

DEFIBRILLATORS FOR CARHAM PARISH

NO. 8 | APRIL 2026 | PROJECT UPDATE



This issue of our newsletter invites you to come along to Cornhill Village Hall at 6.30 on Thursday 30 April, to find out what to do if one of the parish's new defibrillators needs to be used. Everyone living or working in the parish is welcome, but we'd particularly welcome you if your community now has a defibrillator in place, or is soon to receive one, so that you know what to do if someone's heart starts fibrillating, or stops.

We're holding our Annual General Meeting at 6.15, before the main event begins. If you're a member of Carham Parish Defibs, you're invited to attend this short meeting to find out how the project's going. This is also the time, if you'd like to help the project, to join the committee. This doesn't involve a lot of work, but it would help us to have one or two more committee members so that we always have enough folk to come along to our meetings (four a year) and help out at the occasional fundraising event.

See over for more information about both events.

- 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:

INVITATION

Come and find out all about public access defibrillators and CPR. • How to recognise if someone needs help • What you can do about it • How the emergency services will help • How a defibrillator works

Thursday 30 April, 6.30 pm
Cornhill Village Hall
Refreshments provided

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CONTACT US

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BACK BY POPULAR DEMAND!

Once again our friends from Borders Search & Rescue are running a session which will tell you how to recognise if someone needs help because their heart has stopped or is fibrillating; what you can do about it; how the emergency services will help; and how a defibrillator works. This is a hands-on session and places are limited, so please let us know that you're coming along. Email carhamparishdefibs@gmail.com or leave your name at Cornhill Village Shop. Refreshments provided. This is a free event, with any donations going to Borders Search & Rescue.

ANNUAL GENERAL MEETING

We've arranged our Annual General Meeting to precede the Borders Search & Rescue session on 30 April. Please come along if you can, if you're a member of Carham Parish Defibs.

- Membership is free and is open to anyone aged 18 or over who supports the aim of the project. Go to www.carhamparish.org/carham-parish-defibs/ and scroll down the page to find the application form.

NEW CABINET SEEKS DEFIBRILLATOR!

Eagle-eyed Wark residents will have seen a new defibrillator cabinet by the play park. Although the village already has a defib, in the phone box, in some cases this may be too far away to be of help – see chances of survival, below. This new connection was arranged and paid for by County Councillor Mark Mather, and Carham Parish Defibs has provided the cabinet. We're now looking for funds to buy a defib to go in it.

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.

CORNHILL VILLAGE HALL

The village hall's Christmas Fair was a very enjoyable event, and we raised £281.50 through the sale of Christmas items and the raffle. Thank you to everyone who donated prizes, bought raffle tickets, and spent their hard-earned cash on the items we had for sale.

- Cornhill Village Hall has kindly donated £100 to Carham Parish Defibs from its January quiz night. We're very grateful for its support.

COMMITTEE MEMBERS

Kevin Aalsey, Wark ▪
Victoria Poland, Mindrum Station ▪
Jude Smith, Wark ▪
Willi Straker-Smith, Wark Common

ABOUT AEDs

Public access defibrillators (AEDs) save lives. The British Heart Foundation says that in the UK there are over 30,000 out-of-hospital cardiac arrests a year. The survival rate is less than one in 10, but early CPR (cardio-pulmonary resuscitation) and electrical defibrillation (providing a shock to the heart to enable it to resume its rhythm) can double the chances of surviving.