



What happens next?

If you think you could become a CFR or set up a CFR scheme in your community then please find out more by contacting a member of the CFR team using the contact details on the reverse of this leaflet.

- We will arrange a meeting for all those people who are interested in setting up a local scheme.
- At the meeting, more information about the operation of a CFR scheme will be provided and potential volunteers will have the opportunity to raise any questions.
- Scheme members will be invited to elect a co-ordinator who will be the main point of contact for developing the scheme.
- After the meeting, application forms will be distributed to those who want to join the scheme.
- Training dates will be arranged at a convenient time for members.
- Equipment will be issued and a date for the formal launch of the scheme agreed.



Find out more

East Midlands Ambulance Service work with partners across the region to set up and deliver Community First Responder Schemes.

To find out more about your nearest scheme and how to get involved, please contact us:

Visit us at: www.emas.nhs.uk/cfr
Telephone: 0115 884 5000
Email: community.responder@emas.nhs.uk

About EMAS

East Midlands Ambulance Service NHS Trust provide emergency and urgent care and patient transport services for the six counties of Derbyshire, Leicestershire, Rutland, Lincolnshire, Northamptonshire and Nottinghamshire.

To find out more please contact us:

East Midlands Ambulance Service NHS Trust

Trust Headquarters,
1 Horizon Place,
Mellors Way,
Nottingham
Business Park,
Nottingham
NG8 6PY

Telephone:
0115 884 5000

Visit us at:
www.emas.nhs.uk



EMAS provides services to 4.8 million people across six counties

Community First Responder Scheme

Find out how you could make a difference in your community



Community Relations Team 2010 | communications@emas.nhs.uk

Community First Responder Scheme

EMAS Community First Responders

- ✓ Would you like to make a difference?
- ✓ Are you able to give up some free time to train in essential life saving techniques?
- ✓ Could you provide emergency life saving care to a member of your community until an emergency ambulance arrives?

Then you may be interested in joining or setting up a Community First Responder Scheme.

What are Community First Responders?

Community First Responders (CFRs) provide vital life-saving care in their local neighbourhood or workplace until the arrival of an emergency ambulance.

CFR schemes in the East Midlands are coordinated by East Midlands Ambulance Service NHS Trust (EMAS).

The EMAS Community Defibrillation / Resuscitation Officers provide support during the process of setting up a scheme and then provide ongoing support.

As part of this process, EMAS and partners train all volunteers in life saving skills and the use of equipment.

As soon as this process is complete, EMAS' Emergency Control Room is advised that a new scheme has been introduced. Ambulance Control staff then alert the 'on-call' volunteer when help is required.

EMAS encourages volunteers to manage their scheme independently and to introduce 'on-call' rotas to suit the needs of the members.

Why are CFRs needed?

EMAS always provides the fastest possible response to emergency calls using its conventional resources such as ambulances and fast response cars. However, for patients experiencing cardiac arrest every second counts - for every minute that passes without defibrillation a person's chances of survival can decrease by up to 10%.

The fact is, in the more rural and hard to reach areas of the East Midlands we serve and also in the workplace, Community First Responders have a much better chance of providing the immediate help needed prior to the arrival of an EMAS crew.

In addition to dealing with cardiac arrests, Community First Responders can provide help to patients suffering from medical conditions such as a heart attack or breathing difficulties. By using simple techniques - such as putting someone into the recovery position - you could save a life.

The types of emergency calls which Community Responders are sent to are carefully chosen and an ambulance is always dispatched at the same time as the CFR is alerted.

"It's amazing to know your skills and time really can mean the difference between life and death for those in your community."

Jane Butler, Whaley Bridge Responder Scheme



What training is provided?

Basic training consists of a 4 day in-depth clinical course with a mixture of practical and theory modules - with an emphasis on hands on learning.

To prepare volunteers we provide training in:

- ✓ Basic Life Support
- ✓ Use of a defibrillator
- ✓ Care of the unconscious patient
- ✓ Medical emergencies
- ✓ Minor trauma
- ✓ Limited use of drugs

This will be followed by a one day conflict resolution training course. Refresher training in Basic Life Support and defibrillation is also provided at 6 monthly intervals.

What support do CFRs receive?

Community First Responders are part of a team. As well as helping to set up the CFR schemes, the EMAS Defibrillation / Resuscitation Officers are available to talk to for advice and support when needed. Alternatively the network of schemes across the area can offer advice and tips on running a successful scheme.

Could you be a CFR?

- ✓ Are you up for a challenge?
- ✓ Would you like to help people in your community?
- ✓ Can you give up some free time?
- ✓ Do you want to learn essential life saving skills?
- ✓ Do you hold a full, clean driving license?
- ✓ Are you in reasonable good health?

If you answered 'yes' to these questions then you are just the sort of person we are looking for.

Please get in touch with a member of the CFR team using the contact details overleaf.

