

Mintcake



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Reg. Charity No. 1125680

December 2009

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100 Club

The winning numbers in this month's 100 Club draw are:

1st	Mrs E Joyce	£15
2nd	Mrs Jean Harrison	£10
3rd	Mr Ian Hague	£5

Peter Clarkson

Editor's Comment

Right, this is my first newsletter and it is a bumper edition! People have been very kind, variously congratulating or commiserating me on this appointment, all I can say is I am looking forward to slaving over a hot PC for your pleasure.

I hope to keep the newsletter running along similar lines as my esteemed predecessor, so all contributions are welcome – **especially exercise reports** - even anonymous ones! There will always be space for notices, reminders, tips and suggestions from team members alongside the ramblings of Barbellate and any one else who can string a sentence together. If I do ever overstep the mark, please let me know, although I can assure you that in the finest Fleet Street tradition, I will ignore all negative criticism...

Finally a special thanks to Kathy for easing me into my new position.

Dave

Mintcake Nibbles



Our Busher Walk Base has been dragged kicking and screaming into the 20th century and we have decided to remove the fax machine as it has not been used operationally for a couple of years. It is reported that the Base & Vehicles Working Group are not proposing to get rid of the carrier pigeons. The tin cans and string will also be retained in Mobile 1 & 3.



On a related point, the answerphone at base beeps whether you like it or not. If there are any messages, please take them and pass them on to the appropriate person.



Simon Thorn writes: Having just spent the last couple of days washing and re-proofing both my personal kit and my team kit I thought I would share this with you.

We all (should) carry rubber gloves in the pockets of our jackets, so that they can be put on when we get the casualty without searching through our bags. How often do you check the integrity of these gloves? I personally had not really given it much thought. On going through the pockets of my jackets prior to washing I noticed that one pair of the gloves had perished rendering them useless! At least I found it now rather than when faced with a casualty!

The re-proofing was very successful by the way. My own Rab jacket beaded the water and kept me dry while walking the resident visiting doggy!



Chris Marsden asks: Can whoever borrowed my team Rab Waterproof Jacket at Torchlight, please return it. It has Number 37 written inside it.

Callouts



19 November 2009 10.00hrs Cumbrian Floods.

The Team was paged by the police and requested to assist the emergency services during serious flooding. Incidents included transferring a casualty between Windermere and Ulverston, dealing with a road traffic collision on the A6 near Levens, attending an elderly woman with chest pains in Levens Village, transporting equipment to set up an emergency reception centre at a school in Kendal, traffic duties at the A590/A6 junction which was partially closed by flooding and assisting the police at flooding in the village of Burneside. Our base was manned all night and until 11am on 20 November.

21 November 2009 13.30hrs

With some of the team still at the Birdcage in town following the Mayor's Climb for Kendal, the police asked us to carry out a search for a missing woman in the Kirkby Lonsdale area. The search continued until dusk but, unfortunately, we found no sign of her. Apologies to all those who missed us in the Town during the afternoon – but duty calls!

22 November 2009 08.30hrs

An empty canoe was found on the River Kent and the police asked the team to search the banks of the river down to the estuary for the occupant. No one was found and the search was called off.

[From the 19th to 22nd team members put in an estimated 700 man hours of time- Ed]

27 November 2009 13.00hrs

Following the tragic death of PC Bill Barker when the Northside Bridge in Workington collapsed during the floods, the police invited MR teams to join them outside police stations across the County for a minute's silence. A dozen or so team members and supporters managed to attend outside Kendal police station and were joined by other emergency service crews and members of the public. Rather

What's On?

Wednesday 9 December

Training: Search Management: 19:00

Monday 14 December

[Father Christmas Collection with Kendal Lions:](#) 5.45

Tuesday 15 December

[Christmas Lunch at the Union](#)

Wednesday 16 December

***Equipment Evening Rescheduled* 19:30**

Saturday 19 December

[Father Christmas Collection II: Return of the Lions:](#) 6.45 pm

Sunday 20 December

[Carols at Morrisons 14:00 - 15:30](#)

Wednesday 23 December

[Equipment Evening:](#) 19:30

Sunday 27 December

Training: Social: 09:00

Wednesday 30 December

[Argentina Slide Show 19:30](#)

Tuesday 5 January

Base and Vehicles 19:30

Wednesday 6 January

Main Committee Meeting 19:30

Friday 8 January

[Social: Climbing Wall 19:30](#)

Wednesday 13 January

Training: Winter Theory 19:00

Sunday 24 January

Training: RAF heli training 09:00

Saturday 6 February

[Annual Team Dinner Stonecross Manor 19:30](#)

Wednesday 10 February

Training: Medical 09:00

Saturday 20 February

Training: Navigation Exercise 18:00

poignantly, there was a double rainbow over the police station at the time.

28 November 2009 14.20hrs

We were called to assist the Langdale & Ambleside Team when they were committed to a rescue on the northern edge of Bow Fell and received a second call, this time to Troutbeck Park. This second incident involved a young woman of 18 years old who slipped while descending west from the summit of Yoke with a large group of Girl Guides. She took quite a long tumbling fall and sustained suspected head, neck and leg injuries, although she remained conscious. A SeaKing helicopter from RAF Boulmer had evacuated a casualty from the other L&A job and returned to assist at Troutbeck Park. The casualty was winched into the helicopter and flown to hospital in Carlisle. It would be very impolite of us to mention that L&A got one of their Land Rovers bogged down on Longmire Road (was the clue in the title?), so we won't!

4 December 2009 15.00hrs

The Team was placed on standby after the police began receiving reports of a gyrocopter coming down to the west of Kendal in the Boundary Bank / Kendal Fell Quarry area. Nothing was found and the Team was stood down later in the afternoon. An anonymous gyrocopter expert later confirmed that appearing to crash is a common way to land.

Exercise Reports

Wednesday 11 November 2009: PPE Inspection:

-or-

Teasing The Void

The team returned to NARC (National Access and Rescue Centre) to look at what damage requires kit to be replaced, and what subtle damage can be caused by marker pens, baggage handlers and Velcro.

We also looked at (and in general were surprised at) how strong the individual "Kern" fibres were within a low stretch rope. With a 100kg weight dangling by a few threads Kev carefully cut through one at a time until all that separated him from a sore foot was a single strand! A minor technical hitch half way through also demonstrated that ropes must be cut with a hot knife to seal kern and mantle together and prevent slippage between them...

Using the load cell from the test frame, we looked at the effectiveness of certain rigging arrangements, which emphasised how much friction forcing ropes around tight bends reduces the mechanical efficiency of the system.

Finally it was back to the test frame to see how different types of damage (nicks and abrasion etc.) affected the strength of tape and webbing by testing things to destruction – always a winner.

Thanks to Kev P and NARC.

Sunday 29 November 2009: Medical Teaching

Bill wanted to reinforce the importance of some basic practices which it is necessary to get right. These were covered in four scenarios run by Bill, John Hall, Steve Craw, and Dave Winch.

Bandaging: (Bill).

The first stage is to empty the limb of blood by elevating it. This is done by holding the toes or fingers as appropriate (better still have the casualty lift their own limb). Remember to remove their rings and other ornaments. For applying both padding and bandaging: start at the "top end" of the limb and work back towards the body, so blood doesn't get trapped in hands or feet (and for this reason bandage from the fingers even if the upper arm is injured, to avoid the casualty ending up with a swollen hand). The bandage should be applied in a "herringbone pattern" and quite tightly. Secure it with adhesive tape rather than a pin. Be prepared to undo it all and try again if it's not right first time.

Splinting: (John).

Immobilising the limb relieves pain and helps protect the circulation. When putting padding round the limb to be splinted don't create pressure points that will affect the circulation or rub away the skin, causing sores.

Keep checking for circulation as long as the casualty is in our care (especially if he/she is unconscious).

We then practised the use of the traction & vacuum splints. With the vacuum splint it may be worth partly "inflating" it before positioning it on the casualty.

Scissors: (Steve).

Working on the principle that "You cannot treat what you cannot see" we were instructed in the advanced technique of using blunt scissors. Get consent from the casualty, be aware of modesty (theirs', not yours'), don't cut where you can undo a zip, and cover them up again as soon as possible.

We also covered removing a crash helmet. The points here were think ahead if supporting the casualty's head while log-rolling, and don't end up with your arms crossed at the end of the roll (ie.: cross your arms before the roll starts so they return to their normal sides as the casualty is turned). Send the crash helmet off with the casualty (A & E staff can deduced case history from it). "Do airway, think spinal".

Airway Management: (Winch).

Dave brought in an artificial head & chest to demonstrate where all the bits were.

Identify the problems early, and if in doubt: judge the situation by the condition of the casualty, not from readouts from bits of kit such as the pulse-oximeter.

Get as much history as possible, eg.: has the casualty gassed himself by using a stove in a tent? (carbon monoxide will bind to haemoglobin and confuse the pulse-oximeter).

Consider giving oxygen straight away ("bag & mask") especially if the casualty is unconscious. Insert a Guedel airway if the casualty is unconscious; or if semi-conscious use a nasopharyngeal airway.

Keep managing the airway as long as the casualty is in our care.

All this will be written up by Bill and put in a medical note box-file in the equipment room so you can refer to it at leisure. Thanks to Bill, John, Steve, and Winch.

Rod Muncy.

A Message From Our Leader

-or-

OK Andy you can stop doing the RAIN DANCE I get the picture!

What a start as Team Leader: Severe weather/ Call Outs & 1000 e-mails from LDSAMRA.

My thanks to all for their efforts since the rain fell, in the end we came off very well in Kendal & surrounding areas compared to other parts of Cumbria, I know I speak on behalf of all when I say our thoughts go out to all those affected during the floods.

The same weekend also saw the team enjoy a lot of publicity and forthcoming financial rewards from the Mayors Climb & Film Festival. Thanks again to all who helped both Supporters & Team Members. It's a shame we had to pull out of the town due to a call out, however that's the name of the game. By the time this publication arrives we will not be far from Christmas. May I take this opportunity to wish all in Kendal MRT including all your families a very Happy Christmas & prosperous New Year

Eddie Harrison

Training

The training programme for January to June is up in base and on the website.

Scotland Winter Training

Dates 26th, 27th & 28th Feb 2010 (Nights of the 25th, 26th & 27th Feb).

Location – Feshiebridge Lodge, Near Aviemore. Details to be confirmed in early January, after which a sign-up list will be put in Base.

Lakes Winter Skills

Due to the unpredictability of snow (!), training will take place one weekend day from December onwards. If the conditions are right a pager message will be put out a few days beforehand.

Swiftwater Technician Training Sessions

Several sessions will be organised during the year on a Wed night. Dates to be announced.

New and improved log books will issued in the new year.

Paul Astle

Training Officer

Medical Symposium

A full day symposium in which highly topical (and some controversial) areas were presented and discussed. Bullet points from each presentation are listed below:

- 1/ Best practice for all displaced fractured (and dislocated) ankle injuries is to attain reasonable alignment as soon as feasibly possible (before splinting).
- 2/ Cold immersion casualties....replace treatment with space blanket by plastic bag (see "Essentials of Sea Survival" by Golden and Tipton). When making first contact with patient do not give "everything is ok now" message (need to keep casualty's own self-preservation mechanisms optimal). Use phrases such as "we're here to help".
- 3/ Provisional results from analgesia study show positive effects from treatment. More data needed to validate specific results, study to continue for further year.
- 4/ Stroke diagnosis important as early treatment gives much better outcome. Pre hospital aspirin probably not a good option.
- 5/ Deaths in Snowdon area studied showed that there would have been no better outcome with doctor at scene.
- 6/ RNLI first aid teaching....package designed specifically for the job in hand and for all members (and potential members, whatever their level of formal education) has achieved uniformity of practice and standard of care.
- 7/ Technical studies give direction in choice and route of drug administration.
Specifically diamorphine IV/IM/IN discussed, and advantages of midazolam over rectal diazepam discussed.
- 8/ Haemorrhage control with granules/dressings revealed potential advantage when used in conjunction with current standard techniques. Celox granules and quickclot gauze were favoured products at this point in time. Modern tourniquets, used by the military in war zones, may have a role in MR.
- 9/ Case histories of 6 long falls were presented and discussed. Decisions on action included current cas care protocols and a variety of environmental factors. ICAR guidelines on management of potential spinal injuries will be presented at the MREW later this month.

Bill Malone.

Medical Officer

Medical Feedback From Hospital

The scheme has now started, and to produce meaningful data ALL casualties need to be documented.

To this end it will be extremely helpful if all cas carers follow the protocol (there's a copy in sac) and all those who act as team leaders on a particular call out ensure that the protocols have been set in motion, and the correct information is on its way to me (again, see protocols in sac).

Extra copies of protocols can be made from master copies in "Medical " box file in equipment room. Many thanks for your help.

Bill Malone

Medical Officer

Radio Update

Following last month's piece about the new radio frequencies I feel I ought to update everyone as to how things have panned out after the change.

Parklands is working fine now and changing channel by the normal procedure as outlined in the control room, but please let me know if you have any problems. Likewise, we appear to have rid ourselves of the interference problem. Again I would welcome any feedback if you are in Base and hear interference of any kind of more than a few seconds from either Parklands or the Local Set. If you do experience a major problem during a Call-Out or exercise the instruction to use Kendal Repeat or TWC 532 is printed in the Control Room.

You may note a small change on MRMap, the Team Leadership's vehicle radios now appear as a non-polling assert. That means that you will know they are out there and contactable, but not exactly where they are. Nothing to do with anything other than the cost of GPS boards and aerials – before you ask...

Finally, I may have caused some confusion over my comments with regard to contacting Lowfold when on a L&A assist. Basically, Lowfolds ability to hear our vehicle transmissions will depend entirely on where the shout is and at what stage L&A are with the response. As a good rule of thumb, if you can hear L&A transmissions on their Team Working Channel or via the MRT Scan, they will hear your transmission. If due to the location of the incident and the timing of our arrival you are not hearing L&A transmissions, then try 62a when you get nearer to Lowfold, as they may have moved from the Claife transmitter, which would normally cover our approach.

Kevin Knowles, Radio Officer.

Rubbish

It will make the work of the Base & Vehicles Working Group a bit easier (and the smell of Base a bit fresher) if all Team Members would:

- Take food waste (such as fish & chip wrappers, apple cores, sandwiches) home with them to dispose of; or if you do use the bins at Base then make sure they are put in a tied-up plastic bag so the pong stays inside the bag!
- When you see that rubbish bins are getting full – please empty them. New bin liners are in the storage cupboard in the garage.
- Ensure that all rubbish that goes in our wheelie bin is inside an SLDC commercial waste bag (the wishy-washy salmon pinkish colour) – these are in the same cupboard. As we have to pay SLDC for these bags individually; help make it cost effective (and better for Base) by checking around for other rubbish when you put one in the wheelie bin.
- Please not leave gear, clothing and boots in the Drying Room for more than a few days after they have dried out (otherwise they may be treated as rubbish – see above).

Thanks for your help.

Base & Vehicles Working Group

MREW Vision Meeting

Steve Kelley and I attended the meeting at Lancashire Constabulary Headquarters.

It was the first one where every Team had a vote and I was the appointed representative for Kendal MRT. The good thing about the new system is that you can have a different person nominated for each meeting as long as you inform MREW in advance. I hope someone else is going to take up the opportunity for the next meeting, which is scheduled for Saturday 20th May 2010 at the same venue.

There were a number of items on the agenda and I shall attach a copy of the minutes to a future edition of Mintcake. The most important, however, was the Report on Future Vision & Strategy by the Forward Planning Group. I am attaching a copy of this report to this edition of Mintcake for those who wish to read it. The meeting had a discussion and then voted to accept the Vision and Strategy set out in Annex A of that document which I am reproducing in full here.

DRAFT VISION & STRATEGY PROPOSED TO NOVEMBER 2009 GENERAL MEETING

VISION

The vision for Mountain Rescue England & Wales (MREW) is to lead a national mountain rescue service in England & Wales that is universally recognised as a highly responsive, pro-active voluntary organisation.

MREW will provide strong efficient and effective leadership of the service and ensure a national and international presence and voice for Mountain Rescue in England & Wales.

MREW will also provide strong central support for Regions and Teams to allow them to concentrate on local issues and delivering an effective operational service.

STRATEGY FOR MOUNTAIN RESCUE ENGLAND & WALES TO 2014

This strategy has 4 key themes:

- A stronger, more recognisable, mountain rescue “brand” and identity
- Better advocacy for mountain rescue. and engagement with, the authorities, our partners, and the public
- Stronger central support for Teams by a better suite of central services, including stronger standards and central purchasing / supply
- Continued efforts to increase the service’s financial & other resources

Mountain Rescue England & Wales will work to develop a much higher and more consistent profile for Mountain Rescue across England & Wales in order to raise awareness of the movement with, and visibility to, the Government, the police, other emergency and rescue services (including IKAR), the media, hill goers, the communities in our operational areas and the wider public.

This will be done by taking every practical opportunity to create a more consistent brand and image for mountain rescue and by developing stronger common standards, for example around training.

We will use this increased visibility to enter into a more coherent and mutually beneficial dialogue with Government, the police service, and others to express more clearly and authoritatively the needs and aspirations of mountain rescue, and to learn about and address any changing public needs from our unique service and capabilities.

We will continue to work as closely as possible with the British Cave Rescue Council to ensure our respective efforts are in harmony

We will continue to foster support for mountain rescue by developing our contacts with the public through initiatives such as Basecamp

In order to free operational teams and volunteers for their vital operational work and to free team and Regional resources to address local issues MREW will work to identify and supply a strong suite of central services to support teams and Regions and to respond to requests from Regions and teams for support.

In particular we will develop the central purchasing and/or supply of equipment across mountain rescue in order to achieve the financial and other benefits of bulk purchasing and increasingly standardised equipment. We will also work with volunteers and commercial partners to develop new equipment and techniques that could benefit teams.

We will continue to seek to achieve the maximum achievable level of national funding (in cash and in kind) for mountain rescue by seeking financial support from the government and public sector, and by seeking sponsorships discounts and other forms of support from our commercial partners.

In delivering this strategy we will exhibit the following values:-

- A commitment to giving the best possible public benefit from our service and making the best use of our resources
- A determined , can do, operational focus supported by the expert knowledge of our volunteers
- Able to listen, understand, and adopt good ideas from inside and outside the organisation
- Persistence with flexibility;
- Pragmatic, able to improvise where necessary
- Prepared to challenge when necessary

This strategy will be reviewed at least annually in General Meeting following a report on its delivery by the Executive Officers.

It is encouraging to note that the Forward Planning Group is moving in the direction that we in Kendal MRT have been advocating for some years.

Trevor Cotton
Chairman

Social Events

Argentina Slideshow by Andy Dell

By popular demand, Andy has put together the photos of his recent journey on horseback through Argentina. He'll be presenting the slideshow on Wednesday 30th December, 7:30pm, at Base. Everyone is welcome, including partners and Team Supporters. Feel free to bring along any mince pies, chocolate Santas and other festive goodies!

Annual Dinner

The Team Dinner is booked for 6th February at Stonecross Manor! Please sign up at Base, give your menu choices, and leave a cheque for £22.50 (payable to Kendal Mountain Rescue Team - it'll find its way into the Social Fund). All welcome, including partners and Team Supporters. Make sure you get your name up before 10th January, since I need to pass on numbers. Finally POTY nominations - embarrass as many Team Members as you can by a quiet word in Keith's shell-like. Oh, and don't forget to save all those "when am I ever going to use this" Christmas presents for the raffle.

Social Climbing

Beat the post-Christmas blues (or should that be bulge?!) by coming out to the Climbing Wall [*oh, that sort of social climbing – Ed*] on Friday 8th January, 7.30pm. Everyone welcome, whether you're an E-nutter climber or haven't climbed at all. We'll need to use personal kit, so let me know if you're intending to come and whether you can bring a rope/quickdraws/extra belay plate so that I can make sure we've got enough equipment + experienced climbers. I'll also have a form for you to fill in if you're not already a registered member. Cost will be Members rates for all - £6 plus beer money for afters.

Sarah Nield
Social Secretary

Kendal Mountain Festival Weekend

Team members accompanied our new Land Rover vehicle at the Bird Cage in the Town Centre and staffed a stand in the Marquee at the Brewery Arts Centre. It was good to have an opportunity to chat to so many people about the Team's work and we were extremely grateful for the donations received. The Team would like to thank the Mountain Festival organisers for their support and the visitors to the Brewery Arts Centre for drinking Kendal Mountain Rescue Beer brewed specially for the event. I am saddened to report that despite the best efforts of several senior team members to secure a deal with our neighbouring stand, Bowmore Whisky are not going to be sponsoring the team.

During this time we ran a competition to guess the weight of the new Land Rover, complete with all the Team's kit. The winner of the competition was James Snell of Great Ayton, North Yorkshire with a guess of 2,465 kg. The actual weight was 2,460 kg. and James has won a day out training with the Team (date to be arranged). Rumors of second prize of two days out with the team have been quashed.

Climb for Kendal

For the second time, Kendal's Mayor organized climb for Kendal, which is a challenge to climb the equivalent height of Everest by going up and down Beast Banks (the steepest (?) road in town). As part of this, the Team trussed the Mayor up in a casbag, strapped him to a stretcher and carried him down to the middle of town. Although the reminder paged out to everyone suggested we would be carrying a mature female horse, the Mayor was not a big chap and seemed to enjoy the ride.

Daniel Wright

Just after we released the Mayor from our stretcher we were introduced to young Daniel Wright from Crosby in Liverpool. Daniel had become interested in the Team after finding out about Kendal Mintcake. He had done a sponsored 3 km run in London for our benefit and presented us with over £400! As a big “thank you” we paraded Daniel around the Town Centre on our stretcher and he was taken for a tour of our base and a ride in one of our Land Rovers.



Honoured by Honor

When Bertie pointed out the reference to my Agony Column in the November 2009 issue of Mintcake I must admit that, initially, I was touched that someone had remembered. On looking back through my old copies, I think it was October 2006 when I last graced the Mintcake pages. You see, it all kind of came to an end. Team members stopped asking for the benefit of my wisdom with their “tricky” little problems and there seemed little point in carrying on. For a while, of course, I was replaced by “Agony Doc” but he barely made it past the turn of the year. Well you know what those medical types are like, why stick a plaster on it when amputation is so much more fun?

It's hardly surprising that I did not contribute during the reign of your previous editor. Well, I ask you! How could you deal with someone who can't even get your name right? What kind of name is “Honor Callout”? I makes me sound totally contrived! I never even occurred to me, or to anyone else I suspect, that my surname could be mistaken for the first word of those pager messages you brave boys and girls get from time to time. Anyway, now that you have seen sense and got not only a new editor but also a nice handsome young man with a beard to do the job (rather like that last young man who seduced me into writing a column all those years ago), I might be persuaded to turn my mind to offering a little motherly advice to any team member who wanted to submit his or her problem via the rather dishy new editor. I might even just throw my thoughts in on occasions like my good friend Barbellate. Not that I have a thing about men with beards, it's just that since Bertie's turned grey and dropped off I have felt just a little deprived.

It was a good move to get rid of that bloke with the dodgy knees by the way and replace him with a leader who has a nice beard.

Honor Corlowtt

[I for one, am intrigued by the mysterious Ms Corlowtt and look forward to passing on your problems to her – Ed]

One Last Thing...

Last months edition noted that Ali Munford had resigning from Operational Support due to family commitments. The “commitment” is called Erin and arrived on 19 November. She joins Ali's other commitments – Iona and (proud father) Pete... On behalf of the team, may I wish them all the best.

And Finally

Happy Christmas & New year

Contacts

David Hughes

E-mail

editor.mintcake@virgin.net

or

Editor's pigeonhole in base

or by post to:-

Newsletter Editor
Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH

Copy deadline for next issue: Friday 8th January 2010

E-mail recipients please remember to let me know if you change your e-mail address. Postal recipients if you do have an e-mail address and would be happy to receive your Mintcake in that form (or if you are happy to pick it up off the website) please do drop me an e-mail, it saves printing and postage costs and a tree or two over the years!