



Supporting the Restart of Community First Aid Training

The pandemic disrupted many things, including the availability of community first aid training and awareness building, which is something we're really passionate about at GBCT. So, we have been delighted to help enable programmes to restart by supporting two recent grant applications for new training aids. GBCT has awarded a new grant to Cardiac Rehab (Basingstoke and Alton) and is continuing to support the excellent Great Western Air Ambulance Heartstarters programme.

Cardiac Rehab - Basingstoke & Alton is at Cardiac Rehab ...
- Basingstoke & Alton.
November 12, 2021 · Alton · 🌐

We would like to thank the George Bairstow Charitable Trust for their grant of £1,000 towards renewing our resuscitation aids.

These "Annie's" are used by Sandra (pictured) to practice CPR which forms part of our training courses on Basic Life Support and Emergency First Aid. Knowing these skills can help save a life and we are very grateful for the GBCT's support - <http://gbct.org.uk/>

Details of our training courses are available on our website: <https://www.cardiac-rehab.co.uk/training>



Cardiac Rehab provide exercise-based rehabilitation to people across Hampshire and the surrounding counties who have had heart attacks or are suffering from heart or pulmonary diseases, and also run a preventative course for people identified as being at high risk of developing heart disease. Using their facilities, they also offer CPR courses to local community groups and individuals, usually running 4-6 courses per year. GBCT's grant of £1000 enabled them to purchase 4 new resuscitation manikins, known as 'Annie's', for these courses.



The award winning Heartstarters' programme has now been running since 2016, supported since its start by GBCT. To date, 4600 young people have been trained in basic life support skills and the programme hopes to reach 2000 more in 2022! GBCT's grant of £2500 covers the cost of new training equipment, including 30 mini manikins and an AED trainer, and branded shirts for the volunteer trainers.

Welcome

Reflecting on events since our last newsletter, I'm reminded of the many challenges we have all faced. I won't recount them here, but needless to say as Trustees we are grateful for your continued support during those most trying of times.



GBCT has continued to receive grant applications over the last year and as we pass our 8th anniversary our total of grants made now stands at a tremendous £156,500.

The pandemic does seem to have affected what projects can take place, so our grant giving this last year has most commonly been orientated to provision of emergency aid, e.g. supporting organisations with purchases of key equipment. Happily, things do seem to be beginning to normalise and Trustees have been very pleased to see the return of skills based projects, such as community first aid training once again.

As we look ahead, the Trustees and I are mindful that we need to give consideration to GBCT's future. We have, and continue to, deliver on our objective to further George's legacy, supporting many wonderful projects, but as our grant giving continues to exceed our income it is appropriate that we plan for the future and consider how we continue to meet this objective as our reserves decrease. The Trustees have agreed that at a certain level of remaining funds we will look to award those funds to our final projects and close the Trust. The intent is that George's legacy would continue to be supported through the long-term projects we would support by these grants. Trustees anticipate reaching this point in 2022 or 2023, so are currently giving thoughtful consideration to what these projects may be, but in the meantime we do continue to run the Trust on a 'business as usual' basis—welcoming new applications for consideration and gratefully receiving donations. We will of course keep you updated. In the meantime I hope you enjoy reading about the fantastic projects you continue to enable.

Maria, Chair of Trustees

News of Grants Awarded

The Trustees are pleased to have made a further grant of £2000 to [Criminon](#) to continue supporting the **enhancement of skills** among young people through the invaluable distance learning courses they offer to young offenders in prison. The objective of the programme is to support their education and rehabilitation, so that they can make a positive contribution to society. As a recent Independent Monitor at Feltham Young Offenders Institution, GBCT Chair of Trustees Maria has seen first hand the difference these type of programmes can make during 'normal' times. Over the past couple of years Trustees understand that challenges caused by the pandemic have impacted the number of development opportunities available to young offenders, so we have been very pleased to receive regular updates from Criminon about the continuation of their programme and achievement of positive outcomes for participants.

Empowering communities to make a difference

Emergency Aid

Skills

Volunteering

Emergency medical provision in the East of England has benefited from GBCT grants to the [Norfolk Accident Rescue Service \(NARS\)](#) and [Suffolk Accident Rescue Service \(SARS\)](#). Both of these organisations have similar purposes, broadly to provide specialist volunteer responders to support the ambulance service in responding to serious medical emergencies or accidents/traumas, often across large rural areas. Many of the volunteers have advanced medical skills, including Paramedics, Critical Care Paramedics, Nurse and Doctors. Working in partnership with the ambulance service, they may respond from home or as critical care team in one of the fully equipped response cars.

GBCT has given £4000 to NARS to purchase a LUCAS chest compression device. The device delivers chest compressions to a patient in cardiac arrest. In CPR, chest compressions are essential to pump blood and oxygen around the body, 'buying time', whilst responders use a defibrillator and drugs to restart the heart's normal rhythm. Using the LUCAS frees up responders to deliver these lifesaving interventions. It's also much safer to use during an ambulance transfer to hospital and doesn't tire—compressions are hard work.



SARS received a £2000 grant to purchase new training equipment and PPE tops for their clinicians. The new equipment replicates the equipment clinicians respond with, helping SARS in running pre-hospital training scenarios in a realistic manner, including techniques such as advanced airway management. SARS has recently received a number of new clinical volunteers and the PPE tops form part of their uniform. The tops are designed for comfort across the wide range of environments the team work in and clearly identify them and their clinical qualifications, which is important for safety.

It's not just the East of England's **emergency responders** that have benefited from GBCT grants. The Trustees were also pleased to award another grant to [Exmoor Search and Rescue](#). The grant of £950 will be used to upgrade their specialist mountain rescue stretcher with a wheel attachment. As a number of our Trustees and supporters know from their volunteer work and/or 'day' jobs, carrying a patient is hard work at the best of times, let alone up/down a hillside over long distances. Trustees looked favourably on the application for equipment to make this difficult task more comfortable for the patient, as well as easier and safer for the volunteer search and rescue team.

Continuing the **emergency aid** theme, but tying in with the **development of skills** too, the Trustees were pleased to award a grant to the [Disabled Sailors' Association](#) for £1900—George himself was a keen sailor. The Association runs an apprenticeship scheme every 2-3 years for a young, unemployed, disadvantaged person, either able-bodied or disabled, giving them the opportunity to train to qualify as a Yacht-Master Offshore. During the apprenticeship they become a highly valued member of the crew taking care of the Association's 2,500 disabled sailors, working alongside the Skipper to provide educational opportunities. GBCT's grant will cover a number of training courses, which are part of the programme, including Basic Sea Survival, First Aid and a Marine Culinary Course.

About the Trust

The GBCT was set up in March 2014 in memory of George Bairstow and exists so that the difference George made to people's lives can continue.



The GBCT's goal is to empower communities to make a difference by providing grants in support of:

- The provision of emergency aid
- Volunteering among young people
- The enhancement of skills among young people

Supporting the Trust

The Trustees continue to be grateful to GBCT's generous supporters.

To make a donation to the Trust, please visit the [Support](#) page on our website where you can donate via our Charities Aid Foundation donation page. Please do remember to Gift Aid your donation if you are eligible to, for every £1 you donate the Trust can reclaim 25p from HMRC at no cost to you.

Please also remember, that if you're shopping with Amazon to register with Amazon Smile (www.smile.amazon.co.uk). The Trust can receive 0.5% of the net purchase price as a donation from Amazon. To date we have received over £225 from Amazon! If you consider that is nearly 10% of our grant to Great Western Heartstarters, that translates into potentially enabling 200 young people to receive first aid training this year.

Closing Thought.....

It is good news to see community first aid training taking place again. A common question is often how to keep yourself safe and the potential presence of COVID-19 may have increased the number of us asking that question.

If you'd like to know more about how to help others and keep yourself safe, have a read of the information provided by St John Ambulance at www.sja.org.uk. Giving rescue breaths (or mouth-to-mouth) is often what worries people, but in the event a person is not breathing, guidance released by the UK Resuscitation Council during the pandemic advises the use of compression only CPR, removing this worry. Guidance to get early access to a defibrillator remains in place. Do you know where your nearest is?

Keeping in contact with GBCT



Visit our website at www.gbct.org.uk or email us at info@gbct.org.uk



Find us on Facebook at [georgebairstowct](#) for all the latest news and pictures and, don't forget, we're on Twitter too at [gbct_uk](#).

Copyright © 2022 George Bairstow Charitable Trust. All rights reserved. George Bairstow Charitable Trust (GBCT), a charity registered in England and Wales (1155769).

George Bairstow Charitable Trust