

# Mintcake

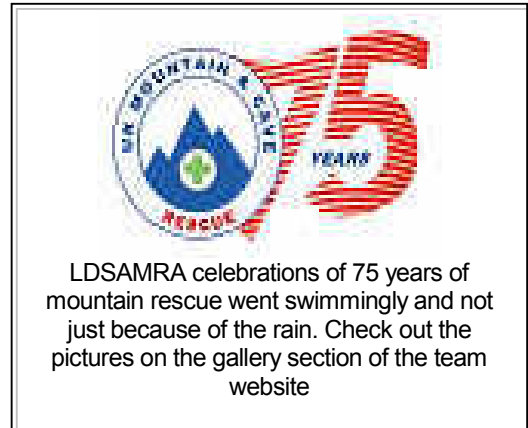


Find us at: <http://www.kendalmountainrescue.org.uk>

Reg. Charity No. 259539  
July 2008

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## Editor's Comment

I hope everyone enjoyed watching some of the team's finest (with all due modesty) making complete eejits of ourselves in the "It's a Knockout" competition on Saturday. I don't feel I can berate the rest of the Kendal Knockout team for not coming through on the trophy front (we didn't even manage the wooden spoon, even though I'd insisted we win or die trying!) as I think my lack of experience on a "Spacehopper" over the last 30 years was probably a major contributory factor in our downfall. A personal thank-you to all who helped with the water rescue demonstration and did a really impressive job despite torrents of water from above but a mere trickle in the Rothay to actually work with.

**Kathy**

## 100 Club

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

1st:	50	Mr. F. Hodgson	£10
2nd:	74	Mr. E. Joyce	£10
3rd:	25	Mr. D. Meredith	£5

**Peter Clarkson**

## Mintcake Nibbles

- **Can anyone available to co-ordinate a bucket collection on 2<sup>nd</sup> August please contact Peter Clarkson!**
- Drivers please note that logged drives will be reviewed at the next Operations and Membership Meeting with a view to updating the drivers list. If you are short of logged drives to gain or maintain your status as general or callout driver make sure you're volunteering for some chauffer duties soon!
- Budget holders please note you will need to prepare your budget requirements for the September Committee Meeting.

## Callouts



An extremely quiet month...

### 3rd July 13:00hrs

Langdale Ambleside requested assistance with evacuation of an injured female from Nab Scar. 7 Personnel attended.

## Exercise Reports

### Sunday 30<sup>th</sup> June 2008: Simulated Rescue – Hutton Roof Crag

I arrived at base eager in the anticipation of having a day being bemused by a vast array of complicated and extravagant rope work. Alas, with a late change in programme we were treated to the enjoyable opportunity of a simulated call out at Hutton Roof Crag... the rope work confusion would have to wait for another day!

The exercise revolved around a climber who had fallen from the crag above which had resulted in potential injuries to the neck, back and ankle. Chris Marsden and John Hall were first on the scene and with a precise equipment request radioed down to the vehicles, support from the rest of the team members arrived quickly at the casualty site.

Following evaluation of the casualty and no helicopter availability (surprise, surprise) we prepared the casualty for evacuation down to the vehicles by stretcher, forty minutes later and said casualty was deposited safely in mobile 2 for onward transportation.

The significant points to note from this exercise were the importance of ensuring the beads in the vacuum mattress are spread evenly throughout to ensure that adequate support is provided along the entire length of the casualty's body. Secondly with the head guard up on the stretcher, just how removed from the outside world the casualty can feel and the resulting importance of good communication with them to provide reassurance.

Thanks to Kath for organising a really enjoyable exercise at short notice and to Steve for making the amazing transformation from team member to casualty in record time (that will teach him not to arrive first at base!!)

*John Deakin*

## What's On

### Wednesday 9 July

Training: Search Techniques: 18:30

### Saturday-Monday 12-14 July

Swiftwater Rescue Technician Course

### Saturday 20 July

Team Barbeque at Grayrigg: 17:00

### Wednesday 23 July

Driver Training Theory: 19:00

### Sunday 27 July

Training: First Aid – Trauma Teaching: 09:00

### Wednesday 30 July

Equipment evening: 19:30

### Saturday 2 August

Collection: Morrisons

### Wednesday 6 August

Operations and Membership Meeting: 19:30

### Wednesday 13 August

Training: Ropes Course – Team-building: 19:00

### Wednesday 20 August

Driver Training Theory: 19:00

### Wednesday 27 August

Equipment evening: 19:30

### Sunday 31 August

Training: Simulated Callout to assist Coastguard and Bay Rescue: 09:00

### Tuesday 2 September

Base and Vehicles Working Group: 19:30

### Wednesday 3 September

Main Committee Meeting: 19:30

### Sunday 7 September

Driver Training Practical (times TBC – see board at base)

### Wednesday 10 September

Training: BLS and De-fibrillation: 19:00

### Saturday 13 September

Torchlight Carnival!

### Saturday 13 September

Driver Training Practical (times TBC – see board at base)

### Sunday 14 September

Collection: ASDA

## Training

### **Driver Training - General**

Andy Stokes will be providing this training on the following dates.

*Theory Sessions 23rd July & 20th August*

The theory session covers attitude, system, cornering, positioning, overtaking and the use of emergency equipment.

All Team members and provisionals are welcome to attend the theory session. Start time will be 7pm prompt.

*Practical Sessions 7th & 13th September*

Practical sessions in the Land Rover - in groups of three for about 2-3 hours.

Practical sessions only open to those who have attended one of the theory sessions above and meet the requirements set down in the policy on driving team vehicles.

Note - Current drivers are reminded that this training has to be completed every 6 years. However, it would be good if some people repeat the course sooner, so we don't end up with a large batch retraining on some years.

### **Driver Training - Blues & Twos**

Andy Stokes will be providing this training on the following dates. You must attend the theory session before you can attend a practical session. The course is aimed at general drivers seeking to up-grade to call-out status, and call-out drivers wishing to refresh.

On completion of the training, you will not automatically be kept on or put on the call-out list, as an informal assessment of ability will take place during the practical session. However, the training we have already had from Andy will mean that most people already drive to a high standard.

*Theory Session 22nd October*

All Team members are welcome to attend the Theory session. Start time will be 7pm prompt.

*Practical Sessions 1st & 15th November*

Sessions open to all drivers who have attended the General driver training course and have attended the Blues and Twos theory session above.

Note - Priority will be given to general drivers wishing to upgrade to call-out driver. Current call-out drivers who trained last year are welcome to repeat the course, so we don't end up with a large batch retraining every 3 years.

Each driver will have a half-day session in a group of three. This will involve driving with Blues and Twos operating!

Please familiarise yourself with the current policy on driving team vehicles.

Please let me know if you are unable to make these dates, as I may be able to arrange another session.

**Paul Astle**  
**Training Officer**  
**01539 727970**

## Base and Vehicles Notices

### Very important message:

*Please read this article about the new arrangements for medical drug storage in vehicles*

Mountain Rescue Teams are privileged to be able to administer medicines to help in the rescue of casualties. It is our duty to our casualties to maintain this privileged status. Hence we need to abide by the rules of the licence which have been granted by the Home Office. One aspect of the licence refers to storage of our medicines, and so we have had to alter the way we store our medicines in our vehicles. From Monday 28th July the medicines from the medisacs will be stored in safes next to the medisac in mobiles 1 and 3. The medisacs will be padlocked to the cages which house the helmets etc. The keys to the padlocks will be kept in the safes. So when a medisac needs to be removed from a vehicle to go to a casualty the medisac will first need to be unlocked from the cage. The key to the padlock is stored with the medicine pouch in the safe. So before you can remove the medisac you will need to open the safe to get the key the padlock!! This is to remind you to remove the medicine pouch (pocket 4) from the safe and place it in the front pocket of the medisac. The combination lock number for the safe will be the same as the code for disarming the burglar alarm followed by the letter A. This new system will be demonstrated on the Sunday training in July. A very massive thanks go to John Everett for dedicating his time and expertise to purchasing and fitting the safes and being the brains behind the system.

**John Hall**

**Medical Equipment Officer**

## Fundraising

### Collections and Donations

We've had some good results from bucket collections, particularly at Tebay services on 10<sup>th</sup> May where over £1000 was donated.

The Garburn Trail Race on 31<sup>st</sup> May was a tremendous success with a total of £1011.10 received from marshalling fees, entrance fees assigned to us, public donations and sponsorship for John Hall's "Superman" run! We owe a big thank-you to Graham Patten and Claire, the event organisers, and to John Hall for wearing that costume on such a scorcher of a day. The runners seemed to find the weather on the warm side although, as a marshal leaning on a gate, I thought it was perfect!

Thanks to Arnside Arts Group and to Levens Quilters who have both made donations following recent events.

### Future Events

We have been given the date of Saturday 2<sup>nd</sup> August for a collection at Morrisons. Unfortunately (ha!) I shall be in Ladakh so I am looking for someone to organise things for me. If you are available, please let me know.

**Peter Clarkson**

**Fundraising Co-ordinator**

**01539 736316**

## 75th Anniversary Celebrations

I would just like to thank Team Members and the Support Team for all the effort that you put in to making the Event on Saturday such a success. The weather could have been kinder to us but everyone who was there had a really good time. Thanks once again.

**Trevor Cotton**

**Chairman**

## Former Team Member does well!

86-year old former KMS&RT stalwart Harry Sherratt was awarded the MBE in the recent Queen's Birthday Honours, the MBE is for his work with the British limbless Ex-Servicemen's Association. If you look back through the Team's archive you will see Harry's name appearing a lot in the '60's and '70's (when Team kit was an orange Ventile anorak with 'Kendal Mountain Rescue' stencilled on the back). Harry has visited the current Base a couple of times in recent years and reminisced about his Team days with affection.

*Keith Pittman*

## Caption Competition



Last month's winner (Keith's impromptu helicopter trip to Whitehaven Hospital!) was "I hope this attachment is HSE approved!"

This month we're wondering what John Hall is praying for?! Answers to the editor; details as below.

## Contacts

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or

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