



THE NATIONAL  
FIRST RESPONDER NETWORK

# Newsletter

August 2024

Research tells us that - “compared with people who never volunteered - the odds of being “very happy” rise by 7% among those who volunteer monthly and by 12% among those who volunteer every 2-4 weeks. So, if we develop this train of research and because of their, often-weekly contributions this would indicate that Community First Responders must be some of the happiest group of people around. In fact we should use it when recruiting new volunteers!!

Research also tells us, that people who regularly volunteer show higher levels of happiness in their daily lives, satisfaction in life, higher self esteem, sense of control over life and better physical health.

Being a Community First Responder requires dedication, you train hard, you practice a lot, you fundraise, you attend emergencies night and day. You are out in your communities creating awareness, you place public access AEDs in your communities, all to strengthen the chain of survival and give members of your community, in cardiac arrest the best chance of survival.

We would like to thank our “supporters”. Those whom we leave to finish the house work, finish preparing meals, bring the children to school, disturb their sleep when we activate at night etc. the husbands, the wives, the partners, the mums, dads, brothers and sisters without their support we couldn't be Community First Responders.

“never doubt that a small group of thoughtful committed citizens can change the world indeed it is the only thing that ever has”.

*Margaret Mead*

John Fitzgerald

On Behalf of the CFR Ireland Committee

## Inside this issue

<a href="#">Respond2024 Memories</a>	2
<a href="#">Respond2024</a>	3
<a href="#">Respond2024 Workshops</a>	4
<a href="#">CPC Points</a>	5
<a href="#">Dept of Finance</a>	5
<a href="#">Volunteer Ireland</a>	6
<a href="#">Win Delegate passes for Respond2024</a>	7
<a href="#">CPR Competition</a>	7
<a href="#">OHCA Report 2023</a>	8
<a href="#">Photos Respond2024</a>	9
<a href="#">Geoff King Award</a>	9
<a href="#">NSQC AED Register</a>	10
<a href="#">World Restart a Heart</a>	10
<a href="#">See you at Respond2024</a>	11

“volunteering is any time willingly given, either formally or informally, for the common good and without financial gain” -  
*National Volunteering Strategy*

## Please circulate

Please circulate this correspondence with all your members reactivated or not reactivated, communities wishing to form a CFR scheme and neighbouring PAD schemes.

# Some memories Respond2023



We are delighted to announce our premier sponsor for Respond2024 is Eiremed—Emergency Medical First Aid Supplies. Many thanks to Kieran Egan and his team.

Established in 1998 EireMed supply a full range of emergency medical equipment , AED Defibrillator supplies, medical training courses and first Aid Supplies in Ireland and throughout Europe.

All of their field personnel including warehouse operatives are professional medical practitioners which allows them to offer expert advice and support on the latest range of emergency medical Equipment, AED Defibrillator supplies, Medical training courses and first aid Supplies in Ireland and throughout Europe.

They can provide personalised and tailor-made packages to meet the first aid requirements of any organisation and comply with current Health & Safety Legislation.





CELEBRATING **10** YEARS

# Respond



The National First Responder Conference

2024

*Saturday 21st September, Mullingar Park Hotel*

**Proudly Sponsored  
By**



Respond is not just a conference for Community First Responders, it is a conference for anyone interested in increasing “out of hospital cardiac arrest” survival.

All the stakeholders will be there, The National Ambulance Service, The Pre Hospital Emergency Care Council, The Irish Heart Foundation, Out of Hospital Cardiac Arrest Register, SADS etc .

We also have the major First Aid equipment suppliers in attendance.

We were delighted to announce that Eiremed are our main sponsor in this year.

At Respond2024 there will an opportunity to attend 4 workshops from a choice of 26. There will be some of the most popular from other years plus some new ones. Our CPR Competition is back (more on this later), there will be raffles, give-aways and the now famous conference bag.

For Respond2024, we have listened to the feedback and altered the format to try and fit even more into this 1 day event.

Early Bird Registration is OPEN <https://ti.to/cfr/respond2024>

Register early, you have been warned. Remember to join the CFR Ireland Network to avail of members discount and early bird discount.

Joining is easy and free, [registration@cfr.ie](mailto:registration@cfr.ie)



**This is the 10th Respond conference. Respond is a conference organised by community First Responder Volunteers for Community First Responders. volunteers.**

**8 CPC Points available for  
attendance at Respond2024**



Image courtesy of PHECC

CELEBRATING 10 YEARS

**Respond**

The National First Responder Conference 2024

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**An Roinn Airgeadais**  
**Department of Finance**

### **Gov Circular 15/02:**

- 1. Leave for attendance at training courses with Voluntary Search and Rescue Organisations**
- 2. Leave for call out to an emergency search and rescue**

CFR Ireland was contacted by a Community First Responder in Donegal and asked for help in relation to Civil Servants who are Community First Responders.

In 2002, the Department of Finance issued a Government Circular (Gov Circular 15/2002 -<https://acrobat.adobe.com/.../urn:aaid:sc:EU:a4e616a8...>)

It provides for volunteers of Search and Rescue, ie. Irish Coast Guard, the Royal National Lifeboat Institution, the Community Inshore Rescue Service, Irish Water Safety, and the Irish Mountain Rescue Association to attend emergency incidents and training during their work hours.

However this Government Circular was published before the first Community First Responder schemes were launched in 2005, so no provision for Community First Responders was made.

Many CFRs work in the Civil Service. We need your help in getting Gov Circular 15/2002 updated to include Community First Responders. Please ask your local TD's, County Council Candidates and MEP to support .

The issue was brought up in the Senate in may of this year—please follow link;

<https://www.facebook.com/CFRIreland/videos/3741337412854625>

## New

# Respond2024 Workshops

- Hugg.ie (What to expect in the aftermath of suicide)
- Stroke (“Time is Brain” what is happening in the brain)
- Down & Dirty (Going tough this year and not to be missed)
- Respond in Times of Crisis (Protecting the volunteers)
- Calm Under Pressure (Learning how to unwind safely after a callout)
- Practical Supports post resuscitation
- Neonatal/Paediatric Resuscitation
- CFR & Beyond (Is a career an option after volunteering)



## Back by popular demand

- Confined Space Resuscitation
- Pit Crew CPR
- High Performance CPR
- Supporting the lone Responders
- Patient Handling
- Patient Assessment
- Paediatric Emergencies
- Ambulance Orientation
- Mindfulness
- OCHA Report
- Time Is The Enemy
- Irish Inherited Cardiac Conditions



**8 CPC points available**

## NAS CEO WORKSHOPS

- Feedback Session (Talk to your CEO's about issues CFR's are seeing on the ground)
- Difficult Airways
- When a Callout Becomes a Crime Scene
- NEOC and how it helps CFR's



# CFR Ireland Webinars



The main purpose of CFR Ireland support CFR schemes strengthening the “chain of survival” in communities across Ireland”. Everybody on this island should have the best chance of surviving an out of hospital cardiac arrest (OHCA).

Where there are many organisations and individuals helping to do this and CFR Ireland are delighted to work with them and support them, but our main focus is on supporting Community First Responder schemes.

We need a network of Community First Responder schemes that have good governance structures, pillars in the community. Schemes that will sustain long into the future, as we tackle the scourge of sudden OHCA.

We don't have tell you that without good governance what happens organisations. The most serious problem is that communities loose trust in the organisation. Without trust Community First Responders cannot operate in the community.

We are very aware of the pressure on Community First Responder Volunteers time already and more so on the time pressure on CFR scheme Coordinators and other committee members. In addition to the National Ambulance Service CFR Policy, Coordinators and must deal with everything from recruiting new volunteers to complying with the Charity Regulatory Authority.

We have just completed our first 4 online webinars design by Volunteer Ireland specifically for Community First Responder schemes, dealing with issues that continually arise within Community First Responder schemes.

The 4 webinars we ran during July covered:

- 1. Volunteer Recruitment and Selection**
- 2. Day to Day Volunteer Management & Retention**
- 3. Dealing with Challenging Situations**
- 4. Creating a positive volunteer culture**

We hope to continue with volunteer management Webinars in the Autumn.

## National Volunteering Strategy 2021-2025

CFR Ireland attended a national meeting organized by Volunteer Ireland on Action 27 in the National Volunteering Strategy 2021-2025, to undertake a review to examine the requirements to introduce protections for volunteers e.g. in cases of bullying, discrimination, or protected disclosures. They were looking for volunteer experiences to inform the discussions. The meeting was open to volunteers across Ireland and was chaired by Public Affairs Manager Patricia Munatsi.

### Key Objectives

At the meeting were:

- Whether or not there should be legal protection for Volunteers e.g. in cases of bullying or discrimination
- If yes, how do we change the law?
- Come up with recommendations

### Goal

Volunteer Ireland will submit a report to the Department of Rural and Community Development with a set of recommendations on Action 27.

Win 2 Delegate Tickets to Respond2024, kindly sponsored by Eirmed Emergency Medical Training & Supplies. If you have purchased Delegate Tickets already, don't worry you can pass them to other scheme members or you can get a full refund.

Entry is easy just follow this link: <https://eirmed.ie/product/respond-2024/?srsltid=AfmBOood4rTpZT3Cs3Tv1fTKBGRpxH1MAV9XsyGeTg4IccYaxKr7ghb0>

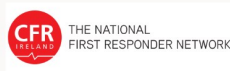
# WIN

## 2 Delegate Tickets to Respond2024

sponsored by



## WIN an AED at Respond2024



Respond2024 CPR Competition Enter the CFR Ireland CPR Competition an AED. Entry is FREE No registration required. Competition opens for Delegates in the Mullingar Park Hotel on Friday (Sept. 8th) evening 19:00-20:00 and runs 08:00 Saturday (Sept. 9th) until 15:00. Compression only CPR initially on "feedback" CPR Manikins. Single highest score is the winner – in the event of a tie, a runoff, will take place. Run off could include compressions, breaths, and defibrillation. (Bring your pocket mask).

# OH CAR 2022

## Out of Hospital Cardiac Arrest Register (OH CAR) Annual Report 2022

The OHCA 2022 annual report was published in October 2023. This is a hugely important piece of work supported by Pre Hospital Emergency Care Council and the National Ambulance Service.

Below are extracts from the Executive Summary.

**2,802 received an EMS intervention.**

**69% of cardiac arrests happened at home.**

**Bystander CPR was attempted in 84%.**

**Defibrillation was attempted in 10% of cases before EMS**

**Arrived.**

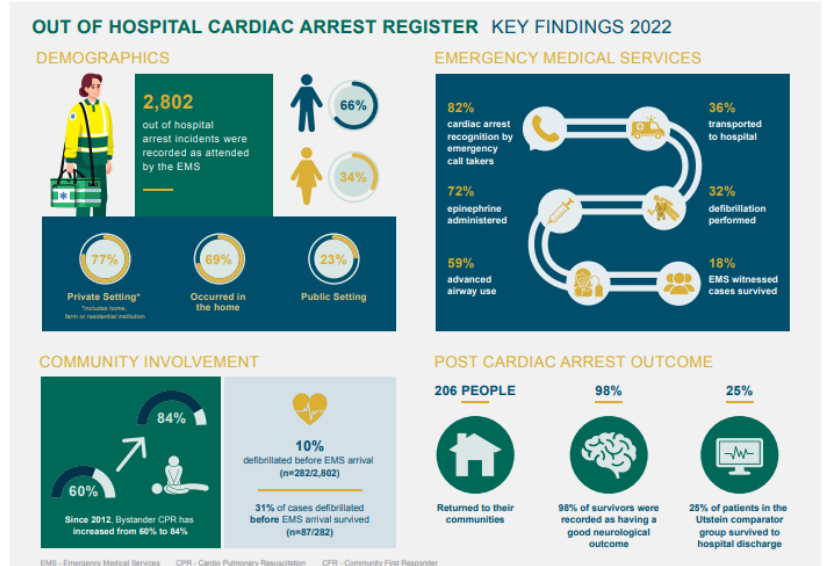


Out-of-Hospital Cardiac Arrest Register  
**OH CAR** Ireland  
At the heart of evidence



For the full OCHAR Report 2022,  
please follow :

<https://www.hse.ie/eng/services/news/newsfeatures/out-of-hospital-cardiac-arrest-register-ohcar-/ohcar-annual-report-summary-2022.pdf>



OH CAR Annual Report 2022

4

**Community First Responders are an integral part of dealing with an emergency in the community in that they provide vital lifesaving CPR and defibrillator treatment to patients while an ambulance is on route. OHCA Report 2022**



# Photographs



Community First Responds are always and about in the community. Whether its fundraising, community training, field days, parades, creating awareness etc.

We always like to acknowledge all the work volunteers do when not responding to emergency call.

Each year we ask you all to submit photos (with permission) of any and all activities your CFR scheme was involved in in the last 12 months. It could be a group photograph, a training photo or perhaps a funny picture. Be creative.

We wish to create a collage of CFR activity from all over Ireland which we will be putting to music and will form part of the opening presentation at Respond2024 in Mullingar on September 21st.



## Geoff King Award 2024

The Geoff King Award remembers Dr. Geoff King, the first Director of the Pre Hospital Emergency Care Council and his contribution to Community First Response.

This award is presented in recognition of a person, persons, community, group or organisation whose contribution in the area of community first response is making or has made a real difference. Judges have been chosen from outside CFR Ireland and they will be making the decision on possible recipients.

The application process is simple:

- Provide your name, address and telephone number
- Provide the name, address, telephone number of the nominee
- Provide in 400 words why your nominee should receive the Dr. Geoff King Award.

Please send completed applications to [kingaward@cfr.ie](mailto:kingaward@cfr.ie)

The closing date for applications for the Geoff King Award 2024 is **September 8th**.

## Registering Public Access Defibrillators



Having access to a AED could mean the difference between life and death for a patient in cardiac arrest. We need to register all Public Access Defibrillators (PADs) with the National Ambulance Service.

You can help, please insure that all PADS that your scheme manages are registered and also please encourage the managers of any other AEDs in your community to registered their AEDs.

Please share this link to register PADs: <https://docs.google.com/forms/d/e/1FAIpQLSdi7-2BjR-SPYv4HA2sdwz8sjvhFkJ83PXtB7jNyIfIKg7cQ/viewform>



## October 16th World Restart a Heart Day

The European Restart a Heart (<https://www.erc.edu/about/restart>) campaign was founded by the European Resuscitation Council with the support of the European Parliament in 2013. The Irish “Restart a Heart” initiative 2024 is being championed by the National Ambulance Service Community Engagement Team who will be coordinating events around the country. While the NAS will act as coordinators for the event, this will be an inter-agency collaboration.

The theme for this years event will be the same as last year Check – Call - -Compress – Shock. Last year’s video that will be used again this year is [https://youtu.be/B\\_ri3J1IjBQ?si=Rr55p4WFTzQNx4lo](https://youtu.be/B_ri3J1IjBQ?si=Rr55p4WFTzQNx4lo)

While World / European & Ireland Restart a Heart Day 2024 is on October 16<sup>th</sup>, there will be events taking place all over the country, starting this weekend (Oct. 12<sup>th</sup> & 13<sup>th</sup>) and finishing the weekend after (Oct. 19<sup>nd</sup> & 20<sup>rd</sup>). If every CFR group could organise at least one CPR awareness event, it would really be amazing. 1 more person trained in the chain of survival is another step closet to saving lives. It could be in your place of work, local schools, the local supermarkets, shopping centres, in another community group, on the main street in your town, at a farmers’ market, a field day or sports event, on your local radio station etc.. The list in endless.

We would like all Community First Responders to be involved with the Restart a Heart initiative in their communities. Please feel free to invite other groups to join you in getting the “Restart a Heart” message out, groups such as the local Fire Service, An Garda Siochana, Civil Defence, Red Cross, Order of Malta, St. John Ambulance, First Aid Responders (FARs), sports coaches etc. etc. The more the merrier!

More Anon

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**Looking forward to seeing you all in Mullingar in September**