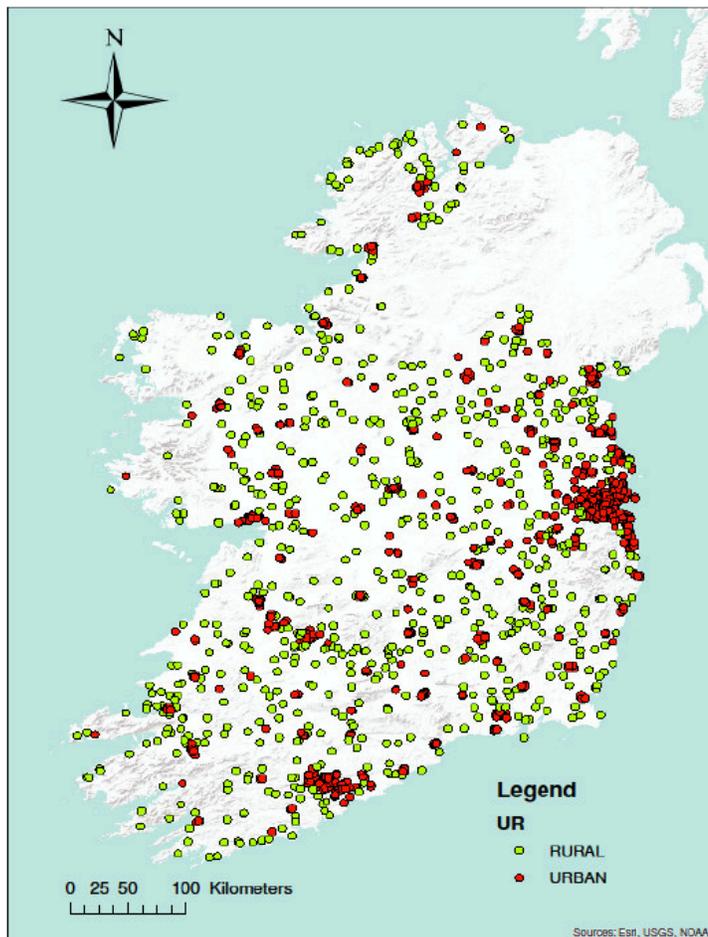
Boher CFR Committee members with Deputy Mayor Gerald Mitchell (centre front) and Lt Cmdr John Leech, CEO Irish Water Safety.

OHCAR Report 2015

Out of Hospital Cardiac Arrest Register (OHCAR)

Annual Report 2015

The OHCAR 2015 annual report has just been published. This is a hugely important piece of work supported by PHECC and the NAS.



CFR Ireland has been represented on OHCAR for the past number of years; the key contribution that CFRs make to cardiac arrest survival is increasingly recognized.

Some highlights of the 2015 report include:

- 68% in urban area
- 69% in the patient's home
- Bystander CPR in 74% of cases where present
- 18% defibrillated prior to EMS arrival
- 26% ROSC pre hospital
- 148 survivors to hospital discharge (6.7%).

At present, the valuable work being done by community first responder groups is not fully reflected in OHCAR data.

OHCAR is working to find ways of capturing and recording this information for further analysis. Comparing the location of OoHCAs (on the left) with current CFR schemes (below) shows that CFRs are well placed to make a significant impact on survival.



Current CFR Issues

Bank of Ireland Donate AEDs

Bank Of Ireland staff are donating 12 AEDs to CFR groups in 2017.

Following on from successful programmes in 2014, 2015 & 2016, the 2017 donation was made as part of Bank of Ireland's, "Be at Your Best" programme where staff hosted a number of fundraising activities including a "Couch to 5k Run", a Trek in the Dublin Mountains, and other health related activities.



Bank of Ireland 

Bank of Ireland are making two of these AEDs available at Respond2017 to be raffled between all start up CFR groups attending. Many thanks to the Management & Staff of Bank of Ireland.

CFR Training

Good luck to all the Community First Responders doing the CFR Instructor Course at the end of March!

There is no doubt that being an active Community First Responder requires a certain amount of commitment, monthly training, being on call, going on calls, fundraising etc.

Becoming an Instructor is another level of commitment not only in terms of training within the CFR schemes but also within the wider community.

A huge thank you to Brigid Sinnott and the Irish Heart Foundation for carrying out Instructor training, we are grateful for the continued support of Brigid and the IHF.



We are also looking forward to seeing Brigid at Respond2017 where she will be telling us about the IHF/Post Primary School CPR Initiative!

Charities Regulator

If you operate in the Republic of Ireland, have a charitable purpose only and provide public benefit then you are a charity. The Charities Act, 2009 requires all charities to register with The Charities Regulatory Authority - established in 2014. All CFR groups would be considered a charity and therefore should be registered. This is not the same as a Charity Number (CHY), which is obtained through Revenue and is not compulsory.



CFR Ireland met with the Charities Regulatory Authority in January 2017. While CFR groups are free to register directly, the Charities Regulatory Authority is going to develop a group registration process for all CFR groups under CFR Ireland.

If a CFR group is registered with CFR Ireland and follows best practice, the Charities Regulatory Authority will accept this until the **group registration process** is in place.



Winter is coming, be ready!

As temperatures fall, please don't leave
your kit bag or AED in the car overnight.
Cold weather can affect battery life
and AED function.

www.cfr.ie

And finally...

In order to facilitate registration with the Charities Regulator, access funding and to continue to represent CFR groups, we need to make some amendments to our constitution.

To allow sufficient time to discuss the changes, we propose to hold an EGM in April 2017. We will be in touch with all members shortly.

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