



Have you ever had to call an ambulance? Have you ever had to sit helplessly waiting, not knowing what to do; worrying if the person is going to die before help comes? Or maybe you have been that person, feeling poorly, waiting for the comforting help of an ambulance crew, who could be more than 20 minutes away.

If you, your neighbour or family member is having a cardiac arrest, have chest pains, are unconscious, or have severe breathing difficulties every second counts. For every minute that passes without defibrillation a person's chances of survival can decrease by up to 10%. In the more rural and hard to reach areas of North Cornwall, community first responders have a much better chance of providing the immediate help needed prior to the arrival of an ambulance or paramedic.



“Every second counts when someone has a serious illness and simple interventions can be performed by Community First Responders to save lives or prevent disability.”

St Breward, Blisland, St Tudy and St Mabyn need you. We currently have only one First Responder covering our rural parishes.

- 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 lifesaving skills?
- Do you hold a full, clean driving licence?
- Are you in reasonably good health?

If you answered 'yes' to all of these questions, then you could be the person we are looking for.

Community First Responders are volunteers who support their local community by attending emergency calls ahead of an ambulance.

Sometimes the difference is providing reassurance prior to the arrival of an ambulance; sometimes it is saving someone's life.

CFRs attend particular types of medical emergencies where it is essential for the patient to receive immediate life-saving care. This includes conditions such as: cardiac arrest, chest pain, breathing difficulties, unconscious patients, fitting, stroke. They are not sent to particular types of incidents, due to concerns for their personal or scene safety - these include road traffic collisions, excess drugs or alcohol incidents.

You do not need any previous medical training to become a First Responder, training is provided.

Your community needs you. Give something back to your community. Be part of a caring organisation

Contact Veronica Hill, 01208 851308 email veroh@brinternet.com to take first steps.

