

DEFIBRILLATORS FOR CARHAM PARISH

NO. 6 | JULY 2025 | PROJECT UPDATE



It's taken longer than we expected to buy and install the first public access defibrillators in the parish, as it's proved difficult to find a power supply for each of them. We've also struggled to find an electrician who can give us advice and help us with the installations without charging us a commercial rate. We need power for the defibs as they'll be housed in heated cabinets that will keep them from freezing in cold weather. We're beginning to solve some of the problems, though, and on the strength of that we've bought the first two defibrillators. These will be installed in two of the four communities that applied last year.

Thanks to the support of Carham parish residents, our fundraising has continued to go well, and at our AGM in May we were able to announce that there was £14,723 in the bank account. This means that we have enough money to buy another two defibrillators and cabinets, over and above the four for which we've received applications. If your community would like to apply for one of these two defibs, there's information overleaf about how to do this.

- **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:

CORNHILL VILLAGE FAIR

We'll be running the Grand Raffle, to raise money for the defibrillator project.

Sunday 20 July, 12 to 3 pm
The Collingwood Arms

IN THIS UPDATE

Grand Raffle
Annual General Meeting
More applications invited
Quiz Night
Agnes Changleng
Committee members
About this project
About AEDs

CONTACT US

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

GRAND RAFFLE

Tickets for the Grand Raffle are available from now until the draw, which is at 2.30 pm on Sunday 20 July at Cornhill Village Fair. Prizes have generously been donated by the Collingwood Arms, Cornhill Village Shop, the Masons Arms, Café Maelmin, Rickerby, Moonwake Beer Co, Greenwoods 24/7, and Border Spirits & Botanicals, as well as by individuals. Tickets are £1 each and are available at Cornhill Village Shop or at the fair itself. Or you can contact us and we'll get some to you if we can.

- We've already got some excellent prizes, but we'd welcome more, so that there are as many winners as possible. If you'd like to donate a prize, please contact us or bring it along to the fair on 20 July by 2.30.

MORE APPLICATIONS INVITED

If your community would like to apply for a public access defibrillator, please email carhamparishdefibs@gmail.com, or contact a committee member, or come and find us at Cornhill Village Fair on 20 July. It doesn't matter how small your community is; the important thing is its support for the project and its commitment to having the defib – which means ensuring that it's looked after and that you know what to do if there's an emergency requiring its use.

AGNES CHANGLENG

We're very sorry to let you know that our Treasurer, Agnes Changleng, died at the end of June, after a battle with cancer. Agnes was a staunch supporter of the defibs project, donating prizes, selling raffle tickets, and helping out at all our events. As Treasurer she brought expertise and professionalism to the project, as well as sound judgement. She continued to take an interest in the project's progress until her very last days.

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.

AGM

Carham Parish Defibs held its first Annual General Meeting in May, at which committee members reported on the year's activities and on the project's funding. You can find minutes of the meeting, including a statement of our accounts, on www.carhamparish.org/carham-parish-defibs

QUIZ NIGHT

We'd like to thank Cornhill Village Hall for kindly lending us their June quiz night, and helping us to run the event, to raise funds for the defib project. The evening raised a fantastic £175.

COMMITTEE MEMBERS

Kevin Alsey, Wark ▪ 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.