

DEFIBRILLATORS FOR CARHAM PARISH

NO. 1 | OCTOBER 2023 | PROJECT UPDATE



This update is to let you know how we're getting on with the project to get public access AEDs (automatic external defibrillators) into the communities of Carham parish. If you don't know about this project, or aren't sure why we need defibrillators, there's information overleaf.

Since we launched the project at Easter, the response to our fundraising efforts has been fantastic. Parish residents have donated prizes, produce and plants for us to sell or raffle, and have turned out to support the Travelling Tombola and our July event. Many of you have donated money, too, and we've received a very generous donation of £500 from a local business – see over. All in all, the defibrillator fund now stands at £3,041.76.

The next fundraising event is an evening of Prize Bingo at Cornhill Village Hall on 19 October. Do come along if you can, and bring family, friends or neighbours. If you've never played Bingo before, it's not difficult (we've tried it!) and it's a bit of fun, as well as a nice way to catch up with friends and neighbours, before and after the game. We've got some great prizes, too!

- Carham
- Downham
- East Learmouth
- East Moneylaws
- Hagg
- Howburn
- Mindrum
- Mindrum Mill
- Mindrum Station
- Pressen
- Pressen Hill
- Shidlaw
- Sunilaws
- Tithe Hill
- Wark
- Wark Common
- West Learmouth
- West Moneylaws

COMING UP NEXT:

PRIZE BINGO

To raise money for the Carham parish defibrillator fund

Thursday 19 October
Cornhill Village Hall

Doors open 6.30 | Eyes down 7.00

Raffle | All welcome | Bring your own refreshments

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MONEY RAISED SO FAR

At time of writing the defibrillator fund stands at a fantastic £3,041.76. About a third of this was raised at the Classic Car & Bike Show and Car Boot Sale that we held on 16 July. The rest was raised by the Travelling Tombola, individual donations, two Wark village events, and a very generous donation from local business Deer Dynamics Ltd – see below.

We plan to make this money go much further by using it as match funding when applying for grants. That way, we'll be able to double, triple or even quadruple the amount of money we have to buy defibrillators for the parish.

- Local fundraising continues, and the next event is a Prize Bingo evening on 19 October – see over for details. Please support it by coming along, if you can.

DEER DYNAMICS

Carham-based business Deer Dynamics Ltd www.deerdynamics.co.uk has donated £500 to the defibrillator fund. We'd like to thank Henry Straker-Smith and Lynne Cruikshanks for their support for the project and for this very generous donation, which has made a big difference to the fund.

CALLING ALL GARDENERS!

Carham parish resident Georgie Nisbet is selling fleece from her sheep to raise funds for the defibrillator project. Natural, unwashed fleece has many uses in the garden, from deterring slugs and snails to providing frost protection. Used as a mulch or in a compost heap, it breaks down naturally and adds nutrients to the soil. At £3 a fleece, or £5 for two, it's a cheap - and local - alternative to commercial soil improvers and mulches. Contact Georgie on 07972 247 410.

- If you have any ideas for raising money for the project, either by yourself or with friends and neighbours, we'd love to hear from you.

THE NEXT STEP

This project began with Carham Parish Council, but it's too large an undertaking for a small parish council with limited resources.

So, the next step is for the project to become an entity in its own right. This may take some time, but it's worth doing as it will enable us to open our own bank account and start applying for grants.

ABOUT THIS PROJECT

If you're with someone whose heart stops and you call 999, the emergency services will tell you where the nearest public access defibrillator is located, and will give you the code to access it. But they won't give you this information if the defibrillator's too far away from where you are. How far is too far? The chances of survival for someone in cardiac arrest drop by 10% with each minute that passes, so even if the nearest defibrillator's five minutes away, it's too far to be of any help.

Two-thirds of Carham parish's residents live in farm settlements, most of which are a mile or more from each other. We want to get public access defibrillators installed in all of the parish's communities (see overleaf), so that everyone has a life-saving AED (automatic external defibrillator) within reach.

ABOUT AEDs

Public access defibrillators (AEDs) save lives. The British Heart Foundation says the survival rate for out-of-hospital cardiac arrests is less than one in 10, but cardio-pulmonary resuscitation (CPR) can more than double the chances of survival in some cases, and electrical defibrillation (providing a shock to the heart to enable it to resume its rhythm), used with CPR, has a good success rate.