

DEFIBRILLATORS FOR CARHAM PARISH

NO. 5 | NOVEMBER 2024 | PROJECT UPDATE



This is likely to be the last project update of 2024, as we turn our attention to the purchase and installation of the first public access defibrillators in Carham parish and arrange training for residents. We've received applications from four of the parish's communities – see over - and are looking forward to working with them to get these life-saving devices in place.

If you and your neighbours are thinking of applying for a defibrillator next time round, please let us know. It won't commit you to anything, but it'll help us to plan our fundraising for next year.

Until then, we'll be at Cornhill Village Hall's Christmas Craft Fair on Friday 8 November. Thanks to a very generous donation from a resident, we'll be selling Christmas decorations, cards, candles and more. And thanks to the generosity of Cornhill Village Hall, we'll also be running the raffle, with all proceeds going to the defib fund. Admission to the fair's free, and there'll be lots of lovely craft items to buy. Come and see us there!

- 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:

CHRISTMAS CRAFT FAIR

AT CORNHILL VILLAGE HALL

We'll be selling Christmassy items and running the raffle, to raise money for the defibrillator project.

Friday 8 November, 6.00 pm to 8.00 pm
Cornhill Village Hall

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CONTACT US

Victoria Poland
Mindrum Station House
01890 850 633
carhamparishdefibs@gmail.com

DEFIB APPLICATIONS

We've received applications from the residents of four communities: Carham, Mindrum Station, Wark, and West Moneylaws. As luck has it, our funds are just enough to cover four defibs, so we've been able to accept all four applications.

If your community's interested in applying for a public access defibrillator, we expect to invite further applications some time in the first half of 2025. Applicant communities need to have two people who'll check the defib on a regular basis and report any problems to us. They also need at least two people who are willing and able to undertake CPR training. And last, but not least, they need to undertake to support the defib project on an ongoing basis. We need this support to help us raise funds to buy defibrillators, and to maintain them once they're in place.

SPARKS

We need a qualified electrician to install the defib cabinets for us and certify the electrical installation. Defibrillators need to be housed in heated cabinets with an RCD, to prevent the units from freezing in cold weather. If you're an electrician, or if you have an electrician among your friends or family, would you - or they - consider helping us out? Get in touch if you can help!

CPR AND DEFIB TRAINING

If you'd like to know when our CPR and defibrillator training is happening, please get yourself onto our email mailing list. The training will be free of charge and open to everyone in the parish, and we expect it to take place in early 2025. To join the list, send an email to carhamparishdefibs@gmail.com. As well as information about the training, you'll receive occasional emails about the project and its progress.

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.

LET US KNOW

Please let us know now if you and your neighbours are thinking of applying for a public access defibrillator next time around. We need to have an idea of demand so that we can plan our fundraising activities and apply for further grants. Letting us know now won't commit you to anything, but it'll help us to get our planning right.

BIG SUMMER RAFFLE

The Big Summer Raffle raised a fantastic £782 for the defib fund. Thank you to everyone who bought tickets.

COMMITTEE MEMBERS

Kevin Alsey, Wark ▪ Agnes Changleng, Howburn ▪ Victoria Poland, Mindrum Station ▪ Jude Smith, Wark ▪ Willa Straker-Smith, Wark Common

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.