

Brampton and District 50+ Forum

Report of the meeting held on Tuesday 17 November 2015 in Brampton Community Centre. 15 members took lunch in the community café; 25 members attended the meeting which followed; several members sent their apologies.

The Chair, Carol Saunders, welcomed members and the guest speaker.

If someone collapses, stops breathing and his heart stops beating, every second counts. Cardiopulmonary resuscitation (CPR) buys time until professional help is available. Christina, a volunteer with North West Ambulance Service and a trainer with the HeartStart scheme, was going to show us what to do if we encounter such an emergency.

The course which followed included short video clips and demonstrations and then chance to practice what we had been shown. As members became more involved there were questions asked and answered. Whilst not everyone has the level of fitness or mobility required to carry out some of the techniques, it was clear that there were other ways we could help: phoning for help; using a defibrillator; giving instructions to a more able-bodied but less knowledgeable person.

The sequence we had to remember was D R S A B C:

D Check for Danger

R Check for Response. If the casualty does not respond...

S Shout for help

A Open the Airway

B Check for normal Breathing.

If the casualty is breathing normally, put them in the recovery position.

If not, phone 999 or 112 for an ambulance, and ...

C Start CPR

We were shown different designs of AED (defibrillator) including the one in the community centre. Whatever the model it will 'speak' instructions telling you what to do. Again we were given a demonstration and were able to have a go for ourselves.

There was a brief demonstration of what to do if someone, child or adult, is choking and how to help stop bleeding whether from a cut or a nosebleed.

Our instructor was thanked and members showed their appreciation in the usual way.

There is a certificate and summary booklet available for those who were present at the meeting.

Update:

Age UK Carlisle and Eden REACH team aim to support older people in the local rural area with finance, fitness and friendship.

For more information, telephone 01228 536673,

or email B.Hall@ageukcarlisleandeden.org.uk

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The meeting ended with tea and biscuits.

The next Forum meeting will be on **Tuesday 16 February 2016**.