

Media release 28 August 2014

Could you save a life or help someone in an emergency? Join the growing bank of Community First Responders

Peter Chumbley, 62, of Attleborough, will always remember the night of June 26 2013, when Community First Responder (CFR) Andy Housego saved his life.

When Peter stopped breathing his wife Heather dialled 999. She said: "I was given instructions on what to do but fortunately Andy was soon on the scene. He ripped open Peter's shirt and attached a defibrillator. After just one shock, Peter began to breathe for himself."

Andy continued to monitor Peter alongside one of his fellow CFRs, Tania, who had also arrived at the scene to help before an ambulance arrived. Peter was rushed to the Norfolk & Norwich Hospital for emergency treatment and discharged fit and well one week later.

Andy, 42 is one of the East of England Ambulance Service NHS Trust's (EEAST) Community First Responders. A teacher at Wymondham College, when he is not busy shaping future generations as a teacher at Wymondham College, he's saving them instead. The Chumbleys are just one of hundreds of grateful families he has helped.

Norfolk CFRs that work with the ambulance service to save thousands of lives have launched a road show. Community First Responders (CFRs) are volunteers sent by the ambulance service to life-threatening emergencies. They live and work in the area where they belong to a group which can respond to emergency 999 calls in a few minutes - providing vital comfort while an ambulance is on its way.

Kevin Webster, a boatyard general manager from Wroxham, has been a CFR for seven years. One or other of his seven-strong team have responded to over 7,000 calls. "It is the most satisfying thing I have ever done," said Kevin who happily fits the work around his job.

If you would like to know more about how to become a First Responder please call between 10am and 3pm at

3rd Sept: Wells Next Sea – **The Butlands, Wells Next Sea NR23 1EU**

5th Sept: North Walsham – **The Bandstand Market Place North Walsham**

10th Sept: Cromer – **The Parish Hall, Church St Cromer NR27 9HH**

11th Sept: Acle – **Budgens store Norwich Road Acle NR13 3BY**

12th Sept: Holt – **Budgens store, Kerridge Way Holt NR25 6DN**

16th Sept: Harleston – **The Swan Hotel, The Thoroughfare, Harleston IP20 9AS**

18th Sept: Hunstanton – **The Spinney, High Street, Hunstanton PE36 5AF**

24th Sept: Brundall - **Budgens Store. Norwich Road. NR13 5AA**

25th Sept: Fakenham – **Becks Market, Cattle Market Street Fakenham NR21**

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How do people become community first responders?

There is no need for prior first aid knowledge. The CFRs do a free two day free training course which teaches CPR, defibrillation and first aid techniques that can be used to help a patient before the ambulance arrives. CFRs are never dispatched as the sole resource, they will be quickly backed up by a response vehicle or an ambulance. They receive regular refresher training courses.

Volunteers need to be physically fit, aged between 18 – 70 years of age, have a caring nature, be a car owner, undergo a criminal record and safeguarding check and attend monthly training.

Once trained, the CFR joins their local scheme rota. They have a response kit and if an emergency call comes into their area they will be contacted by ambulance control via an issued mobile phone.

The Community Partnership Manager for Norfolk and North Cambridgeshire East Of England Ambulance Service, Andrew Barlow said: “We attend about 400 Cardiac arrests every month. A CFR attends over half of these calls and has the Skill and knowledge to help save that person’s life.”

Chair of the North Norfolk Clinical Commissioning Group, Dr Anoop Dhesi said: “This is a fantastic scheme. There is a wonderful feeling of camaraderie and achievement among our first responders and I would encourage people to join them.”
If you can’t make one of the road shows but you want to know more then visit:

<http://www.eastamb.nhs.uk/> or CALL 0845 6013733 or 01603 481220.

Ends

For further information contact Kate Cleaver on 01603 595886 or email on kate.cleaver@nhs.net

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