

People First

Supporter newsletter

Autumn 2023



Inside:

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- Honouring our volunteers at our Llandaff Investiture
- #RaiseYourBuckets for a good cause this summer

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A letter from our Interim CEO

Welcome to this edition of People First.

This edition features some more great stories from across the organisation. It's a busy time for us here at St John Ambulance Cymru as we've just launched our big summer campaign.

This summer we're encouraging you to #RaiseYourBuckets to raise vital funds to support our work to enhance the health and wellbeing of communities in Wales. You can look good for a good cause, and stay safe this summer we have produced our first ever St John Ambulance Cymru bucket hats. Whether you choose clean, crisp white, or bright, bold yellow you can be assured that your donation is being used to support our brilliant volunteers. You can find out more about how to support the campaign, including how to get hold of a bucket hat or organise your own bucket collection, on page 6.

Since the last edition of People First we've seen some incredible feats of endurance to help raise much needed funds. Our Sales Executive Barbara Rostocka ran the London Marathon to raise an incredible £1,152 and trainee doctor Joe Griffiths and some of his colleagues climbed a distance the equivalent of the Mariana Trench to Everest to raise over £1,600. If you've got a great fundraising feat planned then the team would love to hear from you!

We've been busy supporting some of the biggest events across the country including the Urdd Eisteddfod, Swansea Air Show and Beyonce's Cardiff gig. The summer is always a busy time for us as we support Eisteddfodau, county shows and concerts the length and breadth of Wales.

If you'd like to join our volunteers who make such a huge difference in communities across Wales you can find out how to volunteer with us on our [website](#). If you see us out and about come over and say hello!



We hope that this magazine gives you a small glimpse at all the wonderful work we have done, and continue to do to provide first aid for everyone, anytime, anywhere'.

We really do appreciate your support.

Thank you,

A handwritten signature in black ink, appearing to read 'Andy Jones'.

Andy Jones, Interim CEO

If there's anything you'd like to see in a future edition then drop our Communications Team a message (press@sjacymru.org.uk).

They'd love to hear from you!



Volunteers save the life of a South Wales Police Officer

On Thursday 1st June, the first day of Volunteers' Week 2023, St John Ambulance Cymru's Chief Volunteer, Detective Constable Richard Paskell, with the help of fellow volunteer James Jenkins, saved a life by delivering CPR (Cardio Pulmonary Resuscitation) at South Wales Police Premises in Pontprennau. Richard was working at South Wales Police when Detective Constable Craig Jones collapsed after returning from a run. Craig was unconscious and was not breathing. Richard was summoned to the scene immediately. He called for the nearest defibrillator to be brought along by a bystander. He promptly attached the defibrillator, commencing CPR.

The defibrillator stated, 'no shock advised', so Richard continued with CPR whilst an ambulance was on its way.



It was then that James Jenkins arrived on the scene. James is also a St John Ambulance Cymru volunteer, but at the time was volunteering as a First Responder for the Welsh Ambulance Services NHS Trust. After a couple of rounds of CPR, Craig began breathing again. Richard and James worked together to care for Craig until the ambulance arrived, regularly monitoring his oxygen levels.

Paramedics and an air ambulance arrived at the police station and Craig was conveyed under sedation to the University Hospital of Wales.

Richard said,

"As the Chief Volunteer for St John Ambulance Cymru, I feel so proud to have been in the right place at the right time and played a part in saving Craig's life."

Craig is recovering in hospital and is so thankful to the volunteers who saved his life. He said,

"I have known Richard all my policing career and I've worked with him at various times within various roles with the police service."

To say I am thankful he was present is an understatement

"I cannot say how important it is to get trained in CPR and the use of a defibrillator. I would also urge any businesses to train their staff and get a defibrillator on site, as there is no questioning that they save lives."

Thanks to skills they learned at St John Ambulance Cymru, Richard and James were able to deliver lifesaving treatment. We wish Craig well in his recovery, and want to thank Richard and James for being such great examples of our brilliant volunteers making a difference in their communities.

If you'd like to join our lifesaving volunteers and help to enhance the health and wellbeing of communities in Wales, please visit our website: www.sjacymru.org.uk/en/page/volunteer.



Leading the way in a ground-breaking healthcare initiative.

St John Ambulance Cymru have been commissioned to support the Welsh Ambulance Services NHS Trust in a 'Virtual Ward' project with Community Welfare Responders. The scheme will see qualified volunteers acting as first responders to 999 calls, to help ease pressure on the NHS.

The scheme is focussed on helping to provide more information to clinicians for people who have dialled 999 and are waiting for a response. The pilot scheme will initially be rolled out in four health boards - Betsi Cadwaladr, Aneurin Bevan, Hywel Dda and Swansea Bay.

The scheme will support Welsh Ambulance Services NHS Trust clinicians. The Clinical Contact Centre, will assess calls and then alert St John Ambulance Cymru's Community Welfare Responders to incidents where there are opportunities to provide care closer to home or improve patient experience. The Community Welfare Responders would then attend the scene and assess the patient, feeding back the information to clinicians in the Clinical Contact Centre who will determine the best course of action for the patient.



The aim of the scheme is to support the Welsh Ambulance Services NHS Trust, and to reduce waiting times by responding to calls where an ambulance might not be required. Patient observations from the scene will enable remote clinicians to determine a more appropriate treatment plan enabling patients to remain at home where appropriate, reducing strain on Emergency Departments, where treatment in hospital is not required.

Benjamin Savage, Chief Operating Officer, at St John Ambulance Cymru said,

"This is such an incredible project, and we are so proud to be involved.

At a time of extreme pressure on our health care services, which is likely to increase into the winter months, it is more important than ever that, where possible, we keep people out of our hospitals in a safe and controlled manner, and allow our partners in the Welsh Ambulance Services NHS Trust to respond to the people in most severe need.

We are excited for the potential of this scheme to be rolled out across the whole of Wales which will allow us to live out our vision to be there for everyone, anytime, anywhere. We look forward to seeing how this pilot project develops and the positive impact it has on the people and communities we serve. It's an honour to be part of something so innovative and ground-breaking."

Since launching the pilot scheme, early indicators are already demonstrating the positive impact Community Welfare Responders are having on reducing the need for an ambulance in less urgent cases. It is hoped that following continued evaluation, the scheme will be extended to support the increased pressures placed on both the Ambulance Service and hospitals in Wales during the winter period and beyond.

#RaiseYourBuckets for a good cause this summer



As temperatures rise and summer makes its presence felt across Wales, St John Ambulance Cymru is launching its summer fundraising campaign, asking you to #RaiseYourBuckets for a good cause.

Wearing a hat is one of the charity's top sun safety tips, and St John Ambulance Cymru bucket hats are available in yellow or white from the St John Ambulance Cymru [website](#), in exchange for a suggested donation of £10 for an adult hat, and £8 for a child's hat. Every hat comes with a postcard-sized copy of the organisation's latest sun safety advice.

David Monk, St John Ambulance Cymru's Clinical Director explains,

As it gets warmer it's so important to enjoy ourselves safely. In the extreme heat it's important to drink plenty of water to avoid dehydration.

You should also apply sunscreen with a minimum SPF 30 every two hours. It's also best to avoid the sun when at its strongest, between 11am and 3pm.

Everyone is being encouraged to get involved by organising your own community bucket collection to help raise vital funds to support lifesaving work across Wales.

Community and Events Fundraising Manager Alan Drury said,

"This summer, we need people from all across Wales to show their support by holding a fundraising bucket collection at their local supermarket or community event, to help us 'Raise Your Buckets' and raise vital funds to support our lifesaving work in communities across Wales.

He added, "We'll send you everything that you need to help you collect safely, and by getting involved, your support really could be the difference between a life lost or a life saved."

There are a whole host of ways to #RaiseYourBuckets this summer. You can find more hints and tips about organising your own fundraiser by visiting our website, or requesting a fundraising pack from the Fundraising Team by emailing fundraising@sjacymru.org.uk.



Welcoming the new Prior for Wales

In June 2023 St John Ambulance Cymru marked St John Day by welcoming their new Chair and Prior for Wales when Paul Griffiths took over from Sir Paul Williams, OBE, KStJ, DL.

St John works in approximately 40 countries through independent Priories and Establishments which operate under the Order of St John. In Wales the Prior for Wales is the senior representative of the Most Venerable Order of the Hospital of St John of Jerusalem, which is a working order of chivalry with His Majesty The King as Sovereign Head and HRH Duke of Gloucester as the Grand Prior.

The Order is a Christian Order, founded on Christian principles, which cares for the sick and the poor of any faith or no faith. The motto of the Order is "Pro Fide and Pro Utilitate Hominum" (For the Faith and in the Service of Humanity). This underpins the work of St John worldwide, including here in Wales.

Over the last six years, Paul Griffiths has been chairing the Gwent Council for St John Ambulance Cymru, whilst also serving as a National Officer for the Police Superintendents' Association, having previously served as an active senior police officer.

Paul has a long history of commitment to voluntary and charitable causes including serving as a trustee for Police Care UK and the Police Arboretum Memorial Trust, and volunteering as a Telephone Friend with the Royal Voluntary Service. Paul was awarded an OBE for 'services to policing' in 2021.



Paul says,

"I want to do my bit to help the organisation go from strength to strength."

"I'm looking forward to working with fantastic people who all work to the same aim; to help those in need."

If you'd like to get involved with St John Ambulance Cymru you can find out more about volunteering or fundraising by visiting our [website](#).



Children and Young People

At this year's Investiture our Cadet of the Year, 16-year-old Mali Stevenson, spoke to the congregation about what St John Ambulance Cymru means to her. Here is an excerpt from her speech.



I have been a cadet for many years now. I started as a quiet child who didn't really know what to expect. I was welcomed into the community and learnt so much from day one. I got to learn from and admire the older cadets, and now I get to be them, hopefully now having the younger cadets look up to me. I would not be classed as quiet now! Being a St John cadet has massively helped to increase my confidence and communication skills. I have had the privilege of meeting many other young people as part of my journey as a cadet, and wouldn't be the person I am today without my experiences with them.

I vividly remember getting my uniform, the shirt came down to my knees and the trousers way too wide. However I was so proud to be able to wear it, and have loved updating my brassard each time I've earned the next award. I have grown up with St John, and very much appreciative of where it has taken me.

I used to struggle with bandages, but now I can do them with ease. I used to panic under pressure however now I can logically work through situations. I used to sit quietly and listen to conversations, but now I aim to start them and engage with other people. These self-improvements, and so much more, have all come from my time as a St John Ambulance Cadet. I believe that everyone gains something different from this organisation, which can be life-changing, as it is for me.

We have also been taught so much more than first aid, I value knowing other important abilities such as simple sign language and safety skills. Everything we learn as cadets helps create more well-rounded and compassionate individuals.

Mae St John yn rhywbeth anhygoel i gael yng Nghymru, a gobeithiaf fod mwy o blant yn cymryd rhan yn y dyfodol. St John is something incredible to have in Wales, and I hope that more children choose to take part in the future.



Mali Stevenson

Cadet of the Year,
16-year-old



Children and young people join us for many different reasons. Whether you want to learn first aid skills, pursue a health care career or just make friends, then we have a place for you.

Find out more [here](#).

From the Archives



**St John
Ambulance**
Cymru

Autumn Edition

We have a proud history of over 100 years serving communities in Wales.

In this section we look back to celebrate the selfless service of generations of St John People. If you have an old photograph you'd like to share we'd love to hear from you.

Drop us a message- press@sjacymru.or.uk.



This edition we have a photograph of Princess Margaret watching a first aid demo at an International Cadet Camp in South Wales, July 1968.



What we've been up to



Volunteers at the Harry Styles gig in the Principality Stadium



Andrine and Natalie from Aberystwyth Links won Student Union awards for their dedication to volunteering.



Volunteers at the Urdd Eisteddfod



Wrexham volunteers at the Broughton Carnival



Volunteers at the Bala Big Swim



Morgan and Brooklyn at a summer fayre in Newport

Volunteer with us

We're always looking for friendly and enthusiastic volunteers to join our team.

Our roles are flexible in terms of time and are available across Wales. We know you'll want to make a real difference when you volunteer, but it's not just about what you can do for us or your community, our volunteers can get a lot out of the experience too.

Whether you have family commitments, work full-time, are a student or retired, we've got a role for you, and just ask that you help when you can.



Get involved

Make a donation

Your donation to St John Ambulance Cymru allows us to train and equip healthcare volunteers to save lives as well as teaching others to do the same. Together we can work towards our vision which would allow first aid trained volunteers across Wales to provide first aid to everyone, anytime, anywhere.

You can make a donation by visiting our website- here, by telephone (02920 449626), or by email (fundraising@sjacymru.org.uk)

Learn with us



We have courses covering everything from first aid to manual handling and mental health to food safety.

You could join a free community awareness session or commercial training course to get the skills you need, delivered professionally, from an organisation you trust.

All profits from our commercial courses fund our charitable work; which means that when you train with us you're helping to provide people across Wales with the skills they need to save a life.

You can find more information on our website.





RAISE YOUR BUCKETS!

Get in touch

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