

mountain rescue

ISSN 1756-8749

£5.50



SUMMER 2023 **85**



THE ONLY OFFICIAL MAGAZINE FOR MOUNTAIN RESCUE IN ENGLAND, WALES, SCOTLAND AND IRELAND



© 2023 Mountain Rescue Magazine. Photo: J. Miller / Alamy

WELCOME TO
ISSUE 85:
 SUMMER 2023
 Mountain Rescue is the **only**
 official magazine for
 mountain rescue in England,
 Wales, Scotland and Ireland.

Editor: Judy Whiteside
 07836 509 812 • editor@
 mountain.rescue.org.uk

Media & Communications
 Director: Andy Simpson
 07836 717 021 • media@
 mountain.rescue.org.uk

Ad sales: Caroline Davenport
 07726 933 337 • caroline@
 media-solution.co.uk

Proofreader: Gina Rathbone
 ginarathbone.com

NEXT ISSUE
ISSUE 86:
 AUTUMN 2023

Editorial Copy Deadline:
 Friday 15 September 2023
 Please supply editorial in
 Word and images as JPG,
 EPS or PDF (300 dpi)

Advertising artwork must
 be supplied as font-
 embedded PDF
 (300 dpi) unless otherwise
 agreed with the editor.

Cover story

The Prince and Princess of Wales meet the Central Beacons team and join members in a stretcher carry © Sin Hart Photography.



PLEASE NOTE

Articles carried in Mountain Rescue do not necessarily reflect the opinions of Mountain Rescue England and Wales. We do not accept responsibility for advertising content.

MOUNTAIN RESCUE ENGLAND AND WALES IS A CHARITABLE INCORPORATED ORGANISATION REGISTERED IN ENGLAND AND WALES NO: 1178090
 REGISTERED OFFICE: C/O AZETS HOLDINGS LTD, TY DERW, LIME TREE COURT, AULBERRY DRIVE, CARDIFF GATE BUSINESS PARK, PONTRENNAU, CARDIFF CF23 3AB

inthisissue

conference 2024

To engage, educate and entertain

24 The MREW Conference venue is set for 6-8 September 2024, at Lancaster University. **Judy Whiteside** talks us through the plan so far and invites you to get in touch with any idea for workshops, talks and speakers.

30 Talking about both menopause and neurodiversity: Focus on wellbeing courtesy of Togetherall and the Rescue Benevolent Fund

34 Playing host to our Royal Patron: Central Beacons team leader Huw Jones on a day of activity to remember in South Wales



Plus a whole lot of news, incidents and fundraising stories from around the UK

what's in at a glance

MEDICAL: 4-9

TEAMS & REGIONS: 40>

MREW: 10-28

PEER REVIEW: 52

WELLBEING: 29-33

FOOD FOR THOUGHT: 58-59

SCOTLAND: 38-39

WHO'S WHO: 68-70

PETZL RESCUE SOLUTIONS

Every second counts in high-stakes situations — that's why technical rescue operations require skilled rescuers and the best equipment. It's also why rescuers train continually, as they're doing here on a via ferrata in Switzerland. They know that they can count on Petzl to provide high-performance tools.



A technical rescue solution including a STRATO VENT HI-VIZ helmet, DUO RL headlamp, now FALCON MOUNTAIN harness, MINI TRAXION progress-capture pulley, SPIN L1 pulley, and ROLLER COASTER rope protector. petzl.com

PETZL Access the inaccessible®

MOUNTAIN RESCUE ENGLAND AND WALES BRITISH CAVE RESCUE • SCOTTISH MOUNTAIN RESCUE RESPIRATORY ILLNESS PPE GUIDANCE

GENERAL NOTES

- Covid-19 restrictions have been reduced nationally
- There may be future waves of Covid with differing transmissibility and severity of disease
- There will likely be other respiratory pandemics/epidemics eg. a virulent influenza, and require similar PPE, therefore **this guidance is no longer specific to Covid but ALL respiratory illnesses.**

Preventing respiratory disease transmission

- The main principles to prevent respiratory disease transmission are:
 - Good ventilation and social distancing
 - Masks and eye protection when social distancing cannot be maintained
 - Good hand hygiene both using gloves and decontaminating
 - Vaccination against that disease
 - Initial screening of casualties about their current disease status/symptoms.

PPE risks in the mountain rescue environment

- It is recognised in the mountain rescue environment that the weather may render the wearing of certain items of PPE of a greater risk to the individual than the risk of contracting a respiratory illness. For example:
 - Masks in heavy rain or high winds impairing breathing/safe movement
 - Eye protection misting impairing vision
 - Waterproofs causing heat exhaustion.

Personal risk tolerance

- The tolerance of personal risk will vary between individuals and vary at different times for the same individual. For example:
 - Individual at increased risk due to their own medical conditions/age etc
 - Individual who strongly wishes to avoid the disease due to complications of the disease
 - Individual with close contact to vulnerable people and wanting to avoid onward transmission
 - Individual who has made travel/other plans who needs to remain disease free due to travel restrictions/requirements (eg. needing to be PCR negative).

Team member illness/testing

- Team members who are acutely unwell with symptoms of a respiratory illness should come off call until their symptoms resolve
- If lateral flow tests for the disease are available then these can be used to aid decision making — remember if LFTs only detect Covid, if you are negative and you are unwell it is good practice to remain away from the team for own your personal health (significant exertion whilst unwell) as well as for team mates as other respiratory illnesses can have significant impact on another person or their contacts.

Risk determination of the situation

- This version of the guidance tries to allow the individual/team to make a dynamic risk assessment of the situation in terms of the following areas of risk:
 - **Personal risk** — risk to the individual or their contacts
 - **External risk** — both in terms of the disease and the environment
 - **Casualty risk** — both in terms of symptoms and treatments
- As with most areas in life there are no black and white cut-off points for low/moderate or high-risk situations
- Following this, a decision as a team member, fell party, vehicle occupant or team can be made whether to use PPE in that situation
- Teams may wish to have predetermined plans for certain situations — eg. masks for all casualty and casualty carers interaction regardless of risk assessment and this should be decided within teams
- If a team member feels their personal risk is higher than their team mates then they should feel comfortable to wear additional PPE and for others to respect this and/or wear additional PPE too.



Document updated June 2022: Paul Smith, MREW Equipment Officer, Dr Alistair Morris, MREW Medical Director, Dr Brendan Sloan, BCRC Medical Director, Dr Alastair Glennie, SMR Medical Officer.

MOUNTAIN RESCUE ENGLAND AND WALES BRITISH CAVE RESCUE • SCOTTISH MOUNTAIN RESCUE RESPIRATORY ILLNESS PPE GUIDANCE

RISK DETERMINATION



MOUNTAIN RESCUE ENGLAND AND WALES AND SCOTTISH MOUNTAIN RESCUE GUIDANCE ON CPR FOR CASUALTY CARE CERTIFICATE HOLDERS

- Make a rapid dynamic risk assessment of risk of transmission of virus vs risk of infection to casualty carer as soon as possible
- Wear at least Level 2 PPE
- Check response and open airway (keep rescuers face away from casualty face) — if abnormal breathing/no signs of life, start CPR
- Cover the patient's face and nose with a surgical mask or oxygen mask with high-flow oxygen
- If an AED is immediately available, apply and follow instructions
- Default position is to provide chest compression-only CPR
- If dynamic risk assessment of viral transmission is low, ventilations can be achieved through use of supraglottic devices or Bag-Valve-Mask with airway adjuncts and tight seal
- Consider ROLE as appropriate.

Notes:

- Rescue breaths by mouth-to-mouth or pocket mask should be avoided in all but exceptional circumstances
- For MR teams with access to a mechanical chest-compression device — early use allows the rescuer to withdraw to a safe distance away from the casualty during compressions and reduce any potential risk
- In more 'urban situations' where other emergency services may arrive quickly carry out a dynamic risk assessment on AED only + wait for professional help vs compression-only + AED resuscitation
- **Children:** Ask for advice and help early. Chest compression-only CPR may not be effective and consideration may need to be given to providing rescue breaths and ventilations with a suitable filtered ventilation device
- **Drowning:** Rapid risk assessment. Benefit may outweigh risk for rescue breaths due to asphyxia process.
- **ROLE:** Consider viability of resuscitation in persistent non-shockable rhythm when chest compression only CPR is greater than 15 minutes and in unwitnessed cardiac arrest.

Updated December 2021 following UKSAR update for responders V4.

MOUNTAIN RESCUE ENGLAND AND WALES BRITISH CAVE RESCUE • SCOTTISH MOUNTAIN RESCUE: EQUIPMENT DECONTAMINATION GUIDANCE

GENERAL PRINCIPLES

There are a wide number of infectious diseases that team members and casualties should be routinely protected from which can be transferred by droplets or bodily fluids.

Patient care equipment should be single-use items where practicable.

Reusable equipment must be cleaned and decontaminated:

- After patient contact
- After blood/body fluid contamination
- At regular intervals as part of routine cleaning.

Decontamination of equipment involves two steps:

1: Clean

Wash off any physical dirt/debris, including blood, with clean water or wash according to the manufacturer's guidelines (ensure person washing wears PPE).

2a: Disinfection

- A combined detergent/disinfectant solution at a dilution of 1000 ppm of available chlorine **OR**
- General purpose neutral detergent in a solution of warm water followed by a disinfectant solution of 1000 ppm chlorine.

2b: Quarantine

If unable to disinfect due to the manufacturer's advice against the use of disinfectant products, then a period of quarantine can be used after washing. The length of quarantine is very variable depending on organism, level of contamination, ambient temperature etc.

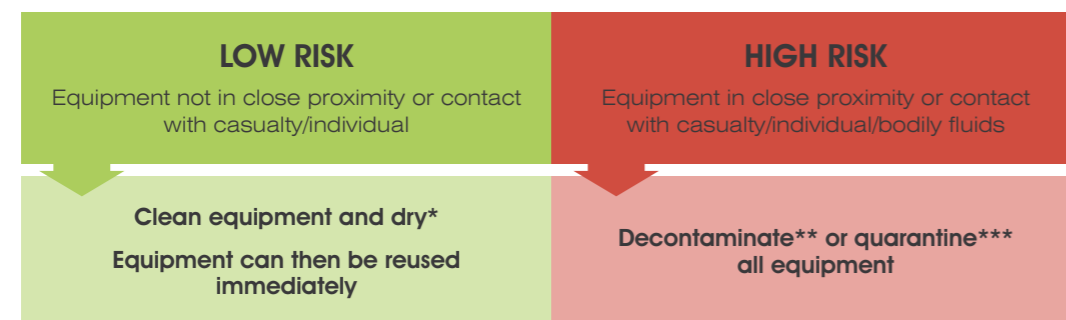
Respiratory and gastrointestinal viruses: 48-72 hours will be sufficient for the majority of these viruses.

Blood-borne viruses (Hep B, Hep C, HIV): 7 days — these can survive in dried blood up to 7 days.

GUIDANCE

Contamination risk stratification

- **High Risk:** equipment in close proximity or contact with casualty/individual /bodily fluids
- **Low Risk:** equipment not in close proximity or contact with casualty/individual.



*Always follow manufacturer's recommendations

** If equipment can be decontaminated (wiped with detergent, alcohol wipes or chlorine-based disinfection) then does not need quarantine

*** Quarantine time = see above



First introduced in 2008 and used by over 70 rescue teams UK wide, the Kongur MRT Jacket is built with GORE-TEX Pro; for those moments when nothing else matters.



3-layer GORE-TEX PRO 80D fabric with 150D fabric reinforcements

Fully adjustable Super Alpine HC Hood

3M® reflective detailing for visibility in poor weather and darkness



Document updated June 2022: Paul Smith, MREW Equipment Officer, Dr Alistair Morris, MREW Medical Director, Dr Brendan Sloan, BCRC Medical Director, Dr Alastair Glennie, SMR Medical Officer.

Medications in mountain rescue: relieving pain

ALISTAIR MORRIS MREW MEDICAL DIRECTOR

Pain is a complex and multifaceted experience that involves both physical and psychological factors. The sensation of pain serves as a protective mechanism that alerts us to potential danger or damage to our bodies. However, pain is not always a reliable indicator of tissue damage and can be influenced by a variety of psychological factors.

One of the key psychological factors that can influence the experience of pain is anxiety. Studies have shown that people who are anxious or stressed tend to have a lower pain threshold and are more likely to experience pain. This is thought to be due to the way that anxiety affects the perception of pain signals in the brain. Many of our casualties will have increased anxiety simply due to the need for rescue and the vulnerability they feel of having an incident in a remote place where help is not readily available.

Another psychological factor that can influence pain is our beliefs and expectations about pain. For example, if we believe that a certain treatment or intervention will be effective in reducing pain, we are more likely to experience a reduction in pain, regardless of whether the treatment actually has any physiological effect. This is known as the placebo effect.

Finally, social and cultural factors can also influence the experience of pain. For example, some cultures may view pain as a sign of weakness, while others may view it as a natural and unavoidable part of life. These cultural beliefs can affect how individuals perceive and cope with pain.

ASSESSING PAIN

The most commonly taught method for casualty carers is the 0 to 10 pain scale.

Again, whilst this is dependent on the above psychological factors it is a good indicator of level of pain, choice of analgesia and, if used serially over time, shows response to treatment.

Other methods can be used such as the Wong-Baker FACES scale (illustrated below) which is a more pictorial version of the 0 to 10 verbal rating and particularly useful for children and those with communication difficulties.

NON-PHARMACOLOGICAL TREATMENT OF PAIN

Before we reach for the drugs kit there are many things we can do to help our casualties. Giving reassurance and comfort to a casualty will help their pain levels by removing some of their anxiety. Getting them in a warmer, enclosed environment in a shelter will help remove them from the hostile environment and the general noise of the wind and fellow rescuers. Coming across as confident as a casualty carer will put the casualty at ease and reduce their anxiety. Humour is always a good way to relax people. The swift deployment of a rescue dog to add to the distraction is also helpful.

Splinting or restricting the movement of an injured part of the body — for example, a limb or hand — will help the pain caused by the bone ends rubbing against each other

and reduce the pain significantly. You may need to give some pain relief to get the splint on though.

PHARMACOLOGICAL TREATMENT OF PAIN

THE ANALGESIA LADDER

The analgesia ladder is a framework for the management of pain developed by the World Health Organization (WHO). It is a stepwise approach to pain management that recommends the use of different medications based on the severity of pain.

The analgesia ladder has three steps:

Step 1: Non-opioid analgesics, such as paracetamol or nonsteroidal anti-inflammatory drugs (NSAIDs) eg. ibuprofen, are recommended for mild to moderate pain.

Step 2: Weak opioids which are not used in mountain rescue. Entonox would come under step 2 for moderate to severe pain.

Step 3: Strong opioids, such as morphine or fentanyl, are recommended for severe pain that is not adequately controlled by steps 1 and 2.

It is important to note that the analgesia ladder is a general guideline and that pain

Right: Based on the 1986 WHO 'Pain Ladder' with three steps. Patients begin at the first rung and then progress, rung by rung, up the ladder as the pain intensity worsens.

management should be individualised based on the casualty's specific needs and level of pain. The goal of pain management is to achieve adequate pain relief while minimising side effects and risks associated with medications.

Whilst it might be tempting to jump to Step 3 with someone in significant pain, it is worth working up the ladder giving a baseline of paracetamol and ibuprofen. Recent studies have shown that IV paracetamol in emergency departments is as effective as opioids in managing moderate to severe pain. IV paracetamol is no different to oral, but gets into the body quicker.

Paracetamol, ibuprofen, Entonox and opioids are all types of pain relievers, but they work in different ways and have different effects on the body.

PARACETAMOL

Paracetamol is a non-opioid analgesic that works by blocking the production of prostaglandins, which are chemicals in the body that cause pain and inflammation. It is primarily used to relieve mild to moderate pain. Paracetamol is generally considered safe when used as directed, but it can cause liver damage if taken in large doses or for prolonged periods.

IBUPROFEN

Ibuprofen is a nonsteroidal anti-inflammatory drug (NSAID) that is used to relieve pain, reduce fever and reduce inflammation. It also works by blocking the production of prostaglandins.

Ibuprofen is commonly used to treat mild to moderate pain. It can also be used to treat inflammation associated with conditions such as arthritis and tendonitis. Like all medications, ibuprofen can have side effects, especially when taken in high

doses or for prolonged periods. Some common side effects of ibuprofen include stomach upset, nausea, vomiting, diarrhoea and dizziness. In rare cases, ibuprofen can cause serious side effects such as stomach bleeding, kidney or liver damage.

ENTONOX

Entonox is a gas mixture of nitrous oxide and oxygen used as a pain relief method in medical settings. It is a fast-acting analgesic (painkiller) that is inhaled through a face mask or mouthpiece.

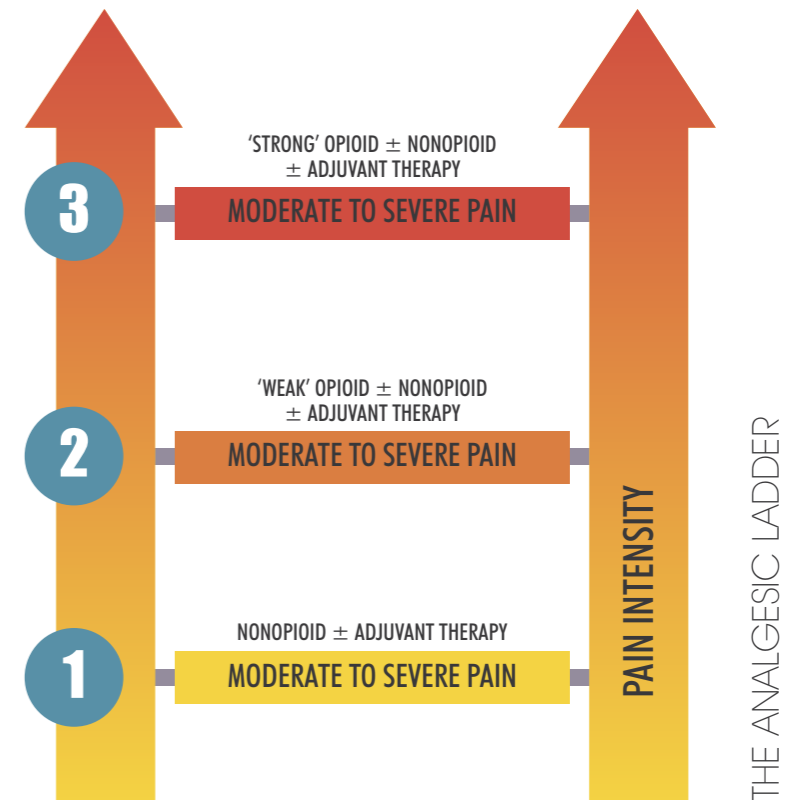
Entonox is commonly used as a pain relief for injuries such as broken bones or burns. Entonox works by relaxing the body and reducing the perception of pain. It can also produce a feeling of euphoria, which is why it is commonly referred to as laughing gas.

While Entonox is generally considered

safe, it can have side effects such as dizziness, nausea, and vomiting. It should not be used in those with head or chest injuries, recent diving or recent eye surgery.

OPIOIDS

Opioids (such as morphine and fentanyl) are a class of strong pain relievers that work by binding to opioid receptors in the brain and spinal cord, which reduces the perception of pain. Opioids are typically used to treat moderate to severe pain, such as pain from fractures and dislocations. Opioids are effective at relieving pain, but they can also cause side effects such as drowsiness, nausea, vomiting, drop in blood pressure and respiratory depression. ☠



WONG-BAKER FACES® PAIN RATING SCALE



Illustration © 1983 Wong-Baker FACES Foundation
WongBakerFACES.org. Used with permission.

PROVIDING COVER FOR WALKERS, CLIMBERS AND MOUNTAINEERS FOR OVER 22 YEARS

Summit Financial Services offer Life Insurance, Income Protection and Critical Illness Cover for a hill walkers, climbers, mountaineers and those who enjoy active outdoor pursuits. Get financial peace of mind with appropriate cover for your life, family, house or income. Even if you have an existing policy in place we'd be happy to hear from you as we have a wealth of experience in negotiating improved terms on existing policies.

'The staff at SFS listen carefully and advise wisely. They provide a flexible and personal service which gives great reassurance that you've been offered the most appropriate cover for all the crazy things you do!' Libby Peter Mountain Guide and mother of two (pictured right)

SUMMIT-FS.CO.UK CALL TODAY 0345 565 0937 (QUOTING MOUNTAIN RESCUE MAGAZINE)

Endorsed by the OIA as the leading provider of financial protection for those engaged in outdoor activities





TEAM LOGOS, UPDATED BRAND GUIDELINES AND MOODLE...

You can now find all the logos – for those teams who use the MREW roundel within their own team logo – in a folder on Moodle, under Publications. These include Welsh language versions for those in Wales, plus Supporter and Fundraiser logos in both languages.

There's also an updated version of the **Brand Guidelines**, outlining colour breakdown and usage. Those of you who were familiar with the previous versions will note we've now removed the reference to Pantone colours. Print technology has moved on considerably since the logo was first created and the CMYK breakdown is now the standard we ask you to aim for.

New for June is the creation of a **Fundraiser** logo which we encourage anyone to use in their promotional material, when officially raising funds on our behalf. This logo is similar in style to the already established **Supporter** logo, which we encourage anyone to use when supporting us, in any capacity. The MREW roundel in solus is only permitted with written permission from MREW.



Supporter logo in Welsh and English

Fundraiser logo in Welsh and English



2023 ANNUAL REVIEW PUBLISHED IN MAY

This year's review once again incorporates some of the key stats for the year January to December 2022, plus an overview of mountain rescue around England and Wales from May 2022 to April this year. The two emerging themes very much focus on diversity and multi-agency working – and, as ever, there's some stunning imagery.

Click the QR code to access the flipping book version of the 2023 Annual Review...



Moodle is an easy-to-access resource for medical, training and insurance information, in particular. Here's a quick tour of the key areas to see what you're missing plus guidance on how to register.

The key disciplines listed include **Medical, Search, Water, Safety, Technical Rescue, Leadership and Incident Management, Insurance and GDPR** and a few categories yet to be fully populated. Please note that some areas are restricted to those attending the actual course.

The **Medical** section addresses the legal and medical requirements for training and operations, and there's plenty of resources to download. You'll find stuff relating to the Casualty Care Certificate, a PDF of Casualty Care for Mountain Rescue Edition 2, Revision Notes for Casualty Care, and a section on Anatomy and Physiology containing materials to explain how the human body works and why we do what we do. There's a section devoted to Recognition of Life Extinct in MR, and you'll find meeting minutes here too.

The **Insurance** category is worth a check for the policies and schedules applicable to mountain rescue, and a list of frequently asked questions. And now you can also find a selection of the presentations from the **MREW Conference 2022**.

Finally, Moodle is going through a refresh so expect changes and improvements over the coming months to make it easier to navigate. Have fun! ☺

TO REGISTER



Go to <http://tiny.cc/Moodle4MR> or scan the QR code above and fill in the form **using a team email address** (not role-specific). You'll get an automated email within 30 minutes confirming receipt and, once you're approved, you'll be given a temporary password, which you can change at first log in. Easy peasy. Any issues, email moodlesupport@mountain.rescue.org.uk.

ACCESSING THE TEAMS-ONLY AREA OF THE MREW ONLINE SHOP

The MREW online shop currently allows teams to purchase Covid-19 specific PPE items as well as car stickers and badges. Access is available to all MREW member teams upon request. **Julian Walden** explains.

We would ask that all future PPE requests are submitted this way. As part of this process, we are updating team accounts to ensure that all teams have access to this area of the shop and that we have the correct shipping information on file.

To register your team, please email office@mountain.rescue.org.uk and include the details listed below for your team's designated purchaser, **using an official team email address**. An account will be created for your team and any further information regarding the setting up of this account sent directly to the shop user. The information we need is as follows:

- Full name of proposed team purchaser + team name
- Email (must be a team-specific address)
- Postal address (must be able to receive post/parcels during the working day).

ANY QUERIES OR HELP REQUIRED, EMAIL OFFICE@MOUNTAIN.RESCUE.ORG.UK OR CALL 0330 043 9101 BETWEEN 08.30-17.30, MONDAY TO FRIDAY (PLEASE LEAVE A MESSAGE IF CALLING OUT OF THESE HOURS).



UPDATE TO OUR DIGITAL BOOKSHELF

The magazine has been digital for three years now, alongside the hard copies. One benefit is that we can share it more widely, but the fact that each issue has its own link means sharing more than one at a time presented something of a conundrum, but now we've gathered all our publications on one handy set of digital bookshelves, each one individually linked, all you have to do is click on the relevant mag or annual review front cover and hey presto! There you are. **This won't, of course, work with the hard copy.**

MOUNTAIN RESCUE AT THE EMERGENCY SERVICES SHOW: 19-20 SEPTEMBER

Mountain Rescue England and Wales will once again be exhibiting at the Emergency Services Show, at the NEC in Birmingham, reports **Simon Thresher**.

The show is the largest annual event in the UK for the emergency services, bringing together hundreds of leading brands and offering hands-on product demonstrations. As well as visiting the MREW stand and chatting with some of our national officers and representatives face to face, you will also have the chance to see and source new equipment from vehicles to lighting, medical, clothing and more. There'll even be a search and rescue helicopter on site, giving team members the chance to get hands on with it.

The ESS gives teams and members excellent learning opportunities via the various sessions and demonstrations that take place, it's also a great opportunity to network and collaborate with our suppliers and partner agencies many of whom will be exhibiting.

If any team members are planning on attending, it would be good to see you – we'll be on Stand F42, in the Collaboration Zone.

Click the QR code to register and get your ticket...



LINE-LOK®
The line tensioner to securely lock guy lines

Available in 4 sizes & 8 colours including **Glow in the dark**

Suitable for use in harsh environments from arctic cold to desert heat
Simply pull knee apart to release

cleats.co.uk

Leak Detection Spray

At the press of a button – GOTEC LDB is instantly ready to locate the smallest low pressure leaks from compressed air and every other gas – quickly, reliably, safely and conveniently.

- Non-inflammable
- With corrosion inhibitor
- Non-toxic and biodegradable
- Free from oils, halogens, soaps, metals & CFC's
- Propellant: Compressed Air
- Totally safe to use on equipment, environment & ozone layer
- Can with 360° valve – spray at any angle from upright to inverted
- NATO Stock No: 4910-09-050-4489
- For sub-zero ambient temperatures down to -45°C use GOTEC LT45

Gotec Trading Ltd
Boulton Road, Pin Green, Stevenage, Herts SG1 4QL
Tel: 01438 740400
Fax: 01438 740005
enquiries@gotectrading.com
www.gotectrading.com

SURF & TURF
INSTANT SHELTERS

Robust, light weight
Instant Shelters
for the Event, Exhibition,
Market, Wedding and Leisure Industry

POP UP SHELTERS
FLAGS • BANNERS • INFLATABLES & MORE

01925 819803
INFO@SURFTURF.CO.UK
WWW.SURFTURF.CO.UK

AVAILABLE IN 5 GRADES, 12 SIZES & RANGE OF COLOURS

PROUD TO SUPPORT MOUNTAIN RESCUE SERVICES ACROSS THE UK

DID YOU KNOW?

SCHILLER UK HAS PARTNERED WITH MOUNTAIN RESCUE TO PROVIDE HIGH-QUALITY EMS SOLUTIONS FOR EVERYONE.

SCHILLER
UNITED KINGDOM

USER-FRIENDLY • PORTABLE • LIGHTWEIGHT • COMPACT

CONTACT US TODAY TO DISCUSS YOUR REQUIREMENTS
01333 372150
SALES@SCHILLERUK.COM

Slishman STS-C Compact Traction Splint

BRAND NEW TO THE UK MARKET

- Exclusively available at DS Medical
- One of the smallest and lightest traction splints
- Can be applied in under one minute
- Single connected device
- One size fits all (from small children to large adults)

DS MEDICAL
www.dsmedical.co.uk



WELLBEING INFORMATION

For the family and team members of mountain and cave rescue

Being a mountain or cave rescue volunteer can be mentally and physically stressful. Sometimes we can struggle to cope. It's important to seek help if you feel that you or one of your colleagues need it.

YOUR TEAM SUPPORT NAME AND NUMBER IF YOU NEED A CHAT:

Name:

Contact number:

Other useful contacts:

Togetherall offers anonymous, 24/7 online mental health support for mountain and cave rescue team members. To register, go to:

togetherall.com/joinnow/rescuebenevolentfund or scan the QR code

The Samaritans: Call **116 123** for confidential emotional support, 24 hours a day

Blue Light Together offers support if you're experiencing a personal crisis, feel unable to cope and need support. Help with urgent issues such as:

- Suicidal thoughts • Abuse or assault • Self-harm • Bullying • Relationship challenges

Go to BlueLightTogether.org.uk or call **0300 303 4434** 08:00–20:00 daily

Blue Light Crisis Text Line: Text **BLUELIGHT** to **85258**

CALM: National Helpline for Men: Call **0800 58 58 58**

17:00–midnight to talk about any troubles you are feeling

MIND Mental Health Charity: Infoline: **0300 123 3393** Monday – Friday 09:00–18:00

Information and access to support services for:

- Mental health problems • Where to get help near you • Treatment options available
- Advocacy services

The Rescue Benevolent Fund: Email secretary@rescuebenevolent.fund or go to rescuebenevolent.fund to find out more

For when you need more structured therapy — either physical or emotional — with a defined treatment plan from a professional therapist, you can apply to the fund for financial support

Go to mrew-wellbeing.org.uk for the MREW Wellbeing page



MOUNTAIN RESCUE ENGLAND AND WALES
BRITISH CAVE RESCUE COUNCIL

We can all need help sometimes. Don't be embarrassed to ask for it.

Swiftwater & Flood Rescue Training for Search & Rescue Teams

Amanzi Safety & Rescue

Professional Safety & Rescue Training

Our Courses include:

- Safe Working in Water
- Lifejacket Competent User
- Water & Flood Awareness (Defra Module 1)
- Swiftwater & Flood First Responder (Defra Module 2)
- Swiftwater & Flood Rescue Technician (Defra Module 3)
- Swiftwater & Flood Rescue Boat Operator (Defra Module 4)
- Management of Flood Incidents (Defra Module 5)
- Basic Water Rescuer
- Rescues from Vehicles in Water
- SRT Advanced (Water) and (Rope)
- Instructor Training and Assessment Courses
- CPD, Refresher and Recertification Courses
- Rope Rescue Operator & Technician Training Courses

All of our training courses are accredited by Rescue 3 Europe.

We offer generous discounts for Search & Rescue organisations and charities. Please contact the office for more information.



Amanzi Safety & Rescue Limited. Company Registration No: 10235078

The Woodlands, Llanfaes, Beaumaris, Isle of Anglesey, North Wales, LL58 8RF

General Enquiries: + 44 (0) 8456 439499

Email: info@amanzisafetyandrescue.co.uk

VAT Registration No: 320 2399 34



Why sustainability matters...

Paul Smith MREW EQUIPMENT OFFICER

Mountain rescue teams are often the unsung heroes of an outdoor misadventure. We can be called to help those in need in some of the UK's most dangerous environments, but have you ever stopped to consider the impact of our efforts on the environment? While the focus is always on saving lives, other issues warrant our consideration. This is where the concept of sustainability comes in.

The concept of sustainability is a hot topic in today's world. It is defined as the ability of an entity to meet its own needs without compromising the ability of future generations to meet theirs. In other words, it's about living and working to maintain a healthy balance between the environment, society and the economy. Mountain rescue teams should adopt a sustainable approach to our operations, including how we care for, repair and repurpose our clothing.

Caring for clothing is one of the most essential strategies for achieving sustainability for mountain rescue teams. Our harsh and unpredictable environments can be particularly tough on clothing. As such, it is imperative we take the necessary measures to care for our gear. The first step is to ensure that clothing is washed using eco-friendly cleaning and waterproofing solutions that are less harmful to the environment, preferably from Bluesign-approved manufacturers. Teams should also invest in high-quality gear designed to last longer and withstand harsh conditions. This eliminates the need for constant replacement, reducing the number of items thrown away and reducing waste.

Repairing clothing is an essential aspect of sustainability for mountain rescue teams. Repairing clothing instead of throwing it away is a great way to extend its lifespan, reducing

the need for purchasing new items. This significantly impacts the environment as it reduces the amount of waste that goes to landfills. We now have an agreement with Scottish Mountain Gear, which offers cost-effective repair services, making it easy for rescue teams to continue using their gear rather than discarding it.

Repurposing clothing is another vital element of sustainability. When clothing is no longer functional or suitable for its original purpose, mountain rescue teams should consider repurposing it. For instance, old clothing can be turned into rags for cleaning. Alternatively, the agreement with Scottish Mountain Gear also offers a debadging, repair and refresh service for end-of-life clothing that could be passed on to charities.

In conclusion, mountain rescue teams play a critical role in our society, and our work is invaluable. However, it is also important to consider our impact on the environment. By incorporating sustainable practices such as caring for, repairing, and repurposing clothing, we can reduce our carbon footprint, reduce waste, and ultimately achieve a more sustainable future. If every mountain rescue team consciously tries to integrate these practices into our operations, we can all make a difference in preserving our planet. ♻️



Snowdonia © Ian Kelsall. Illustration © Julien Tromeur. Images via Pixabay.



...and why equipment inspections matter...

To enhance the safety protocols and minimise potential risks that mountain rescue teams face, the equipment group, in collaboration with the insurance working group, has introduced minimum checking standards for equipment inspections. Failure to meet the requirements could expose teams and MREW to potential litigation. MREW suggests that any such system must comprise the following features:

- Teams must maintain individual, traceable inspection records for all team technical rescue equipment, including PPE. **These records must be retained for a minimum of ten years.**
- Individuals with adequate competence should carry out the inspections of the equipment.
- Manufacturer-required inspections must be carried out 'in date'. For example, stretcher testing and servicing.
- Team inspection of equipment should

occur no less than every six months (except in cases where the manufacturer's guidelines suggest inspection intervals shorter than every six months).

- Immediately before use, users must carry out a pre-use check of the equipment.
- Equipment should undergo a post-use check following its use.

In the event of any incident involving team equipment, this documentation and all related evidence will be required by our liability insurers for their investigation and any

resultant litigation. If a team cannot produce relevant documentary evidence of the inspection regime, its ability to defend the claim will be restricted.

MREW encourages all teams to review their equipment checking procedures to ensure they at least align with the newly introduced standards.

The introduction of minimum checking standards for equipment inspections aims to bolster safety measures for mountain rescue teams to ensure the safety of all our members and casualties. ♻️



Phil Ridley Training Officer

In some respect I need to thank an old secondary school teacher and DoE assessor who was at the time a member of Teesdale & Weardale team for the introduction to mountain rescue. But it wasn't until years later when I moved to the Peak District that my neighbour Bob Whittall (at the time Kinder DTL) eventually convinced me (over a pint or two), to join Kinder MRT, and it's been a big part of my life and second family for over 35 years. It goes without saying that my enthusiasm, commitment and enjoyment for mountain rescue remains the same as when I joined back in 1988.

Thank you to Al Read for the enormous amount of dedication and development of the role over the last eleven years. Hopefully, I will be able to continue to build and develop this legacy with the training subcommittee as we move forward over the coming years.

There are plenty of challenges ahead. The demands on all members are increasing both from a training and operational requirement, especially as the 'tempo' of operations has increased over recent years.

We need to ensure future training remains relevant, easily accessible, proportionate, sustainable and well-funded not just for core MR skills but also the growing specialist skills. My aim is to commence a national strategy review to establish a base level of where we are today and what we should be planning for. I aspire to maintain training duty of care and good governance, and to have

certified standards for today's operational members.

'Train smart to rescue easy': I believe it is important we keep abreast of future developments and acknowledge that MREW is making gains in achieving a leading role within the evolving UKSAR organisation. How this may influence future training opportunities is still to be determined, but that's one of the challenges that adds to the motivation.

The team and regional training officer roles are something I have been privileged to hold with both Kinder MRT and the wider PDMRO for the last sixteen years. I also held the PDMRO Air Liaison Officer role, after the MCA/Bristow took over UKSAR-H operations. Chairing Kinder's fundraising committee between 1997-2000 was certainly a lot less daunting than the challenges ahead, not least the end of Libor. Since 2007, I have also been part of Kinder's assistant leaders group.

I'm humbled and excited about the national training officer role and the challenges ahead. My first outing was to attend a multi-agency regional exercise at Manchester Chill Factor, organised by Cheshire Police (see below). The successful exercise highlighted the professionalism of all who attended and the importance of not only building dialogue with other statutory emergency services, but also the ability to interact alongside each other and work efficiently. Training plays a big part in achieving this, and joint operations with not just local/regional MRTs and other agencies should be encouraged where possible.

I'm hoping members will engage, and I look forward to working with everyone to tackle the challenges ahead.

You can get in touch with me via trainingofficer@mountain.rescue.org.uk ☺



Image via Facebook @CheshPolRural.

JUNE: EXTREME WEATHER PUTS EMERGENCY SERVICES TO THE TEST: EXERCISE #WINTERSTORM

In what can only be described as a protracted summer heatwave, the Chill Factor indoor ski slope near the Trafford Centre in Manchester, may well have been the perfect setting for a multi-agency exercise to test the multi-casualty response to a collision in extreme weather. But it was no less challenging.

A 999 call had come in from the occupant of a car, reporting that the vehicle had left the main carriageway and crashed, 180 metres down a snowy embankment. One passenger had been ejected, others were trapped and one was unresponsive. The roads to the scene were blocked, no helicopters could fly. "Carry the kit you need!" was the instruction. Such was the scenario greeting team members and emergency services.

Organised and run by Cheshire Constabulary, the evening saw representatives from North West Ambulance Service NHS Trust, Cheshire Fire and Rescue and Cheshire Constabulary joined by members of Cheshire Search and Rescue and Buxton teams. The aim was to test how the emergency and voluntary rescue services would respond to a serious road traffic collision in challenging snowy conditions at night. To add to the winter vibe, the lighting was off, there were flashing lights and the use of handheld and head torches, and industrial fans to create a truly immersive experience.

mrew

Introducing three new national officers...



Paul Brain Statistics Officer

Firstly, thanks for voting me in as your new statistics officer. I'd like to thank Rob Shepherd for the work he's put into the role, developing a cloud-based incident database system, building on the work Ged Feeney started, collecting team incident data.

The system Rob developed reduced the risk of software residing on a single machine, removing the potential problems with that single machine getting broken, stolen or destroyed. The system also allowed multiple teams to contribute to a single incident, reducing the duplication of casualty information where multiple teams each file a separately collated report.

I've been involved in mountain rescue since joining Bolton MRT in 2006, wanting to give something back after many years of walking and climbing, growing up just to the south of the Peak District in the Staffordshire moorlands. My first climbing exploits were in the Roaches. With Bolton team, I immediately volunteered to help edit the team website and went to hold IT

and comms, secretary and assistant team leader roles. Last year, I was elected MPSRO chair, after acting as the Bolton rep for several years. Nationally, I've assisted with the party leaders course for around the past ten years.

So, what do I bring to the stats role? Unlike Rob, I am not a programmer. I have a strong IT and data background, starting my career teaching IT skills to adults before working in an IT system support role on Netware and Windows servers, SQL applications (SIMS for any teachers out there), and developing project management skills. My next role took me back into data with school place planning, forecasting from birth rates and housing developments where pupils would require a school place. I currently work for the

NHS helping to get data into our organisation to provide evidence on the efficacy of our work. I am keen to expand the ability to get outputs from the teams' data so we can build a data-informed narrative about the people we help.

Outside the team you will find me squeezing in a park run ahead of any Saturday morning MREW meeting, especially if it's a course I haven't done before.

I plan to work collaboratively with teams and regions. If you would like to assist me in developing the statistics function, please get in touch via statisticsofficer@mountain.rescue.org.uk ☺

Brendan O'Neill Drone Officer

I've been a member of Derby team for six years now, and heavily involved in the set up of our drone team and those of neighbouring teams in the Peak District. The creation of the national drone officer role will let us consolidate the great work going on across MREW over the last few years and bring together best practices from internal and external parties.

We also need to ensure we are working within the regulatory environment. Up until recently, operations have been limited by the capability of affordable aircraft. The technology is advancing rapidly and robust, weather-proof, thermal and large-zoom-equipped aircraft are now within reach of volunteer organisations such as ourselves. These greatly expand our operational scope and should help us to integrate drones more widely into our activities. However, they are still a relative newcomer to the SAR world and require further proving and testing to determine how they can be best utilised in our particular environment. At the end of the day, they are another tool in the box which can hopefully help improve search times and reduce the number of scenarios where we need to put people into higher risk situations.

Outside of mountain rescue, my other volunteering experience has involved working for Raleigh International for three years as a staff member on expeditions to Namibia, Mongolia and Chile. I undertook a lot of desert driving, logistics support and casevac transport in the Namib and Gobi deserts. In Chile, I ran a fleet of inflatable boats in the Patagonian fjords and high alpine lakes, surveying marine mammal populations and glacial movement. Workwise, I'm a freelance IT consultant in the utilities industry and work on projects in the UK and Europe.

It has been said that I have an obsession with old Land Rovers, but my wife disagrees. She's sure it's more of an addiction! I currently drive our team's old Defender 130 complete with zebra stripes and pop top roof. One of my previous vehicles, a Camel Trophy 110, saw me



disappear off to Cape Town to spend twelve months driving up to the North Cape of Norway whilst living in a tent on top of the truck. When not lying under an old Land Rover, I can be found kayaking, kite buggying or enjoying the green lanes of Derbyshire.

I am looking forward to getting into the new role and moving MREW forward in the wider implementation, development and standardisation of drone use. You can contact me by email at droneofficer@mountain.rescue.org.uk ☺

“In challenging environments, board certification means having the knowledge to deal with whatever comes your way”

Tom Mallinson, FAWM FRAS
Inverness, Scotland, UK




Learn more at [IBSCertifications.org](https://www.IBSCertifications.org)

Dr. Mallinson is an experienced Paramedic, Rural Generalist (MRCGP), Prehospital Doctor and the Co-Director of Prehospital Care and responder for BASICS Scotland. @MallinsonT

simoco
wireless solutions



Proudly supporting Mountain Rescue teams across England and Wales with mission critical communications.

Contact us to discuss your critical communication requirements.



www.simocowirelessolutions.com | info@simocowireless.com

Incident Figures: National Status Summary: January through to 30 June 2023 *

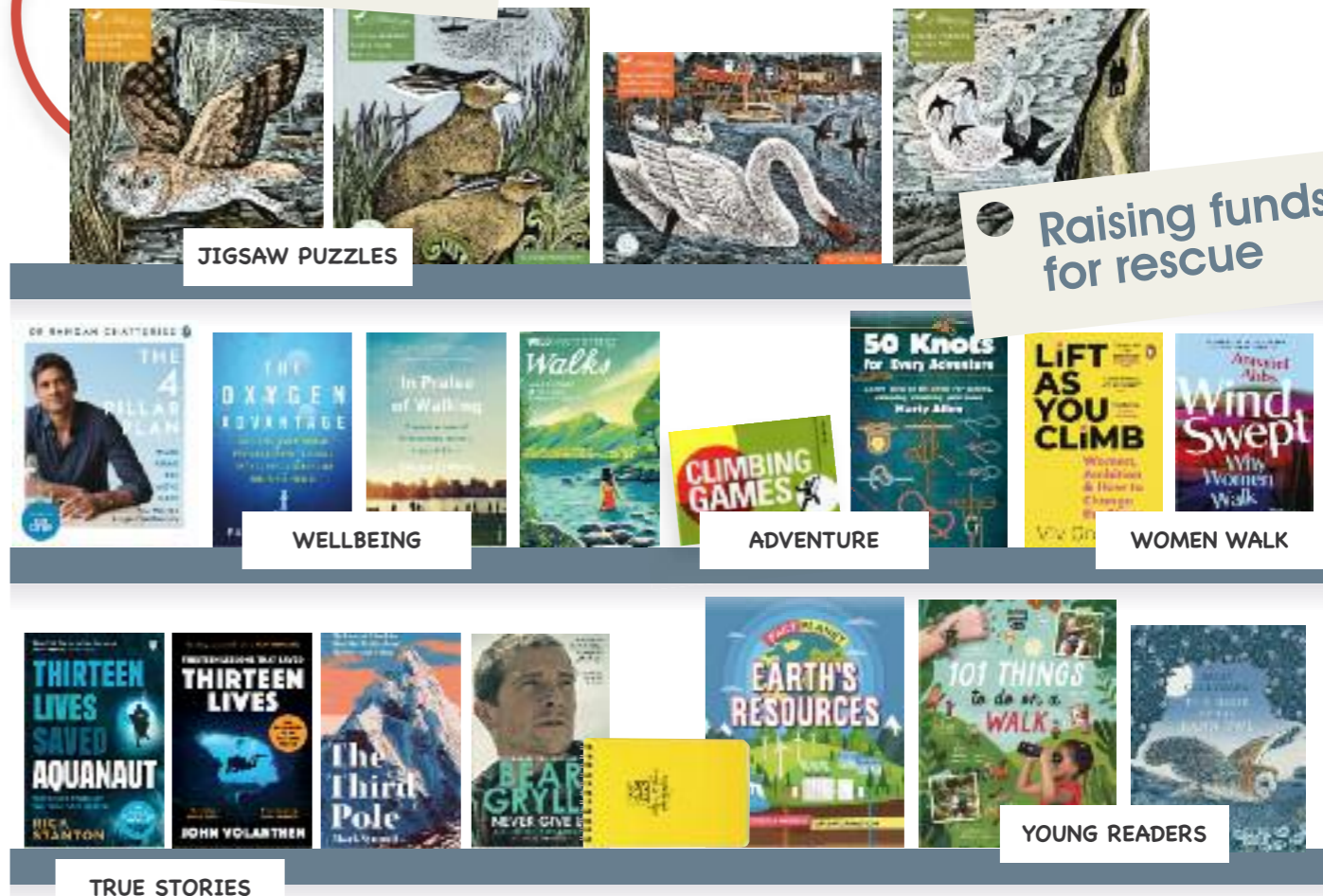
* Sorted according to geographical region and by closed incident reports. Dog associations listed separately.

Lake District	North East	Peak District	South Wales
Cockermouth 15	Cleveland 29	Buxton 60	Brecon 41
Coniston 32	North of Tyne 23	Derby 41	Central Beacons 29
Duddon & Furness 35	Northumberland 21	Edale 82	Longtown 16
Kendal 31	Swaledale 22	Glossop 21	Western Beacons 24
Keswick 61	Teesdale & Weardale 13	Kinder 15	110
Kirkby Stephen 9	108	Oldham 18	
Langdale Ambleside 50		Woodhead 45	
Patterdale 29	North Wales	282	South West England
Penrith 13	Aberdyfi 25		Avon & Somerset 21
Wasdale 75	Aberglaslyn 4	Peninsula	SARA 17
350	Llanberis 136	Cornwall East 3	38
	North East Wales 32	Cornwall West 8	
Mid Pennines	Ogwen Valley 75	Dartmoor Ashburton 20	Yorkshire Dales
Bolton 26	South Snowdonia 26	Dartmoor Okehampton 11	CRO 47
Bowland Pennine 24	298	Dartmoor Plymouth 2	Scarborough & Ryedale 24
Calder Valley 21		Dartmoor Tavistock 14	Upper Wharfedale 31
Holme Valley 39		Exmoor 20	102
Rosendale & Pendle 28		78	
138			Search Dogs *
			MIRSD England 22
			SARDA Wales 11
			SARDA South Wales 21
			54

* No reports submitted by Lakes Dogs in period to 30 June 2023.

mrew

NEW in the online shop



JIGSAW PUZZLES

Raising funds for rescue

WELLBEING | **ADVENTURE** | **WOMEN WALK**

TRUE STORIES | **YOUNG READERS**

LOOKING FOR SUMMER HOLIDAY READS? WHY NOT HEAD TO OUR ONLINE BOOKSHOP AND SUPPORT MOUNTAIN RESCUE?

Nothing better than a good book – or three – to pack in that suitcase. May saw us adding a few more titles to our bookshelves including wellbeing advice, true adventure stories, women talking about women in the outdoors, and some fun new books to encourage younger readers into the outdoors too. We've also got a couple of books by those who took the lead in the Thai cave rescue operation. Plus there's still plenty of the usual titles on navigation, skills and mountain adventures. Or how about a good old-fashioned 1,000-piece jigsaw for those rainy days? We've added some new puzzles in stock, with more beautiful illustrations from Angela Harding. With each purchase you'll be making a donation of around 30-40% of the cover price. We promise. Go to shop.mountain.rescue.org.uk and see for yourself.

BRIDGEDALE HIKE, MIDWEIGHT PERFORMANCE SOCK

Whether you're trekking around the world or ascending a mountain, socks in Bridgedale's HIKE range deliver comfort and durability, mile after mile. With advanced zonal padding for support and moisture-wicking fabric, the HIKE Midweight Merino Performance style is the ultimate sock for long expeditions. Merino Performance Fusion Technology provides resilient padding, balanced insulation, and outstanding durability. The performance fit is close and supportive and won't slip down or bunch in your footwear. The flat toe seam minimises bulk that could cause irritation in the toe box and the sock is kept securely in place with an elasticated arch and 3D-shaped heel cup. Built on a structure of Lycra and set by our Thermo Fit process, the sock returns to its original shape and size after every wash. Available in Men's and Women's fit.

FIND OUT MORE FROM: [BRIDGEDALE.COM](https://www.bridgedale.com)



Bridgedale
LITTLE THINGS MATTER



The Women in Mountain Rescue group

What it is and why I'm passionate about creating this 'women's initiative network' for mountain rescue

PENNY BROCKMAN MREW FINANCE DIRECTOR

First, a bit about my background in mountain rescue. Thirty-six years ago, never would I have thought, when I signed up to participate in the Gold Duke of Edinburgh Award, that it would truly change my life. The expedition took place in the Brecon Beacons, overseen by the Central Beacons Mountain Rescue Team (then called Morlais Mountain Rescue Team) and a spark of interest was ignited. That spark led me to join the team.

I started as a hill member, progressing through various roles to become an incident controller running call-outs, in the late-1990s. In 2011, I was elected team leader, a role I held for around ten years, taking the team through its darkest period when a fire destroyed all our vehicles, equipment and caused major damage to our base. With the team still reeling from the devastation caused by that fire, the unimaginable happened as Covid struck and the UK went into lockdown.

People were asked to stay safe and only walk in the vicinity of their homes. As an emergency service we were still on call 24/7, but keeping our members safe was central and sourcing the difficult-to-obtain PPE became vital alongside the necessary training.

During 'Covid times', walking around my local area kept me sane. It was the opportunity to reflect on life, mull things over and make lists — and reflect on my journey in mountain rescue. It hasn't always been an easy one. In some instances, challenging.

As a woman, there were many times in the early days that I felt the pressure to prove myself. Confronting these barriers was difficult and sometimes lonely. Few would have known or appreciated the emotional journey because, as they say 'I just got on with it'. But that said, I consider myself fortunate to have had the most amazing friends — both female and male allies who have supported me and believed in me.

My professional career mirrored this journey, as I've always worked in companies or professions with a high percentage of men to women: first, in accountancy and

then in technology. My current employer, recognising the gender imbalance, began a Women's Initiative Network of which I am an active member.

At all times I have championed the inclusion of women in both my professional career and within Central Beacons. As team leader, I was able to support and encourage women to pursue roles in the team and, during my tenure, the numbers of females joining the team increased.

It dawned on me that it wasn't just about increasing numbers of women. And, if the corporate world could have women's initiative networks why could we not have the same in mountain rescue? Of course, timing is everything.

Last year offered an opportunity, thanks to the MREW conference. I felt we needed to start a conversation around Equality, Diversity and Inclusion. Several speakers, including the lovely Aneela McKenna from Môr Diversity, were invited to share their knowledge.

At the conference itself, I became aware that more women were attending the event than before, which was wonderful. I took the opportunity to chat to several female delegates and it became clear we needed to bring women together to champion our female colleagues in the wider world of mountain rescue.

Four months later, I got in touch with Aneela, to discuss how we could make this happen. We realised that International



Above: The second Women in Mountain Rescue event took place on 28 June, with 160+ delegates joining in the discussion. We'll bring you a report on that in our October issue.

Women's Day, in early March 2023, gave us the ideal opportunity to celebrate 'Women in Mountain Rescue'.

I was passionate to get this event together, so Aneela and I quickly reached out to the

network of women we knew, and brought together an amazing group of women from both Mountain Rescue England and Wales and Scottish Mountain Rescue. Through a joint effort this group pulled off, within several short weeks, our first ever such online event. The power of the team was amazing.

Through this group of women, the Women in Mountain Rescue group — our very own Women's Initiative Network — was born.

We recognised that we needed to:

- Understand and support resolving the barriers women encounter, such as recruitment techniques and promotional materials to ensure they promote inclusivity
- Be a learning organisation that seeks to raise awareness
- Develop strong allies and celebrate these strong allies who support us
- Promote an organisational culture and values that are gender blind, in which women can thrive and realise their full potential
- Look at increasing inclusive leadership
- Engage the outdoor industry so we can source rescue kit and personal protective equipment (PPE) designed to fit women.

The principal aims of the Women in Mountain Rescue group are to:

- Encourage women to join mountain rescue by providing support for, and raising the profile of, women in mountain rescue
- Increase the representation of women in mountain rescue generally
- Empower women in mountain rescue.

The Women in Mountain Rescue group brings positive benefits:

Promoting diversity and inclusion: We can help address gender disparities in mountain rescue teams by actively encouraging and supporting the participation of women. This fosters a more inclusive and diverse environment.

Empowering women: By establishing a network for women in mountain rescue, we provide a platform for females to connect, share experiences and receive support. This can help empower women, boost their confidence, and encourage their active involvement in their teams.

Role modelling and inspiration: We can serve as a source of inspiration for aspiring female mountain rescuers. By showcasing successful women in leadership roles and highlighting their achievements, we can encourage more women to become involved in mountain rescue and take on different roles in their teams.

Mentorship: We can facilitate a mentorship programme to provide guidance and support to women at various stages of their time in mountain rescue, helping them progress and excel.

Networking and collaboration: The network provides a platform for women in mountain rescue to connect and collaborate with one another. This fosters knowledge sharing, the exchange of best practices and the development of strong relationships.

Advocacy and influence: Through its collective voice, we can advocate for practices that promote gender equality and inclusivity. By raising awareness about the importance of diversity and highlighting the contributions of women in their own teams, we can help shape practices to support and advance the representation of women in mountain rescue.

The journey has only just begun. When I attended the MREW national meeting in November 2022, and looked around the room and saw hardly any women, I realised that journey will be a long one. But we've made a start and we are already taking positive steps forward. By the time you read this we will have hosted our second empowering event this year and we look forward to a third later in the year, focusing on allyship. In 2024, we plan to introduce a mentorship programme.

We are not the only search and rescue organisation exploring this area. The International Maritime Rescue Federation is also taking action and UKSAR is looking at diversity and inclusion. Fostering diversity and inclusion is a value that should be at the forefront of who we are as mountain rescue, a reflection of the growing diversity of the outdoor community. And embracing that value can only make us stronger. 🌟

WHY NOT AN INTERNATIONAL MEN'S DAY CELEBRATION FOR MOUNTAIN RESCUE?

JUDY WHITESIDE

It's a question that's been asked a few times leading up to and since the IWD webinar in March. And there is indeed an established day to celebrate men around the world — although, surprisingly perhaps, not quite as long-established as is the women's. And to ask the question also misses the point (or maybe helps make it), that the mountain rescue population is predominantly male, that there are challenges associated with that in respect of our female membership, and that this is now being addressed.

But back to those 'international' days: far from being a new-fangled thing, **International Women's Day** (IWD) has been observed since the early 1900s when the inequalities faced by women in society spurred a brave few to more vocally campaign for change.

In 1910, at the second International Conference of Working Women in Copenhagen, Clara Zetkin proposed that every year, in every country, there should be a celebration on the same day to 'press for their demands'. Her revolutionary idea was greeted with unanimous approval and, since 1914, International Women's Day has taken place annually on 8 March. The day was officially recognised by the United Nations in 1977.

Its development hasn't been entirely smooth, however. By the turn of this century, interest had waned. Until the launch of a dedicated IWD website brought new energy inviting mass participation in the celebration of the achievements of women and girls. And that momentum continues to gather.

From their website: 'Year on year, IWD is a powerful moment increasing in status. So make a difference, think globally and act locally. All choice of IWD activity is valid, that's what makes IWD inclusive... So make every day International Women's Day. Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.' A sentiment we hope to carry into our mountain rescue community.

International Men's Day began in Trinidad and Tobago in 1999, created by Dr Jerome Tuluck Singh to commemorate his father's birthday. Now celebrated in over eighty countries, 19 November is dedicated to celebrating and raising awareness of the contribution men and boys make to their communities, and the social issues they face, both mentally and physically. Movember — which we recognised quite comprehensively through the Rescue Benevolent Fund social media channels — is, of course, built around that very date. So... over to you guys...

CHECK OUT THE IWD WEBSITE FOR THE FULL HISTORY: INTERNATIONALWOMENSDAY.COM FOR MORE ABOUT THE MEN'S DAY HEAD TO INTERNATIONALMENSDAY.COM

Celebrating the women in mountain rescue: Patterdale

To mark International Women's Day, Patterdale team members gathered at their base to watch the MREW 'Women in Mountain Rescue' webinar and online discussion as part of their usual Tuesday training. Following the event, there was also a social media campaign to highlight the women involved in mountain rescue. This issue, Patterdale shine the spotlight on the women in their team, from probationers through to having accumulated forty years of service, sharing their experience of life as a member of Patterdale MRT.

LOUISA RODRIGUEZ is one of the newest recruits at Patterdale, still a probationer having joined in January 2023.

1. What motivated you to apply to mountain rescue?

It was something I wanted to do for a number of years, being able to give back and help others has always been important to me. One of the people at my gym was a member of mountain rescue and we discussed his experience. He said his team were recruiting, why didn't I apply. I didn't feel ready, but thought I would give it a go, I didn't think I would get in. I was happily shocked when I got in and I am so glad I went for it.

2. What is the experience of being a probationer like?

I am really enjoying being a member of Patterdale, there is lots to learn, it can feel bit overwhelming, but I embrace that. It is great being part of the team, everyone is so helpful and supportive in showing you how to do things. I joined in January and three weeks later I went on winter training, which was great way to get to know everyone, learn lots of valuable skills and it was a lot of fun too. I am looking forward to getting out on call-outs this summer so I can begin to put learning into practice as well as continuing my learning.

3. What do you do outside your mountain rescue commitments?

I am work as a facilitator and coach designing and delivering leadership

development to drive cultural change. When I am not working you can find me running on the fells or swimming in the lakes. I love being outdoors.

IZZY GARNSEY has recently become a full team member having successfully made it through the 18-month probation.

1. How does it feel to become a full team member having passed your probation?

Practically, there is not a huge difference, but there is an unmistakable sense of belonging and validation that springs from being accepted by the whole team. I do keep having to remind myself, when we're repacking after call-outs, that I should probably just go into the store cupboard and fetch spares myself, rather than constantly asking older team members where to find things. I think there's a strange part of my subconscious that still feels like I will get told off for rooting around in there.

2. What was it like when you first started going on call-outs?

The sense of constantly being on call really affected me at first. I kept thinking 'What if a call comes through now... or now... or...'. I realised I couldn't live like that, so now my strategy is to have the kit ready to go, and then just forget about it as much as possible, though I am never far from a spare cheese butty if I need to grab one.

There is such an absorption in the task too. Sometimes I think, gosh I'm so tired, I couldn't possibly go on a call now, then before you know it you've hauled half the

stretcher up to the bad step on Striding Edge, and then it's seven hours later and you're eating tea at 10.00pm at night thinking that it turned out you could manage it after all.

3. What is your biggest learning so far?

Grab some spare bottles of water and chocolate before you head up the hill. There will often be someone who's grateful that you brought more than enough for just you.

And keep an eye out for what the casualty is not telling you. I remember a lady who was desperate to change her tampon that had been in all day (which is dangerous because of the risk of Toxic Shock Syndrome), but too embarrassed to say. Thankfully her partner let me know and we got it sorted for her, she was a lot more cheerful after that.

4. What do you do outside your mountain rescue commitments?

Right now, aside from work, not much other than peeling off wallpaper and knocking off plaster. We are restoring an old house to live in, and sadly it has forced us to miss a few call-outs, but when it is done hopefully me, and my partner will be back out for the team as much as we can.

AMY HEYS has been a full team member for a year now.

1. What's the best thing about being in mountain rescue?

Being part of such a great team. Everyone in the team is incredibly generous with their



Opposite: One of the amazing images from the 2023 Patterdale calendar: Blea Water, taken from Long Stile © Mike Child **Above left:** Left to right: Louisa, Suzie, Amy and Jacquie at Patterdale base. **Right:** The Patterdale team during winter training. Images © Patterdale MRT.

time, skills and experience and I am very proud to be part of that. I value being part of a collective effort to help others. It is clear what we are doing and why we do it! Being alongside people who all have that same motivation is fantastic.

2. What skills and experience have you gained from being part of mountain rescue?

Before joining the team, I only had a very basic level of first aid knowledge. I have now passed my Casualty Care qualification which enables me to help injured casualties with a range of problems. Having the knowledge to potentially save someone's life is amazing. It has made me reflect that most people would benefit from more first aid training, it is such an important life skill.

3. Are you involved in any other aspects of mountain rescue and what motivated you to get more involved?

We are about to launch a wellbeing group within the team. This is important to me as being part of the team should enhance people's wellbeing, as it does mine. We hope to support the team's wellbeing by using work developed and shared with us by MREW. I have also volunteered to work with others in the team to review and refresh our recruitment process. We would love to have a process that is easy for the team, easy for the applicants and attracts people with a wide variety of skills and experiences.

4. What do you do outside your mountain rescue commitments?

I am a manager for the Environment Agency. One element of my job that I get a lot of satisfaction from is being an on-call manager for environmental incidents. This can involve responding to anything from a flood to a radiation leak. It is fast paced and always varied. I see a lot of the skills that I have developed at work being useful in mountain rescue and vice versa. Outside of work I enjoy mountain biking and getting into the hills with my husband Jon, who is a supporter of our team.

SUZIE WILSON has been a team member for five years. She is a nurse, so part of the medical team at Patterdale.

1. How have you managed to fit mountain rescue in with other life commitments?

Like everyone, life is busy. I manage to fit MR in with other commitments thanks to

having an understanding and supportive family. I live on a dairy farm and have three almost grown-up children. They are very used to getting a call from me on a rescue, from a fell, explaining what to cook for dinner!

2. How do you use your nursing experience in your role at mountain rescue?

When I am not in MR I work as a registered nurse in our local Accident and Emergency department. We're lucky in our team to have a variety of Health Care Professionals (HCPs). There are six of us in total — four doctors and a winchman paramedic — and I also work with some of them in A & E. On a call-out it can often feel like we are at work caring for our casualty, but in far prettier surroundings, with the added complication of a lack of equipment that we have at work. My nursing has also enabled me to assist in teaching the team for their Casualty Care certificate.

3. What advice would you give to a medical professional considering joining mountain rescue?

To any HCPs out there looking to join mountain rescue, I'd say, 'go for it'. I find the prehospital side of medicine interesting and rewarding. You see casualties at their most vulnerable and hopefully make a difference. Some have waited a long time for us to get to them and are usually grateful to see us. Working in A & E, I often get to follow up their care, not to mention retrieve our kit. My car can sometimes have a stretcher, vacmat and casbag in the boot.

4. What do you do outside your mountain rescue commitments?

When I am not in mountain rescue, I love getting into the mountains. I have my Mountain Leader certificate so I help with DofE expeditions. I also love spending time with family and friends.

Jacquie Freeborn is one of Patterdale's longest serving members, with an amazing forty years of service under her belt.

1. How has your role changed over the years – have you got involved with the different aspects of mountain rescue?

I joined a team that already had two female members, so was already quite diverse. We all took part in rescues and training. After a while I took on other roles, Base Controller, helping with fundraising and

became chair of this group. I was later elected as chair of the Board of Trustees which I still serve on.

2. What changes have you seen in the team and what impact have they had?

Firstly, the way the team were called out for a rescue by a landline to a home or workplace, to carrying a pager to mobile phone and digital technology. Being proud of Patterdale MRT achieving their goal in building a purpose-built rescue centre which was the result of the ambition of my husband, Dave the team leader at the time, along with the rest of the team — then seeing the difference that has made to our team and casualties.

Secondly, how equipment continues to improve, from lighter-weight stretchers to more advanced medical equipment to aid casualty care on the hill. Greater training on more specialised aspects such as swiftwater rescue and advanced rope techniques, off-road driving and casualty care. A greater number of training hours and rescues equate to a larger commitment of time which can be difficult for all members.

3. If you could give one bit of advice to your younger 'mountain rescue self', what would it be?

Take it slowly, it is a lot to take in at first. Understand the team and how it works. Never be afraid to ask if you don't know, there is always someone happy to help.

4. What do you do outside your mountain rescue commitments?

I run a B&B and self-catering cottage. I enjoy swimming, walking, travel and reading books when I get the time. 🍷

PATTERDALE MOUNTAIN RESCUE TEAM, BASED IN THE ULLSWATER VALLEY, COVERS 140 SQUARE KM OF HIGH LAND, INCLUDING HELVELLYN, HIGH STREET, FAIRFIELD, ST SUNDAY CRAG AND THE WILD BEAUTY OF DOVEDALE AND DEEPDALE. LAST YEAR THEY WERE CALLED OUT 85 TIMES, MAKING THEM ONE OF THE BUSIER TEAMS IN THE LAKE DISTRICT.



To engage, educate and entertain

conference 2024

JUDY WHITESIDE EDITOR

Get ready to be engaged, educated and entertained at the next Mountain Rescue England and Wales Conference, at Lancaster University, 6-8 September 2024. And never let it be said we haven't given you plenty of notice!

Plans have been rumbling away for several months now with the dates and venue confirmed in May. We're sure you'll agree that the last couple of conferences were a huge success, but we'd like to see more of you there... so we're doing things a little differently. And getting information 'out there' early is part of that plan — whether that's engaging you as delegates, advertisers, exhibitors or sponsors.

A conference project team (let's ditch that 'committee' word), co-chaired by myself and Penny Brockman, will be overseeing the event organisation and we'll be looking to recruit individuals who are willing to take on key roles and run with them, whilst still working closely with the whole project team. So if you want to get involved, and make this a conference to remember, please do get in touch with Penny and me via conference@mountain.rescue.org.uk.

CONFERENCE THEME

Our plan is to borrow and adapt the words of Lord Reith, when launching a nascent BBC, when he said the medium should 'inform, educate and entertain'. Conference 2024 will aim to 'Engage, Educate and Entertain'. But what does that mean?

Specifically, the intention is to engage with team members and other services across the UK — particularly the younger generation — to gain a broader perspective of mountain rescue beyond their own locality, and a wider understanding of the work of the national body on behalf of teams and team members. Needless to say, we also plan for team members to engage with each other in an educational and social environment — and the bar — for the greater good of the whole mountain rescue community.

We'll seek to educate through a themed, four-track programme of lectures and smaller workshops to help inspire, develop

and share new ideas — with well-considered topics and speakers whose wisdom can be disseminated and appreciated in the wider mountain rescue. Read on for more on that.

Finally, if there's one thing that really came home to me at the national meeting in May — the first I'd attended in person since before Covid — it was how important it is to actually BE with people, put faces to names, have a chat and a laugh and answer impromptu questions. So, back to that bar, we'll definitely be looking to entertain by making the conference a time of enjoyment and good humour — aided and abetted by food and drink on the premises — with speakers who inspire, and by giving attention and consideration to new ideas. We're also hoping to get a couple of guest breweries in place and, you'll be pleased to know, the bar will stay open as long as we need it to.

This 'Engage, Educate and Entertain' mantra will guide and inform our themes, topics and speaker choices, and provide a vital set of checks and balances.

NO MORE FREE SUSTAINABLE BOTTLES... WE PROMISE

We've focused on sustainability at previous conferences, of course, and striven to reflect that in the delegate packs provided — not always the easiest of tasks. But, honestly, is it only me with a cupboard stuffed full of 'sustainable' water bottles and drinking cups, lovingly branded with a variety of logos and uplifting messages, from any number of events attended over the years? Enough!! So, for 2024, we'll be encouraging you to bring your own bottle and/or cup (with or without your logo of choice) to fill up at the water fountains around the university. THAT's what we call sustainability...

CHECKING OUT THE VENUE

Some of you will recall that the UK Mountain Rescue Conference 2006, organised in collaboration with Scottish Mountain Rescue and Mountain Rescue Ireland, also took place at Lancaster. And my, how it's grown!

The venue now boasts a number of awards for event management, sustainability and facilities and you can see why. Besides the impressive lecture theatres and halls, more sporty facilities include a 25-metre swimming pool with a 'floating floor' which can vary the depth of the pool, a climbing wall and bouldering cave (designed with input and inspiration from university chancellor Sir Chris Bonington), health and fitness suites including a high-performance strength and conditioning room, sauna and steam rooms, and a sports hall with badminton and squash courts, and a state-of-the-art 100-station gym. If that's not enough to entice you, there's even a fishing lake. Elsewhere, there's a 'mock courtroom' and ample outdoor space too, for the display of vehicles and other exhibits.

Who knows, we might even be able to build a workshop or two around the pool and climbing wall — or perhaps play out a few scenarios in that courtroom — so if that appeals and you'd like to get involved in the organising, get in touch!

All this and plenty of on-site, en suite accommodation, within easy reach of the M6 — or a ten-minute drive from Lancaster train station.

TRACKS AND THEMES

For 2024, we propose a return to four tracks, and ideas are already buzzing for speakers and topics. Here's our initial framework, with possible topics loosely gathered under header titles:

• **The Frontline** (All things medical: Drugs, Techniques; Fatal Incidents; Dealing with Catastrophic Team Member Injury; Comms & IT systems; Train the Trainer...)

• **Building a Sustainable Future** (Preserving Our Outdoor Environment; Building Sustainable Bases; Clothing; Working with Government and Colleagues to Ensure Continuity; Change Management; Inspiring the Next Generation; Train the Trainer also fits here...)

• **Wellbeing & Human Factors** (Adaptability, Improvisation and Resilience; What Can Go Wrong; Building Coherence; Building a Stronger Team; Risk Management; Shared Values; Benevolent Fund; Mental Health Challenges; Assist Training...)

• **Safety Management, Indoors and Out** (Research & Development; Insurance; Technical Side of Rescue (eg. Rope Rescue, Swiftwater, Highline, Helicopter, Off-Road Driving; and Train the Trainer also fits here...)

Again, if there's any topic or speaker you would particularly like to see included — we can't say it often enough: get in touch via conference@mountain.rescue.org.uk!

RAFFLE

Following the success of the 2022 raffle, once again we'll be raising funds to support the Rescue Benevolent Fund. So get prepared to dig deep.

SAVE THE DATE: 6-8 SEPTEMBER 2024

Finally, we'll be sharing more details in due course — costs, speakers, booking details, website, whatever, but for now please just save the date: Friday 6 September to Sunday 8 September 2024. And watch this space for more.

PS: DID I MENTION THE BAR?

email us at conference@mountain.rescue.org.uk



Top: Crib Goch, Snowdon © William Barton | Dreamsime.com. Left: Images © Lancaster University.



berghaus

Over 50 years of experience, building kit specifically for the mountains.

berghaus

Certified
B
Corporation

THE
OUTDOORS
COMPANY

theoutdoorscompany.co.uk | sales@theoutdoorscompany.co.uk | 01270 757890

mrew

Update from **Mike Margeson** on operational matters

Many teams have experienced a busy spring and start of the summer, with the school half term week combined with unusually good weather being particularly busy for some teams. Looking forward, we anticipate a continuing busy summer for many teams.

Training has been progressing well with national courses seeing a strong interest and attendance. I reported recently on meetings earlier in the year with MCA and Bristow. Training is progressing with teams travelling to Bristow bases. I am encouraged that Lakes teams will be able to train with an aircraft at Kilbride just north of Carlisle rather than travelling all the way to Prestwick. Hopefully this is a taste of things to come with the new tender contract and the proposed planned summer operations base in Carlisle. It is certainly a sign of good communication, listening and relationships going forward. Can I also remind teams that members need to keep their online 1a up to date — this is critically important and not optional for operating with the aircraft.

CAF Bank and Libor have notified us that next year's training funding will be the last, as the fund has now been used up. Clearly discussion about the funding for our future training and national courses is needed and has begun. This will also need to include UKSAR and NPCC.

Alistair Morris, MREW medical director, and Paul Smith, MREW equipment officer, are progressing the vacuum mattress replacement project, to replace all the vacmats currently in use by teams.

At our recent AGM, we welcomed three new

national officers. Paul Brain takes on the role of statistics officer, Phil Ridley becomes training officer and we have a new role of drone officer, taken on by Brendan O'Neill.

At other national meetings, educational safety messaging seems to have some real momentum and traction. I was at a recent meeting of the BMC partners assembly where the whole meeting agenda was focused on improving and targeting safety messaging. There was input from Emma and Paul from Adventure Smart about methodology and the importance of clarity and joined-up messaging, particularly around map and compass and mobile mapping. A forward strategy paper from Mountain Training England was presented by Guy Jarvis. The partner members all agreed there was work to be done and a need for review of content of our safety messaging collectively. We are working with our key partners Ordnance Survey, Helly Hansen and the JD Foundation on our joint safety messaging as well.

I seem to finish each magazine piece reminding teams of the peer review process and opportunity, because I really believe in the value the self-lead process can bring to a team. For information or just to chat about it, contact Tim Cain via peer.review@mountain.rescue.org.uk.

HERITAGE PROJECT UPDATE AND NEWS

Great to see the piece in the last magazine from Coniston team, celebrating 75 years, and the John Ruskin Museum in the village hosting their heritage exhibition.

From a national POV, with the help of Mark Lewis, we have set up a Vimeo site to host the old films we have collected and digitised, and a gallery of photos. We have seven further rolls of archive film which Dave Freeborn is checking and digitising.

The latest filming, supported by Lyon Work and Rescue, talking to Peter Bell (of the eponymous Bell stretcher) and David Allan (former MREW chairman), will also go on this heritage archive. This is a great step forward, having one location to archive any historic material.

In other news, Terry Tasker of the Mountain Heritage Trust (MHT) reports the appointment of eight new trustees. She is very positive about the significant impact their skills will bring and there will be a full update from MHT in October, along with further details of the Vimeo site.



ONE MAN'S LEGACY: TOM PATEY by MIKE DIXON

Reviewed by MIKE MARGESON OBE

I recently reviewed the Hamish MacInnes biography, also published by the Scottish Mountaineering Press. It isn't often two comprehensive biographies, of such significant mountaineers, come along in close succession.

'One Man's Mountains', the fantastic account by Tom of his climbing adventures published in 1971 was inspirational to me and so many others young climbers. It was simply a must-read as is this biography, for any climber with any interest in the development of climbing — particularly Scottish winter climbing in the 1950s and 1960s. The 400 pages have been meticulously researched and paint a very full picture of this talented, energetic, enthusiastic and inspirational climber. Tom studied medicine and was a surgeon lieutenant in the Royal Marines 42 Commandos

before becoming a local doctor based in Ullapool. He was also a musician and writer — very funny and multi-talented. His adventures were often with some of the best non climbers of the time, with many of his winter adventures and first ascents well documented: Mitre Ridge, Eagle Ridge, Zero Gully on the Ben and, of course, the first winter traverse of the Cullin Ridge and the entire solo traverse of Creag Meagaidh. Tom also climbed in the Alps Norway and summited two significant Himalayan peaks: Mustagh Tower by the north west ridge and Rakaposhi in the Karakorum with Mike Banks. Like Hamish, but not so well known, there was a link with mountain rescue, particularly through his contacts in the RAF MRS. Based in Ullapool, Tom would happen to hear or was contacted on a number of rescues in the north west Highlands, perhaps the most famous being the tragic death of two winter climbers on An Teallach. Joe Brown perhaps sums Tom up well in his quote: 'There was no one who came anywhere near him for having a good time, whether you were in the pub or on the mountain'. This is a fantastic read and plugs a long-awaited gap in the history and background of one of Scotland's most talented and larger than life mountaineering characters.

ONE MAN'S LEGACY: TOM PATEY PUBLISHED BY: SCOTTISH MOUNTAINEERING PRESS
ISBN: 978-1-907233-46-3

books

PR consultant and media trainer **Sally Seed** looks at an aspect of publicity and PR and suggests ideas to build on for the future. This time: **Refreshing our media and communications training**

News type © Sporehealer. Dreamstime.com

A year ago, in this column for the Summer 2022 issue, I wrote about the future of media training in MREW and asked for ideas and input for a refreshed approach. A surprising number of people got in touch after that with several very useful suggestions and offers. When I then covered training options in a session at the MREW Conference in Leeds, there was a great turnout and, again, lots of enthusiasm and ideas.

You may be pleased to know that, with a few nudges and a lot of help from others in the Media and Communications Network, things are beginning to take shape.

Broad level 1: Media awareness

It helps if a range of team members and supporters are aware of how the media work today, how that links into social media and where the pitfalls might be when getting involved in media and communications. If people are being asked to take on these roles (or to support those who've taken them on), they need to understand the implications of timing, media relationships, response options, and content — text, images and video.

After last year's column, there was a general agreement that this level of training is best done locally, either on a team basis or by regional organisations, but it would help to have some core materials to run a training session. I shared a possible approach at the conference and this was given the thumbs up.

The resulting PowerPoint presentation (with notes and activities) will be in the Moodle some time very soon — or let me know if you have an urgent need now. Thanks to our esteemed editor for her help on getting the slides looking good too.

Since conference, the 'Introduction to the Media' has gone through a few iterations and developments and, as situations change, it will need to change more so please let me know if you think there are gaps in it or areas that need updating. And I hope it is useful.

Focused level 3: Spokesperson training

This level of training benefits from a face-to-face gathering with a microphone, a camera and a working journalist involved. As I explained last year, the team working on this pre-Covid is no longer available so it needed a strong nudge (thanks, Kev) to get me researching a new team.

I am pleased to say that Mid-Pennine will be hosting the first Media Spokesperson workshop with a new training team (journalist, Helen Nugent and cameraman,

James Richardson) in August. Assuming all goes well, we'll then be offering a similar workshop to other regions, running it for up to twelve people each time, funded by each region.

This is very much targeted at team leaders and others who would have the job of representing MR in TV and radio interviews in a range of situations, from post-call-out to safety issues. If this training is something you need, please let your regional rep know and, hopefully, we can hit the ground running with a schedule of workshops around the regions later in the year and into 2024.

In between level 2: Training to do everything else that lands on comms and media

There's obviously a lot of experience, expertise and practical knowledge involved in the bits that fall between a general awareness (level 1) and being the nominated spokesperson (level 3). The challenge is working out how best to support people in those roles, share best practice and ideas and gradually build up the communications and media capability across the organisation.

At the national May meeting, the initial members of the Media and Communications Network met in the afternoon to hammer out ideas and actions to make this happen too. We're really fortunate to have a number of people with a lot of specialised skills including graphic design, photography, marketing, PR and the media. What we agreed at the meeting was

to create a forum for that expertise to be shared through a Facebook group. It may be that this won't work for everything but, as a quick and easy start, it seems worth trying.

Over the coming weeks, we'll be inviting the people that we know about to join the MREW Media and Communications Network group, and will also be promoting it across MREW so that the people who could usefully be part of it are involved as soon as possible. We've already got plans to share advice on what makes good images for social media in the group and to share recent team posts that have done well (however they were intended to!) so others can learn what works. The group may also become a forum for discussing challenges or new ideas — it'll be up to the members to see what's useful and what's not.

We're hoping this will be valuable as a way of supporting those who are new to media roles in their teams as well as building the professionalism of the network. As it takes shape, we'll try to share more widely and develop the approach as needed — I am also hoping that it will give me some ideas for what would be useful from this column.

So, it's taken a year, but it feels as if we're making progress and involving a lot of the people across mountain rescue who are doing this stuff. If you're one of them, I hope you'll get involved and help us make the different approaches work in practice.

If you'd like to discuss any aspect of this in more detail, please get in touch via sally.seed@stoneleighcomms.co.uk or pr@mountain.rescue.org.uk. Thank you. 🙏

**AN INTRODUCTION TO THE MEDIA
— social and otherwise —
for mountain rescue volunteers**



Above: Slide 1 of the newly published Powerpoint presentation.

News from the Rescue Benevolent Fund

Neil Woodhead Rescue Benevolent Fund

The Rescue Benevolent Fund (RBF) held its Annual General Meeting at the end of March, attended online by the fund's six trustees and our various ambassadors from across both mountain and cave rescue. It was time to reflect on a busy year for the RBF, and to look forward to how we can continue to support team members and their families in their hour of need in the forthcoming year and beyond.

Since our last AGM in 2022, we've been very active and a lot of hard work has been put in to bring various initiatives together, in addition to responding positively to benevolence requests from team members.

If you are a regular reader of our news in the magazine, you'll know that we've officially changed our name to the Rescue Benevolent Fund, updated our Declaration of Trust and launched a new website which is fresh, easy to navigate and contains so much more than the previous one. If you're new to reading about us, then we're pleased to see you and encourage you to take a look at our website at rescuebenevolent.fund.

In the summer of 2022, we launched our venture with the mental health support charity Togetherall, to give mountain and cave rescue volunteers a safe place to talk about their worries at any time of day or night. If you haven't heard about this, then where have you been hiding? In October, a bundle of leaflets and credit-card-sized wallet cards were sent to every team, along with a poster, and the magazine has been promoting our venture and there's lots on our social media channels. To find out more about Togetherall, turn to page 33 for more information about registration, alongside links to our website. And check out our regular health and wellbeing articles both here and on the RBF website. Previous issues have seen us looking at the coping with relationships, and dealing with financial stress and this month's articles focus on menopause and neurodiversity — all thanks to our association with Togetherall. If there's a topic you'd like to see covered, to help support YOUR mental and physical health as you go about helping those we rescue,

please do get in touch with Judy via secretary@rescuebenevolent.fund.

September saw us promoting ourselves in person at the MREW conference in Leeds and our thanks to them for the support with a raffle and a spot in the limelight on stage. The event gave us an opportunity to showcase our offering to all the visiting volunteers from many rescue teams. It was a great success and one I know we'll be repeating next year.

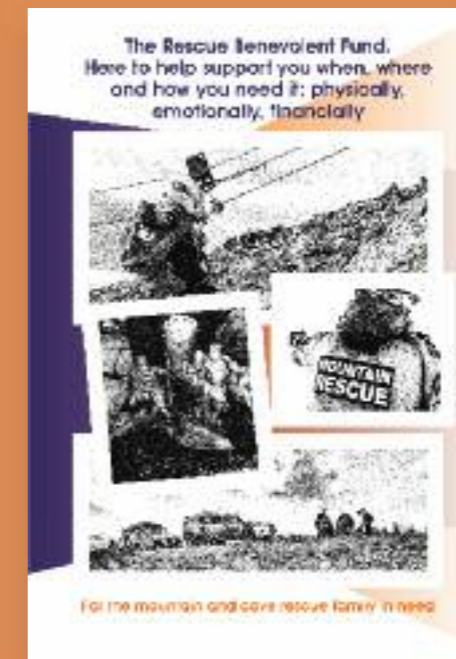
To help us move forward and prepare for the future we've taken on a sixth trustee, Brendan Sloan, as featured in the January issue. Brendan is BCRC medical officer and brings a different dimension to the trustees, which should be very helpful when we're assessing applications.

Our ambassadors come from around England and Wales and continue to play their very important role in promoting the fund across the regions and teams. These

ambassadors play a really key role for us as the link between us and the team members. If you don't know who your local ambassador is, just ask and we'll point you in the right direction.

We know the 'regional rep' psyche is deeply embedded, in mountain rescue in particular, but we'd like to move away from that model and simply invite anyone with a passion for wellbeing to become an ambassador. We're very happy to have more than one ambassador from each region! So if you are interested in promoting us to your local teammates, get in touch with Judy — she'd be delighted to hear from you.

Over the coming year we plan to work closely with MREW, BCRC, the Wellbeing Group and all our ambassadors. We are here for every team member, so find out more and support us — as we support you. And if you need our help, please don't hesitate to make an application. 🙏



The leaflet and cards that went out to teams with the magazine in January. If these are still loitering in broom cupboards or nesting under the team leader's metaphorical desk... please dig 'em out and share 'em out. You never know who they might help... or when.



Harlow and Karvonen-Gutierrez emphasise the importance of women opening up to each other to share about menopause. There are so many changes in your body that talking with others and finding shared experiences can be a powerful way to cope with and understand this big transition.

own health and wellbeing and take advantage of opportunities to make sure you're feeling well and getting the self-care you need as you go through this transition.'

The menopausal transition when your body goes from reproductive to non-reproductive usually lasts for seven years but it can last as long as fourteen. This encompasses the time you start experiencing symptoms, such as hot flashes (but you're still having periods), all the way through to when you've stopped having periods for a full year. Typically, the menopausal transition starts in your forties but, according to Karvonen-Gutierrez, everyone can experience menopause differently.

'One in ten women will experience a full breadth of symptoms — fatigue, sleeplessness, pain, physical health, vasomotor and emotional health symptoms. Those perhaps are the women who may need the most attention not just for their symptoms, but may be at greatest risk for adverse health outcomes as they transition through the midlife into older age.'

According to Dr Harlow's research and SWAN (Study of Women's Health Across the Nation), black women have the longest lasting, most frequent, and most bothersome hot flashes — averaging ten years, further emphasising the importance of normalising menopause research as all women experience it differently.

Some women may experience physical and emotional changes for a decade before they finally reach menopause.

THE IMPORTANCE OF SHARING AND HOW WE CAN HELP OTHERS

There's always more we can do to increase empathy and support for the women in our lives going through this transition.

Harlow's advice for this is simple. 'Be understanding. Recognise that this is a part of women's experience and that accommodations may need to be made. We also need to address the stigma for women associated with ageing. This stigma, wrapped up with the symptoms of menopause link to some of the long-term tropes of women's ability to function and more misogynist attitudes about women and their bodies.

'If we really addressed some of those points of stigma and became really aware of them we could actively work against them.'

By destigmatising menopause, we can also create an open space for women to open up to each other about their experiences and transition with menopause.

BEING OPEN ABOUT YOUR MENOPAUSE JOURNEY

When we're experiencing times of change, especially physically and

emotionally, it can be comforting and helpful to talk with people who have been there before. Harlow and Karvonen-Gutierrez emphasise the importance of women opening up to each other to share about menopause.

This is important to create normalisation around menopause, but also as a way for women to know if a menopausal symptom is a risk or a just a change in their body.

'I always think it's important to speak and share,' says Harlow. 'I think one of the issues related to menstruation and menopause across the lifespan is the secrets — the silence. So it became difficult to know what was normal. For women to distinguish between something that was change in their body, versus something that was a risk.'

There are so many changes that happen in your body during this time that talking with others and finding shared experiences can be a powerful way to cope with and understand this big transition. Karvonen-Gutierrez believes that normalising menopause should be a message that is loud and clear among women so they can know what's normal and what's not:

'I think it's always good to have a support network you can share with, both for support and to discuss and identify what's truly normal. It's really important that the message is transparent and loud to women that menopause is a normal life stage and things may change. There's quite a bit of difference across menopausal symptoms. Just because your sister's experience is different from yours or your mother's, doesn't mean yours is wrong or unwell.'

LOOKING AFTER YOUR **HEALTH AND WELLBEING** WITH ARTICLES COURTESY OF **TOGETHERALL** IN ASSOCIATION WITH THE **RESCUE BENEVOLENT FUND**

Let's talk about menopause...

Menopause is a journey that includes physical and emotional changes that can dominate women's lives for many years, and the experience can differ from one woman to another. And whether you're a woman involved in mountain rescue – be that as operational, support or family member – or simply a concerned husband, partner, son or brother, menopause will surely touch each of you at some stage in your lives. Doctors Siobán Harlow and Carrie Karvonen-Gutierrez, academics at the University of Michigan, answer some of the common questions about this stage of transition.

WHAT IS MENOPAUSE?

Menopause is when your body goes from being reproductive to non-reproductive. The function of your ovaries stops, which means your periods stop. Your ovaries are no longer releasing eggs or producing high levels of oestrogen.

Symptoms can start before you enter menopause and last longer than the process itself. This means that some

women experience physical and emotional discomfort for many years.

Women who still have periods, but less often, but experience other symptoms, like hot flashes, vaginal dryness, night sweats, insomnia and mood changes are going through perimenopause, which means they are transitioning into menopause.

While some women may experience extreme discomfort with hot flashes or

insomnia, not all women will. Dr Karvonen-Gutierrez wants all women to know there isn't one size fits all for this journey and that you can take a holistic approach to feeling well during this transition.

'No one's menopausal experience is the same as anyone else's and it is important to understand the breadth of the types of symptoms one may experience and how individualised those may be. Look at your

MENOPAUSAL SYMPTOMS CAN INCLUDE:

- Hot flashes and night sweats
- Insomnia
- Memory problems
- Sexual dysfunction
- Higher risk for osteoporosis or cardiovascular disease
- Anxiety and fear are not uncommon and many of the factors and symptoms listed may lead to depression.

Harlow states that when we think about menopause and mental health, we really need to think about the individual and their health history.

'First of all, depression and anxiety are common phenomena throughout life. Up to 30 to 40% of people may be experiencing them at any given time. But women who have had depression or women under considerable stress are more likely to experience depression or anxiety during the menopausal transition.'

Opposite: Image via Pixabay. Right: Menopausal symptoms © yomogi1 via iStock.





LOOKING AFTER YOUR **HEALTH AND WELLBEING** WITH ARTICLES COURTESY OF **TOGETHERALL** IN ASSOCIATION WITH THE **RESCUE BENEVOLENT FUND**

What is neurodiversity?

We all experience and interact with the world in a way that makes sense to us. Neurodiversity embraces the idea that there's no one right way to think, learn, behave or feel and describes the different ways human brains work¹, because there's no single definition of what 'normal' is, when it comes to the brain.

Typically, neurodiversity has been used to describe autism spectrum disorder, as well as attention-deficit hyperactivity disorder (ADHD) or learning disabilities. But neurodiversity can include medical disorders, learning disabilities, and other conditions. Neurodiversity also includes many strengths, such as an ability to problem-solve, focus on complex tasks, and identify patterns. Some neurodiverse individuals struggle because the processes and systems in place don't allow them to show some of these strengths. Neurodiversity conditions tend to be

invisible, so neurodivergent individuals may feel an internal experience of being out of step with the world or feeling alone in their struggles.

WHAT CONDITIONS ARE CONSIDERED NEURODIVERGENT?

Neurodiversity can include autism spectrum disorder, attention-deficit hyperactivity disorder, dyslexia and more. Individuals who may have some of these conditions may not identify as neurodiverse,

emphasising that every person is allowed to identify how they wish in a way that makes sense to them. Ben Locke PhD, Togetherall's chief clinical officer, encourages the use of a strengths-based model when discussing neurodiversity.

'It can be easy for people to feel left out or different when they process the world differently from others. Sometimes it isn't just about having a neurodiverse experience but the ripple effects of that experience across the rest of your life. But the act of sharing your lived experiences and connecting with others allows individuals to experience

validation and normalisation, recognise their strengths, understand the strengths of others, and to create a sense of belonging and acceptance across diverse experiences.'

WHERE TO GO IF YOU WANT TO EXPLORE MORE ABOUT NEURODIVERSITY

If you identify as neurodiverse, want to understand more, or know someone who is neurodiverse, the anonymous online Togetherall community is a safe space where you can share your experiences, ask questions, get advice and give comfort to others. You don't need to feel alone in your experiences.

WHAT TO EXPECT

Similar to social media networks, once registered, members can post about their experiences in a feed but, unlike social media, Togetherall is anonymous and monitored 24/7 by mental health professionals to keep the community safe and inclusive. Registration and membership is free to all operational team members of mountain, with membership costs covered by the Rescue Benevolent Fund. ☺

REFERENCES

¹ health.harvard.edu/blog/what-is-neurodiversity-202111232645

TO REGISTER, GO TO [TOGETHERALL.COM/JOINNOW/RESCUEBENEVOLENTFUND](https://togetherall.com/joinnow/rescuebenevolentfund)

OR SCAN THE QR CODE, CREATE YOUR UNIQUE USERNAME AND PASSWORD, THEN LOG IN AND GET CONNECTING



Opposite: Neurodiversity © Chen via Pixabay.



FIND US ONLINE AT [RESCUEBENEVOLENT.FUND](https://rescuebenevolentfund.org) & VIA THE QR CODE OPPOSITE, OR ON FACEBOOK @RESCUEBENEVOLENTFUND



Mental health support online, **anonymous & 24/7.**

At Togetherall you can speak to someone who understands what you're going through, **anytime & anywhere.**



AS A MOUNTAIN OR CAVE RESCUE TEAM MEMBER YOU CAN ACCESS TOGETHERALL **FREE OF CHARGE**

The Togetherall digital mental health and wellbeing support service is a completely anonymous community where you can express yourself freely and openly. Professionally trained Wall Guides and clinical professionals monitor the community to ensure the safety and anonymity of all members.

Once you're registered and logged in, there's a range of activities that allow you to work through what's troubling you. **Share your thoughts and join a Talkabout** with other community members to share and discuss what's on your mind, gain support and advice or even offer YOUR support to someone else who needs it. You can do this with the whole community or form your own groups, or even one-to-one chats.

Alternatively, you can **make a 'brick in the wall'** to express yourself and your feelings creatively through drawing or by uploading your own images. Check out that wall and you'll see all manner of bricks: drawings simple and elaborate, poetry, heart-felt thoughts and feelings expressed, supportive messages, words of wisdom... one things you will know for sure is that you're not alone.

In addition to Togetherall's online community, you will have **access to a wealth of useful resources**. Join self-guided support courses covering the key topics which affect all our lives: **everything from anxiety, sleeplessness, depression to assertiveness training and problem solving.**

You can also take **clinically-approved self-assessments** to help you understand more about yourself. And if this hasn't yet persuaded you to register, there's also an extensive library of resources to discover, to help you understand more about yourself, and how you're feeling, and enable you to set goals and track your progress. ☺

PARTNERING TO DELIVER PHYSICAL AND MENTAL WELLBEING SUPPORT TO MOUNTAIN AND CAVE RESCUE TEAM MEMBERS



playing host to our Royal Patron...



HUW JONES MBE TEAM LEADER, CENTRAL BEACONS MRT

In June 2022, Central Beacons Mountain Rescue Team was awarded the Queen's Award for Voluntary Service. At the official award presentation evening in November, one of the conversations with His Majesty's Lord Lieutenant (Mid Glamorgan Lieutenancy) included ideas being planned for the team's 60th anniversary celebrations throughout 2023. A Royal visit was mentioned as an outside possibility but nothing more of it was thought.

Fast forward to March 2023 and an unexpected brief from The Royal Household that Their Royal Highnesses The Prince and Princess of Wales would be visiting on 27 April, and 'the visit is to be as informal as possible, with lots of activities and fun'. A month full of planning, ideas, emails, phone calls and meetings sprang into action behind the scenes of the usual team life of training, call-outs and events.

It was clear from the brief that the Royal couple wanted as much interaction and conversation as possible with all team members, and as team leader I was keen to involve as many team members as possible. The overall plan developed to include the Prince and Princess abseiling down one of the team's regular training crags, observing the beneficial use of search dogs, and assisting with casualty care, kit carrying and stretcher handling.

In 1966, at the horror of the Aberfan disaster, the team's leader (the late Jack Powell MBE) and team members responded to the rescue/recovery operation. When it became known the Royal visit was also visiting Aberfan, two surviving former team members were contacted and invited to share their experiences with the couple.

The plan of activities came together very well thanks to a large effort behind the scenes by team members who were sworn to secrecy. The one thing that threatened the whole event was the weather and beady eyes were kept on the ever-changing forecasts in the week leading up to the big day. To our frustration, the days before and after the event were sunny, warm and dry across South Wales, with the day itself delivering the forecast of rain and low cloud.

Thankfully, the rain cleared as the Royal vehicles arrived and stayed dry throughout, right until the very end.

After a welcome by The Lord Lieutenant of Mid Glamorgan, myself and Penny Brockman (as chair of the team's trustees) hosted the royal couple throughout, introducing team members at each of the activity stations.

First up was the abseil. The crag area chosen had kept mostly dry and the early preparatory work paid dividends. 'We used an abseil set to give them both minimum drag on their safety line and maximum control,' says Pete Spearing, CBMRT's technical rescue lead. 'When introduced, I kept to good British tradition and mentioned the weather which had turned wet after weeks of dry. I asked them not to slip and the Prince laughingly confirmed they wouldn't hold us responsible!'

Once back on the ground after a confident and enjoyable abseil, the couple were treated to a commentary on the team's search dogs, by Mark Gibbings, SARDA South Wales training officer, during which handler Josh Groves-Waller and Search Dog Bran carried out a mock search for team member Lee who had hidden.

Once Bran had found Lee, the Princess joined the team's doctor, Alan and cascarer Rhiannon, and helped scribe the cascare card as well as call for kit on the radio. Meanwhile, the Prince joined the equipment party and helped carry the required kit, all while they updated each via team radios, using their unique radio call signs allocated to them both for the day.

At the cas site, they both got stuck in with applying the vac splint, casualty handling on

to the stretcher, then helped carry the stretcher back to the vehicles. At the control vehicle operational support members Simon, Lynfa and Gavin gave the couple a guided tour of the digital wizardry in the control vehicle, including satellite connections, radios, mapping and SARCALL.

Staying with technology, there was then a chat with team member Keith who updated on the team's development work so far with drones and the plans for what's next.

The two former team members who had responded to the Aberfan disaster — Bob Thomas and Nick Richards — talked the couple through their experiences of the rescue and recovery and the references to how appropriate the Royal family's actions at the time were struck a real chord.

With all activities completed, the couple were presented to Nathan Wyburn, a local artist friend of the team who gifted the Prince and Princess an image of CBMRT's 60th anniversary logo created out of more than 500 thumbnail photos of team members past and present. This was followed by signings of a team's soft shell jacket and a 60th anniversary flag, then the final act was the group photo.

During the planning, the Prince and Princess were clear they wanted to host team members at a pub, so it was all back to Dowlais Rugby Club, our 'local', for pizza and drinks while the couple also met club officials and members of the community.

The feedback from all concerned has been overwhelmingly positive. While the focus of the day primarily surrounded the team's anniversary, the exposure that mountain rescue generally has received across all media has been very pleasing. 🍷



Opposite & inset: The Prince and Princess of Wales make front page mainstream media news their abseil. Top: Team shot with the Royal couple centre. Above: Getting involved with all the team's activities, including stretcher handling and cascare; deep in conversation with Penny and Huw; meeting team members. Images © Sin Hart Photography and used with kind permission.

Hinkes
thinks



Everest 70th Anniversary celebrations and fundraising for the Himalayan Trust, June 2023

ALAN HINKES

Twenty years ago I was in Kathmandu for the 50th anniversary of Everest's first ascent. It was summited by Tenzing Norgay and Ed Hillary on 29 May 1953. In 2003, Ed Hillary was alive and the central figure in the Nepal celebrations. In both his home country of New Zealand and his adopted home of Nepal he was a national hero. A physically big man he had a presence and aura and the Nepalese adored and feted him. It was an honour to be involved in the Kathmandu celebrations and meet Ed as I already knew his son Peter, having met him on an expedition to K2 in 1995. There was also a reception held at the British Embassy in 2003 which I was invited to.

Ten years ago on the 60th anniversary there was only one living Everest team member alive, Jan Morris. In 1953, Jan Morris was the special correspondent for *The Times* who managed to send a secret coded telegram back to the UK so that only they realised the summit had been bagged. Most other newspapers read the telegram and reported it verbatim as no success, whereas *The Times* had a scoop: Everest Conquered, announced in time for the Coronation of Queen Elizabeth II. Jan gave a very eloquent presentation in 2013 for the 60th gathering in the RGS, attended by the Queen and the Duke of Edinburgh. Sadly, Jan died in 2020, ending the last living link to the 1953 expedition.

This year a great London gathering was arranged in early June to recognise and celebrate the great achievement of climbing Everest as well as raising funds for the Himalayan Trust. After climbing Everest and trekking in Nepal along with his friend and climbing partner Tenzing Norgay, Hillary realised the need for schools and education, especially in the more remote areas of Nepal. Ed founded the Himalayan Trust in 1960 and there is now a Himalayan Trust UK, which funds and builds schools such as one in the Kangchenjunga region in the east of Nepal.

I was honoured to be involved in the events in London, even though it prevented me being in the fells in the glorious Cumbria sunshine of early June. I like railways and trains, so the trip to London gave me the chance to travel in a modern LNER Azuma from Darlington to Kings Cross. In 1953, most of the expedition would have travelled by train to Tilbury docks in London before sailing to Bombay in India and on to Nepal.

Many family members of the 1953 team were gathered, mainly Ed Hillary's and Tenzing Norgay's children and

grandchildren. It was great to catch up with Peter Hillary and Jamling Tenzing who lives in Darjeeling.

There were three main events starting with a reception and dinner at the Nepal Embassy, with traditional, delicious Nepalese food. The Royal Geographical Society held a series of lectures about Everest which was open to the public on a ticketed first-come basis. It was a packed sell-out audience. Perhaps the most spectacular venue was a charity dinner held in a skyscraper restaurant in the City. I was looking down on every building except the Shard. It was a very impressive location looking down on the Tower of London, Tower Bridge, the Gherkin and other high City buildings. I wondered what it would be like to abseil down instead of taking the lift. A fundraising auction raised a huge amount of money, over £50,000. One item, an unopened 70-year-old ration pack containing tea, coffee, milk powder, orange powder etc, sold for over £10,000. I wonder if the person who bought it will open it and try the contents.

Instead of fleeces and hill clothing I had to wear lounge suit and dinner jacket to the various events, which also included various other mountaineers such as Chris Bonington and Leo Houlding, as well as several Sherpa climbers. Rebecca Stephens, the first British woman to climb Everest was one of the

organisers. A notable guest was Hari Budha Magar, an ex-Gurkha and double amputee, who had just returned from climbing Everest. Hari was blown up by an IED in Afghanistan in 2010 and lost both legs above the knee. Hari is the first double leg



Above top: Left to right: Gajendra Rai (Attache), Alan Hinkes, Hari Budha Magar, Roshan Khanal (DCM/Counsellor), Pujan Pandey (Attache and husband) Krishna Thapa (ex-Gurkha and Hari's climbing leader). Above: Hari Budha Magar; the Royal Geographical Society. Images supplied by Alan Hinkes.

amputee to climb Everest. He uses specially made smaller attachments with crampons for climbing snow and ice. Later this year, Hari is coming to the Lake District, and I might try and help him up a fell if he fancies a Cumbrian summit. ☺

OUTREACH RESCUE

A MOUNTAIN RANGE OF TRAINING SOLUTIONS

Outreach Rescue is a leading provider of comprehensive specialist rescue training.

Outreach Rescue equips emergency rescue teams with the skills and knowledge needed to handle any challenge. Our experienced team, led by industry experts, provide a diverse range of courses covering **Rope Rescue, Confined Spaces, Water Rescue & Incident Management, Bariatric Rescue, and more.**

Trust Outreach Rescue for quality safety training that prepares you for the unexpected in the mountains and beyond.

Your team training starts at OUTREACHRESCUE.COM

www.rescueneast.com

Water courses: (DEFRA Compliant)

- Swiftwater & Flood Responder
- Swiftwater & Flood Rescue Technician
- Swiftwater & Flood Rescue Advanced
- Rescue from Vehicles in the Water
- Water & Flood Team Leader
- Management of Water & Flood Related Incidents

Technical Rope Rescue Courses:

- Safeworking at Height
- Technical Rope Rescue Operator
- Technical Rope Rescue Supervisor

Medical/Trauma Courses:

- First Aid (Full range)
- Outdoor First Aid
- FREC Level 3 - 5
- Safe Administration of Lifesaving Medicine

Instructor Courses:

- Swiftwater & Flood Rescue Technician Instructor
- Technical Rope Rescue Instructor

Rescue North East is a dedicated nationwide training provider delivering specialist training to the emergency services: Police, Fire and Rescue Service, Ambulance Services, Search and Rescue Teams and Mountain Rescue Teams.

We pride ourselves on our expertise and the quality of our training. Visit our website for a full range of courses.

Book Now with Rescue North East
Call: 01207 297175
Email: admin@rescueneast.com
www.rescueneast.com

Providing
Technical Rescue Solutions
for the Emergency Services

Specialist Training and Equipment for
Work at Height and Rescue Operations

Lyon Equipment offer class leading products and technical support to people who work in challenging environments.

We provide high quality training and consultation for work at height and rescue in vertical, steep and difficult-to-access environments.

LYON
WORK & RESCUE

Web: www.lyon.co.uk

Lyon Equipment Limited
Tel: +44 (0) 15396 24040
Email: info@lyon.co.uk

Getting to know our Scottish Mountain Rescue colleagues...



Images © Torridon MRT.



Focus on Torridon MRT

In the early hours of 14 March 1951, an RAF Lancaster bomber, TX264, was returning to Kinloss from a training flight when it crashed just below the top of the Triple Buttress of Coire Mhic Fhearchair, on Beinn Eighe in Torridon. Aircraft wreckage can still be seen in Fuselage Gully and in the corrie below. Five months were required to retrieve all the bodies and it was apparent that special skills were required for mountain rescue in such locations. The RAF Mountain Rescue Team was born.

It would be some years before civilian mountain rescue teams were established in Scotland. When Charlie Rose, the first Torridon leader, went to live in Alligin in 1966, he found that rescues were organised 'ad hoc', with volunteers rounded up and deployed under the direction of the local police officer. It was only after the tragic deaths on Cairngorm, of five schoolchildren and a student teacher, in November 1971, that the Scottish Office recognised the need for a network of rescue teams.

Following that Feith Buidhe Disaster, Hamish MacInnes was consulted by the Scottish Office and, in liaison with affected police authorities, proposed the setting up of additional volunteer civilian mountain rescue teams in areas not yet covered. Hamish asked Charlie Rose if he could raise a team in Torridon with the police providing budget for equipping and maintaining the team together with access to training courses and seminars, helicopter assistance, and other benefits from being in the police network.

At about the time when the team was being formed in 1972, the Scottish Youth Hostels Association was also building a new hostel in Torridon and immediately agreed to the hostel being a mountain rescue post.

The team used the Torridon hostel as its base for more than four decades until the modern Torridon Mountain Rescue Centre opened up fully for operations in 2020. The new building had become a necessity for the team as more space was needed for storing equipment, organising indoor

In 2019, for the first time, the team experienced the tragedy of losing a member in the mountains. Martin Moran died with six others on Nandi Devi in the Indian Himalaya. The team was most grateful to Martin's family for donating to the team the sizable memorial fund raised through the generosity of Martin's many friends. This helped the team to fund a new vehicle to replace its aged Land Rover. In Martin's memory, his family set up The Martin Moran Foundation to offer fully funded places on its programmes to any young adult who has a passion for the mountains but who may not have the support and financial resources to access them. More details of the foundation's work can be found at martinmoranfoundation.co.uk.

training sessions and running operations. The team was very grateful to St John Scotland, regular supporters of Scottish Mountain Rescue, for providing the major funding. Thanks were due also to all the team's donors large and small, from across the local area, the UK and worldwide, for their exceptional generosity. These included a major donation from energy company Innogy in connection with their Grudie hydro power scheme, the Robertson Trust, the Lochluichart Community Trust, the Prince of Wales's Charitable Foundation, the Hugh Fraser Foundation, the Martin Connell Charitable Trust, colleagues of Alec Brett and many more kind donors.

Torridon MRT celebrated 50 years in 2022. The team's 30 members cover a large area extending from Achnasheen in the east, to Applecross in the west, and from Kinlochewe in the north, to Lochcarron in the south. The area includes seventeen Munros, including the iconic Torridon triptych: Beinn Alligin, Liathach and Beinn Eighe, Scotland's first National Nature Reserve. Torridon is richly endowed with some of Britain's most magnificent mountain landscapes, including the trio of Munros around Coire Lair, the remote quartet in the West Monar Forrest embracing Loch Monar, the massive cliffs of Beinn Bhan barring entry to the Applecross peninsula and, most celebrated of all, the Triple Buttress of Coire Mhic Fhearchair, behind Beinn Eighe. These mountains draw climbers and walkers throughout the year. They offer some of Scotland's most spectacular walking routes and some of our longest and most testing rock and ice climbing routes. Given the terrain, it is not surprising that the rescue situations the team face are amongst the most technically demanding in Scotland. 🇬🇧

FIND TORRIDON MRT ON FACEBOOK @TORRIDONMRT OR VIA TORRIDONMRT.ORG.UK

smr

Left: Photo © K McRobbie.
Below: Photo © D Howe.



SUPPORTER STORIES

The third **Miles for SMR** virtual fundraising challenge ran throughout the month of May, enabling participants to set their own target. Those taking part walked a total of over 5,000 miles, raising around £7,500. We've had supporters taking part in the **London Marathon**, the **Brighton Marathon** and the **Blackpool Marathon** and we had a record 24 participants running in the **Edinburgh Marathon Festival** in May. There were teams taking part in the **Hairy Haggis** relay race, as well as those undertaking the marathon, half marathon and 10k. The day was a great success and we already have a couple of sign-ups for 2024. And the ever-popular **Kiltwalk** took place in Aberdeen and Glasgow, where we had people taking part in the **Mighty Strides** and the **Wee Wanders**, and we still have the **Dundee** and **Edinburgh Kiltwalks** to go later in the year. In addition, we've had fundraisers who set their own challenges, such as the **Lairig Ghru**, **West Highland Way**, **UK 3 Peaks**, **Cape Wrath** run and a 'Million Steps in May'. What a start to the year! A huge thank you to everyone who has undertaken fundraising challenges for us so far this year to ensure our teams can continue to operate their first-class service across the remote parts of Scotland.

WALKING AND RUNNING FOR SMR

Scottish Mountain Rescue has had so many fundraisers walking and running to raise funds for Scottish teams throughout spring — both organised events and self-directed challenges!

MAY: SMR ANNUAL REVIEW AND STATISTICS REPORT FOR 2022 PUBLISHED

The Annual Review covers looks at the work of the volunteer rescue teams, team member profiles and rescue stories, as well as achievements made over the year. 'It was another incredibly busy year for teams,' says chairman Bill Glennie, 'with 906 call-outs and 29,804 hours spent on rescues. What many people may not realise, however, is the breadth of work that the volunteer teams do.' Rescue team members attended 636 independent incidents (660 in 2021). The total number of separate team call-outs was 843 (915 in 2020) which includes linked call-outs on different days. During 2022, 740 people were assisted and five animals were rescued. **Click the QR codes to view online.**



SCOTTISH MOUNTAIN RESCUE TRAINING PROGRAMME

As part of the SMR National Training Programme and since the start of the financial year SMR instructors have trained 89 Scottish mountain rescue team members across a range of disciplines including rigging, cas care, incident management and PPE inspection.

Our thanks go to all those instructors involved for their preparation and hardwork to ensure the courses are well received by team members. Lots more courses planned for the rest of the year...

Left: Photo © P Hodgkiss, Aberdeen MRT.

FENIX
LIGHTING FOR EXTREMES
PROUD TO SUPPORT MOUNTAIN RESCUE TEAMS SINCE 2009

HM65R
MAX OUTPUT 1400LM
MAGNESIUM ALLOY UNI BODY
1000UM 163M SPOTLIGHT
400LM FLOODLIGHT
USB-C CHARGING WITH CABLE SUPPLIED
RECHARGEABLE 3400MAH BATTERY
IP68 WATERPROOFING
PERFECT ALL ROUNDER FOR TEAMS

HM70R
MAX OUTPUT 1600LM
SPOTLIGHT, FLOODLIGHT AND
RED LIGHT MODES
LONG-LASTING 5000MAH BATTERY
USB-C CHARGING WITH CABLE SUPPLIED
IP68 WATERPROOFING
ULTRA RUGGED DESIGN

E-LITE
MAX OUTPUT 150LM
3 LEVEL WHITE TORCH
5 LUMEN MARKER LIGHT
RED & BLUE OPTIONS
LARGE BODY CLIP
USB-C CHARGING WITH CABLE SUPPLIED
IDEAL BEACON / BACKUP LIGHT

LR35R
MAX OUTPUT 10,000LM
POCKET SIZED RECHARGEABLE SEARCHLIGHT
500 METER MAX RANGE
80 HOUR MAX RUNTIME (ECO MODE)
SUPPLIED WITH 2 X 4000P BATTERIES
USB-C CHARGING WITH CABLE SUPPLIED
HOLSTER INCLUDED
SUITED FOR SEARCHING LARGE AREAS

THE BEST LIGHTS AT SPECIAL RESCUE TEAM PRICES
LASER ENGRAVING SERVICE AVAILABLE

MyFenix
myfenix.co.uk sales@myfenix.co.uk 02921 157162

the final send away

DR IEUAN JONES
OVMRO

The well-known doctor at the former C&A Hospital in Bangor and Ysbyty Gwynedd, and a former member of the Ogwen Valley team, passed away in May. **Chris Lloyd** looks back over his involvement in the casualty care training of mountain rescue team members, over many years.

Ieuan Jones was an only child, born in Llanelli, South Wales in 1935. His interest in climbing started on the Gower and this eventually took him to the Alps and Himalayas a few years later.

Having trained and qualified as a medical doctor at Guy's Hospital, London in 1959, he specialised in orthopaedic trauma. The post in the Accident and Emergency department at the old Caernarfonshire and Anglesey (C&A) hospital which he took in 1960 was ideal for him: plenty of trauma and mountains on the doorstep. He furthered his trauma experience by working for the National Coal Board at the coal mines of Mansfield. This enabled him to return to the C&A in 1966, but this time as senior accident officer.



He joined Ogwen Valley Mountain Rescue Organisation in 1966 and greatly assisted with major trauma on the mountain. He realised the need for specialised First Aid for mountaineering and developed such a course. This was endorsed and certificated by St John Ambulance Brigade. It was taught to all the RAF mountain rescue teams and to many civilian teams in England and Wales, starting with Ogwen. The course was renowned for its introduction: two hours of the most gory slides/photographs! Many of these were taken when the

casualty was brought to him following their accident on the mountains. Photograph first: treatment to follow.

Ieuan's courses became well known beyond the mountaineering fraternity. He gave a lecture in London to a large audience titled 'Preventing an accident becoming a tragedy'. It was his aim that better training for those on the mountains, and therefore better care for the casualty, would have a better outcome at hospital. Apart from the treatment on the mountain, it was the good observation and recording injuries that helped the staff at hospital.

Ieuan's skills were welcomed by the Territorial Army (TA) and this took him to see active service in the Gulf wars.

The renowned Welsh 1000-metre Peaks Race was one of his inspirations and he was also involved with the annual Yr Wyddfa (Snowdon) race. And in his free time, he enjoyed the more leisurely pace of building garden walls.

His forethought and inspiration to develop training for casualty care for mountain rescue teams was the foundation for the professional standards now offered by the volunteers of mountain rescue teams countrywide. 🐾

SEARCH DOG CLUANIE LLANBERIS



Llanberis and SARDA Wales team members paid tribute to their valued, four-legged team member in May. Cluanie had served with the team from 2009 until 2020 and was much loved by everyone who met her. Search dog handler **Helen Howe** recalls and celebrates the life of her soulmate and constant companion, Search Dog Cluanie.

From the minute Joy Grindrod informed me that my pup had been born, to Sue Jones picking out a pup from her litter for me, it was a match made in heaven. After a quiet, unassuming second search dog, I had stated that I didn't want an 'in-your-face dog'. And what did I get? An in-your-face dog, with a larger-than-life personality who loved everyone. We fell in love over a cup of coffee with Cluanie trying to drink mine as a six-week-old pup — although her tastes as an adult turned to Yorkshire tea (where she intimidated Steve for his cuppa with the one-thousand-yard stare) — and that was it. My soulmate and constant companion.

As a pup, she was often out of control, being a high-drive dog, and any thoughts of training her as a search dog had to be put on hold until she finally calmed down at twelve months old. From then on there was no looking back. She was a remarkable dog. At the time, I was working crazy hours and we were lucky to train once a month. To Cluanie, that was not a problem. Once she had done something, it was in her. No need for the usual repetitions of run outs needed in the early days of most search dogs. I have never had a dog before who naturally searched areas without seeing bodies go out to hide. Her first ever search area was three bodies in a 20-minute area. Cluanie had been held back until the end as she was on heat, and we didn't want her disrupting the scent in the area for any of the male dogs. But she headed out and found her first body and the minute I told her to 'Away find' again, she was off.

The only downside was that I had trained under SARDA England originally and was never assessed in lowland areas. This is a much more itty-bitty style of searching and relies on controlling the dog much more. As a big ranger, Cluanie was certainly not keen on being held back! In the debrief, I was told that I had passed, but they had expected a better performance from a graded handler. A bitter-sweet pass. I cried on Cluanie in the car.

From then on, Cluanie went from strength to strength. She passed her mountain assessments with flying colours and had her first mountain call-out on Cader Idris the evening after grading.

I have many amazing and happy memories of working Cluanie. She was a total and utter natural who seemed to have the ability to mind read. I often would be walking through a search area, thinking to myself that I needed to bring her back round to search a certain section of an area, only to see her appear, as if she had heard me, and proceed to search it for herself. She was a loud indicator, and many a trainee dog handler (and even graded handler) remarked that they wished their dog indicated as loudly and persistently as Cluanie did. Off-days were extremely unusual, and as such I can only remember two days when she didn't work well for me in her training. She also regraded twice scoring tens in one area and regrading at the age of eleven.

Cluanie had ten finds across her career. Two were life-saving finds of despondents in the quarries around the area. Her first find, sadly was a successful suicide, but she brought closure to the family which is still such an important part of the job.

Meanwhile, as a family pet, Cluanie ran the mountains of Scotland with her family, being there with me when I finished my Munros, and joining us on open boat trips and camping trips.

By ten, Cluanie had developed spondylosis of the spine, and I was worried we would lose her within a few months because her back legs were so weak. With physio and medication, she overcame this problem and continued to work as a search dog. She had her last find at twelve and a half, and on her thirteenth birthday I made the decision to retire her as by now arthritic toes were causing issues.

Cluanie still continued a fulfilled and happy life with us. And as she grew older and her back legs grew weaker, we took her out, including into the hills in a buggy so she could be with us and still enjoy our company in the wilds. Four weeks before she died, she was out in the glens far from roads!

Cluanie will be sadly missed. I feel that she was my equal and having seen the many comments on Facebook in tribute to her, I know she made a massive mark on so many people's lives. Rest in peace, gorgeous girl, until we meet again. Gone but never ever forgotten. 🐾

Helen and Cluanie © David Higgs.



TROUSERS *For every rescue*

Whether you're heading out on a call or preparing for a training day, we've got you covered with a wide range of legwear. From fully waterproof salopettes to durable 4-way stretch trousers, we have the perfect gear for you.



"The best pair of operational trousers I have ever owned"



keelaoutdoors.com

Proud to support and manufacture clothing and accessories, used by Rescue teams and other emergency services across the world. Contact us: sales@keela.co.uk



NEWS ROUND

APRIL > JUNE

JUNE: LEDGE PREVENTS 'LUCKY' CLIMBER FROM FURTHER FALL

A woman on top of Bleaberry Fell reported her partner missing after waiting a considerable time and after a number of attempts at phoning him. It transpired she had been expecting him to join her after solo climbing Ashness Gill, a Grade Three scramble, above Ashness Bridge.

Keswick team members focused their search on the gill and quickly located the man. He had fallen an unknown distance sustaining an injury to his head, and various other injuries but, amazingly, he had landed or slid onto a small ledge which prevented him falling down another large drop. A rope rescue was arranged to extract him from the gill and, after pain relief, warming and treatment to his injuries, he was stretchered to an open area whence the Coastguard winched him for an airlift to Carlisle hospital.

Left: Rescue from Ashness Gill © Keswick MRT.



JUNE: TRAINING FOR THE HUNG CLIMBER

Northumberland team members spent an evening at Pegswood Fire Station trying out some rope techniques recently learned by one of their members during their search and rescue helicopter winchman training.

Techniques included a ten-point self and buddy check, the ABC approach (anchor, belay and climber) for a 'hung up' climber on a crag and the Five Cs (cast, connect, confirm, climb and cut) for rescuing the hung climber.

Right: Hanging out with dummies © NNPMRT.



© Edale MRT.



JUNE: TRAINING FOR GLIDER CRASH

Edale team members spent an evening with Derbyshire and Lancashire Gliding Club, up at Camphill on 'Glider, Motor Glider and Light Aircraft Aircrew Extraction Training'. They were joined for what proved an 'excellent session' by crew members from Blue Watch, Rivelin Station, South Yorkshire Fire and Rescue Service in ongoing training collaboration.



UP TO **8** HOURS MONITORING OR **200** SHOCKS AT MAXIMUM ENERGY LEVEL

All-weather dependability, -20°C - +55°C



corpuls aed

Five year battery life and automatic self-testing guarantees reliability.

IP66 **1.9kg**

LEASING OPTIONS AVAILABLE

corpuls¹
An extremely compact but fully fledged defibrillator/patient monitor. Emergency Backpack available. **2.2kg** Basic equipment incl. battery IP55



www.theortusgroup.com
E: hello@ortus.co.uk
T: +44 (0)845 4594705



JUNE: COCKERMOUTH TEAM CELEBRATES SEVENTY YEARS

Team members celebrated their seventieth anniversary with an open day at the team's base, a black tie dinner at the local Hundlith Hill hotel, overlooking the picturesque Lorton Valley and the inevitable call-out, in Lorton Gully.

Visitors enjoyed tours of the base, rigging demos, family climbing activities and ice cream on tap, along with the chance to chat to team members human, canine and skeletal. Things were disrupted when the call-out came in, just as the day was getting going, to help a scrambler who'd fallen in the bottom of Lorton Gully — so the control room was temporarily off-limits. Thankfully, Keswick team and the Coastguard helicopter were on hand to help out.

Then it was all change from the blue anniversary tees to black DJs, with guests including many founder members, guests from the other Lakes teams, and the team members, supporters and fundraisers past and present who keep the team going.

Richard Hammond made an appearance, slipping neatly into 'Top Gear' mode for his after-dinner musings about the idiosyncratic Land Rover and his long-held love of the local hills. And Bill Bailey, whose dog Tiger was rescued some years ago by team members, after going rogue on Haystacks, made a surprise appearance by video link from a place 'so sleepy it makes Low Lorton feel like Vegas!' Both have been regular visitors to the Buttermere area for many years and great supporters of the team.

Seems only yesterday we reported the team's sixtieth anniversary here in the magazine — so here's to the forthcoming eightieth!!

Opposite: Team members celebrated their anniversary with an open day and black tie dinner © Nick Lumb/Cockermouth MRT. **Inset:** The first garage and Bedford ambulance, with Eric Hargreaves, Jack Jackson, Antony Rigby, Peter Chandler, Dennis Graves and Dave Towers © Cockermouth MRT. **Below:** Incident in Lorton Gully © Cockermouth MRT.



NEWS ROUND

APRIL > JUNE



MAY: DERBY TEAM URGENTLY PUSHES THEIR NEW BASE APPEAL

The team's current base is an old garage, prone to flooding, with limited space for vehicles and kit, no training or meeting room or hub for gathering to debrief and de-stress after call-outs.

The team has raised £407K to date, purchased some land and obtained planning permission to build a purpose-built base that will meet all the team's needs. To complete the project, they need a further £300K. 'Eleven million people visit the Peak District every year,' says team chairman Pat Parsons. 'If we can reach 60,000 of these people and each of them donates just £5, the team can build its new base and continue to fulfil its vision as a leading search and rescue team in the community.'

Top: Artist's impression of the new base. The triangular shape of the corner of the building is the silhouette of Thorpe Cloud, the team's most frequented call-out location! © Derby MRT.

JUNE: DUDDON & FURNESS HOLD FIRST MEETING AT THEIR 'NEW BASE'

After several years of fundraising, the team acquired a piece of land on which their new base will be built, having spent the last twenty or so years in rented units.



Above: Outdoor meetings © Duddon & Furness MRT.



SARDA Ireland

SARDA Ireland is dedicated to the training and deployment of air scenting search and rescue dogs. Their objective is to assist in the search and rescue of missing persons on the hills and uplands, or wherever they may be tasked nationally. SARDA Ireland was set up in 1987 as a registered charity and is a member of Mountain Rescue Ireland and the National Search and Rescue Dog Association (NSARDA). In May, members of Mountain Rescue Search Dogs England (MRSDE) travelled to County Wicklow, Ireland to collaborate in their assessment weekend. **Audrey McNicholas** reports.

On Friday 19th and Saturday 20th of May, SARDA Ireland held an assessment weekend for four of our dog teams in Laragh, County Wicklow. Three of the teams were being assessed at novice (new) grade and one dog team was assessed at senior (upgrade) level.

We welcomed five external assessors from the UK for the weekend. These comprised Stuart Kenny, Roly Leyland and Dave Marsh from NSARDA — the umbrella organisation representing search dog associations in the UK, Isle of Man and Ireland which holds the standards by which search dogs are trained and qualified — and Ian Thompson and Dave Warden from Mountain Rescue Search Dogs England (MRSDE), an organisation which has been training dogs to find vulnerable missing people in the wild and remote places of the UK since 1971. We also had three internal assessors in Gerry Tobin, Michael Grant and Louise Burgoyne.

On Friday morning, we set up two areas for the teams to search, with several volunteers tasked to hide in various locations in each area. We were lucky with the weather as it stayed dry with a light breeze. It warmed up in the afternoon. Whilst our assessors set up the areas, the dog teams waited at a different location and were contacted when it was their turn to undertake their search. Each team had two searches per day with time limits of approximately two hours for each area. Day one went well and all dog handlers were debriefed at the end of the day.

Day two started bright and early and again the weather held up for us, in that it was dry and warm with a slight breeze. With the debriefs fresh in their minds from the previous night, the dog handlers took the

information on board and implemented it during their searches. As you can imagine, it was a tough day, both physically and mentally challenging.

By the end of the day with all handlers through another two areas, the assessors held a debrief amongst themselves. They discussed each team in depth and collated the test scores.

We were delighted as one by one each team came out from their individual debrief with a huge smile on their faces and confirmation that they had passed. Their achievements are only possible because of the hard work, dedication and support of the entire SARDA Ireland team, their families and Mountain Rescue Ireland teams.

These teams have worked tirelessly for the past three years to be ready for this weekend. In addition to locally organised training, SARDA Ireland hold national training weekends every five or six weeks in various locations in Ireland. This gives our training officer Gerry Tobin the opportunity to see all the dog teams work and ensure they are training to the high standards set by all SARDA teams and MRSDE.

The four dog teams that qualified this weekend are based in Tipperary and all are women. Two teams are members of the South Eastern Mountain Rescue Association (SEMRA). They are Winnie Flynn and Helen Connolly. Winnie Flynn and her dog Flame have now upgraded to become a fully qualified Mountain Rescue Search Dog team. Helen Connolly and Rosie are now a Novice Search Dog team. Angela Houlihan and Sly are now a Novice Search dog team.

Our last handler and our youngest

member Ali Tobin has become the youngest person to qualify an air scenting dog in SARDA Ireland at the age of nineteen. To the knowledge of our UK assessors, she may also be the youngest person in the whole of Ireland and the UK to have qualified at such a young age. Ali Tobin and Dayzi are now a Novice Search dog team.



© SARDA Ireland.

These teams have now joined our call-out list and will be deployed to incidents looking for missing people. We now have eleven teams active on the list. We wish them luck for the future.

SARDA Ireland would like to extend our gratitude to the external assessors for taking the time to attend this weekend. We'd also like to thank our volunteers who bodied this weekend. Without these people giving their time to go and hide on the hills, it would be impossible for us to train our dogs. Email joinus@sardaireland.com for more information on being a volunteer.

To our team who worked hard all weekend organising accommodation, food, people, rotas etc, well done and thank you for a successful weekend. ☺



Raising funds for rescue

APRIL: PENRITH'S 'GOOD READ FOR THE TRAIN' RAISES THOUSANDS

Penrith railway station's charity bookshelf recently passed the £8,000 milestone in funds raised for the Penrith team. Located in the booking hall, the bookshelf was established in 2015 and offers rail customers a selection of used books in exchange for a small donation. As a token of their appreciation for hosting this valuable fundraiser, the team presented staff at the station with a carved wooden plaque.

'We're proud to support the Penrith team,' says Mark Green, Avanti West Coast station manager at Penrith. 'They are an integral part of the local community — looking out for the thousands of visitors that explore this beautiful part of the world. The charity bookshelf has helped to raise vital funds and just goes to show that a small donation can make a big difference. We would like to thank our customers and the community for joining us to show our appreciation for the great work the mountain rescue team does every day of the year.'

Laura Nightingale of the team's Friends Group initiated the bookshelf. 'There are so many people involved in making this happen — everyone who donates books, the staff who ensure that it is well-stocked and keep an eye on the donations box and, of course, everyone who goes through the station and uses it.'

Peter King, team leader said the team was 'incredibly grateful for the support of the staff at the station in making this such a successful, long-running fundraiser for us. It's a win-win: passengers choose a good read, and their donations help us to continue to serve whoever gets into difficulty in our patch — whatever the time of day, and whatever the conditions'.

Donations of paperback fiction for the bookshelf are always welcome, and can be handed to station staff at the information desk in the booking hall.

Top: Penrith team members with Avanti West Coast station staff. Photo © Avanti West Coast.

NEWS ROUND

APRIL > JUNE

JUNE: MICKLEDORE STRETCHER BOX RANSACKED

A disposable barbecue and other rubbish were also left in the area. The metal container, on the flanks of Scafell Pike, contained rescue equipment and is clearly marked with a mountain rescue logo.

The box was ransacked over the late May bank holiday weekend, and left with some kit missing and other contents strewn around the fell and left open to the elements. Wasdale team members went up to sort out the mess and ensure the remaining kit is in working order. They also added some simple signage to the box to help point hikers in the right direction in bad weather. The box is three hours' walk from the nearest road.

'We made a decision recently, in consultation with the Lake District National Park Authority and the National Trust, to add some signage to the box,' says Penny Kirby. 'Roughly 60% of Wasdale's call-outs are on Scafell Pike and around 60% of those are for lost or missing walkers. Anything we can do to help them self-rescue is worth a try.'

Below & right: New signage on the Mickledore stretcher box; debris scattered around the ransacked box © LDSAMRA.



THE LOWA PROFESSIONAL LINE: QUALITY AND SAFETY

Since 1923, shoemakers LOWA have manufactured excellent products and strived for perfect fit, quality, function and innovation, the cornerstones of our company philosophy and the foundation of our success. You can place your trust in these values. We are 100% 'made in Europe'. We know the value in good craftsmanship, comprehensive know-how and commitment to quality as well as in highly flexible production processes. As an outdoor brand, at home in the mountains, we know that safety and reliability are precious in the mountains. Which is why we have equipped top athletes for their expeditions for a very long time. These decades of experience have been built directly into the LOWA professional line. Our 'Task Force' collection is now the 'Professional' collection, perfectly suitable to different surfaces, climates and terrains. For real work situations, comfort and fit are deciding factors — and quality is of vital importance. Several of our products have become real classics, such as our ZEPHYR model, which enjoys an outstanding reputation beyond military circles. We are offering **15% discount for Mountain Rescue team members.**

E: SALES@TASKFORCEDISTRIBUTION.CO.UK
T: +44 (0)1752 344355 W: LOWAMILITARYBOOTS.COM

LOWA
simply more...

John and Jordan
MOUNTAIN LEADERS

Prized to support



TOGETHER WE CLIMB

SNOW + ROCK

20% discount In-store and online for Mountain Rescue volunteers.
Code: AF-MTNRESCUE-V2
Expires 31.12.2023. T&Cs online.

We're passionate about helping fellow explorers enjoy the outdoors responsibly, with the right gear and experts by their side.

That includes Mountain Rescue who play a vital role in our safety. Which is why we're offering a 20% discount to all Mountain Rescue volunteers in-store.

Thank you for helping us adventure safely.

Make the right choice with our in-store experts.



APRIL: FELL CLUB DONATE £1,000 TO TEAM

The Esk Valley Fell Club donated the cash before the start of their Guisborough Moors Fell Race. The cheque was presented to team member Sid Bollands by Clive Thornton (Esk Valley Fell Club) and Bob Lillie (Scarborough Athletic Club), two men who have raised a very significant amount of money for the team over the years via the races that they organise. A total of 158 runners took part, with the first one completing the distance in 86 minutes!

NEWS ROUND

APRIL > JUNE

Raising funds for rescue

MAY: CRAGFAST COUPLE RESCUED AFTER MARRIAGE PROPOSAL ON HEART-SHAPED ROCK

Keswick team members were alerted shortly after 11.00 pm one Sunday, when a walker noticed distress signals coming from the flanks of Glaramara, in the form of light flashes and whistle sounds in an area with poor mobile coverage.

A search dog and handler were first on scene and walked up the side of Hind Gill where the signals had been detected. Other team members approached with casualty care medical bag, shelter and some basic rigging equipment, not knowing exactly what they were going to. The couple were found by the search dog in the deep steep-sided gully, unable to get out. A team member descended on a rope into the gully to help attach harnesses and helmets before the pair were able to climb out with the safety of a rope from above. Once they were safely out of the gully, the full story emerged. After climbing Scafell Pike via the Corridor Route the pair had returned by another route and were given instructions by a passerby on the best way to return to Seathwaite. Somewhere on the descent, by a heart-shaped rock, the man proposed to his partner who happily accepted. They continued down, but took a wrong turn and ended up towards Glaramara. Realising they needed to be down in the valley they attempted to descend Hind Gill.

Coincidentally, the informant (on holiday in the area) was also the informant on a previous call-out in April, on a previous visit. On that occasion he had descended to Seathwaite Farm to report that his wife, in her 80s, was suffering from severe cramp on the descent of Sourmilk Gill while undertaking the Coast to Coast Walk. She had fallen and suffered an open fracture of her elbow, along with a shoulder injury and was becoming very cold. She was airlifted to hospital by a Coastguard helicopter from Prestwick.



Right: Cragfast couple rescued from heart-shaped rock
© Keswick MRT.



INTRODUCING THE STRATOSTAR

Introducing the StratoStar 115,000 lumen portable tower light, the latest British-engineered professional light from NightSearcher, the UK's leading expert on sustainable lighting and power. The four multi-directional LED light heads, supplied in a protective case so easy to transport, are IP65 waterproof rated with built-in cable wrapping system for tidy storage, can be adjusted 360 degrees horizontally or angled so the light is in one direction. Ideal for lighting rescue scenes, as big as half a football pitch. The rechargeable lithium-ion power pack programmable display can be set to run the light for up to 48 hours, using 4 light modes. The light can also operate on AC mains 110-240V and by the new NightSearcher GenZero range of battery powered generators for extended runtimes. Quick and easy to set up; extendable tripod legs/spirit level help with uneven ground and the hand-winch safely raises to over 4m.

CONTACT US FOR MORE DETAILS:
E: SALES@NIGHTSEARCHER.CO.UK
T: 023 92389774 W: NIGHTSEARCHER.CO.UK



the final send away

SARAH ANDERSON
OLDHAM



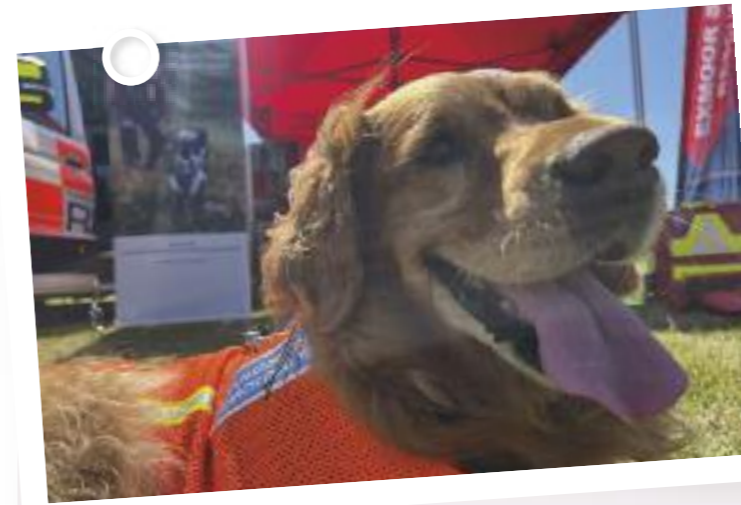
It was with a heavy heart that Oldham team members marked the passing of their former long-serving team member Sarah Anderson in April, paying tribute to her through their social media.

Sarah joined the rescue team in 1995 and rapidly became a skilled and useful team member. With her hill fitness, amazing navigational skills and good medical capabilities she was an asset to the team. When we introduced our 'Rocks Off' awards at the team Christmas party, Sarah was the recipient of the Sartorial Elegance Award, mainly due to the wallet stuffed in the back pocket of her Ron Hill leggings which looked more like a giant wart. Sarah was always more about function than elegance!

She took advantage of the team trips to Scotland — winter trips to learn the skills on snow and ice, and early summer trips to Assynt and Sutherland to enjoy the remote hills and spectacular coastline. It only helped to increase her love of wild and remote places. In 2011 she was one of a small group of team members who made a week-long trip to the Swiss Alps where her fluent German was a useful asset.

She left the team in 2012 to explore other opportunities,

eventually forming her own gardening business, but kept in touch with a number of team members and continued to walk, backpack and explore the outdoors. Diagnosed with breast cancer in late 2021, it had spread to her liver and she was released from The Christie in February 2022 after chemo, with only a short life expectancy. With her typical determination she fought her way back to fitness, getting back to hillwalking and doing a zipwire in North Wales with her partner during the summer as well as a variety of trips for holidays in the hills and on the coasts. The cancer in the liver started growing again towards the end of 2022 and she was rushed into The Christie in March after the new chemo failed to have any effect. She married her partner, Kathleen, at the end of March while in the hospital and sadly died the following week. Our thoughts go out to Kathleen and all of Sarah's loved ones at this impossible time. Rest well Sarah. Always on the hill. 🏔️



JUNE: NOT YOUR USUAL SUNDAY

As summer arrives, there are often clashes in diaries between essential fundraising events and regular team training. **Derrick Reid** reports from what turned into a busy Sunday for the Exmoor Search and Rescue Team.

A small delegation, supported by Search Dog Lottie (above), had taken our incident control vehicle and public engagement stand to a local vintage rally. Needless to say Lottie was the major attraction.

Our other vehicles were being used for non-exemption blue-light driver training. Ten team members had a morning of training on changes related to Section 19, vehicle inspections and familiarisation of the various emergency lighting and siren systems across our fleet. Due to our geographic spread of team members and vehicles, drivers are often more familiar with one or two of our vehicles. Our fleet comprises our incident control vehicle (VW Crafter), a stretcher-carrying ambulance (VW Transporter), a multi-purpose four-wheel drive (a Toyota Hilux) and our newly commissioned water rescue unit (a Land Rover 130, see right), each of which has its own drive characteristics. The afternoon was planned to be a round robin of peer-to-peer reviewed blue-light drives, with each driver getting the opportunity to drive each of the vehicles across a range of driving conditions. The afternoon started well with dry roads, blue skies and stunning views across Exmoor National Park and the north Devon coast. Route choices provided opportunities to drive on narrow country lanes, major A-roads and through built-up areas using the emergency lighting and sirens appropriately.

However, as one of the vehicles was heading to the second change-over location, a highly recommended ice-cream shop, they observed a person curled up on the pavement. The unresponsive casualty was assessed and treated by a team paramedic and cascarers whilst privacy provided by a group shelter. During the short wait for an ambulance, we were notified of a possible search on Exmoor. The incident control vehicle, having just completed the rally event, was retasked to the search rendezvous, and the team called out.

With our casualty now in the hands of the ambulance service and kit stowed back in vehicles, we were about to depart when a community first responder approached to ask if we had been tasked to assist with a seriously injured child in the park directly opposite our original casualty. Our paramedics and casualty carers worked alongside the community first responder, the ambulance crew and BASICS doctor to stabilise the casualty and extricate the casualty to the awaiting ambulance.

Following a hot debrief and a quick sandwich, the team headed to the ongoing search for a high-risk missing person on Exmoor. Search teams had already cleared initial search areas in uncomfortably hot conditions when our blue-light drivers arrived from the previous jobs, to be informed of a new rendezvous point due to forthcoming information. Thankfully, as we reassembled, news came through that the missing person had been found by the police helicopter and was now in their protection. By the time the vehicles had been refuelled and returned to their respective bases, some team members had been operational for in excess of three hours.

NEWS ROUND

APRIL > JUNE



JUNE: BESPOKE WATER VEHICLE ADDED TO EXMOOR FLEET

The development of the team's water rescue capability and the need for additional water rescue kit to be at hand, prompted the need for a new vehicle with a greater payload, a larger storage area and extra seating for team members.

The bespoke Land Rover Defender 130 High-Capacity Pickup (HCPU), replaces the previous Defender 110 and has been purpose-built to meet the long-term needs of the team. It will provide a platform for both routine search and rescue deployments and water-specific incidents, across their own operational area, the south west and also nationally during large-scale multi-agency flood responses. Ex94's first operational deployment was alongside the team's water section as part of their deployment to the multi-agency flood response in East Somerset in May. As all teams know, the conversion of a stock vehicle to a specialist mountain rescue response vehicle is a lengthy process and the team is exceptionally grateful for the support, guidance and expertise offer by James from 4x4Adventures. They have also been generously supported by a large number of sponsors, donors and suppliers.



APRIL: NORTH YORKSHIRE TEAMS GRANTED THE 'FREEDOM OF CRAVEN'

The major changes in local government in some counties saw seven district and borough councils merged with the county council to form a new, unitary North Yorkshire Council.

To mark its passing, Craven District Council, headquartered in Skipton, conferred on the Cave Rescue Organisation and the Upper Wharfedale Fell Rescue Association the Freedom of Craven District 'in recognition of their distinguished and eminent service rendered to the District'. Scrolls to mark this Freedom were presented at a special, final council meeting on 30 March.

Left: Joanne Wulf (CRO Personnel Officer), Andrew Reeves (CRO Assistant Controller), Peter Huff (President, UWFRA).



APRIL: ITV'S COAST TO COUNTRY STAR HANGS OUT WITH CENTRAL BEACONS



ITV's Sean Fletcher gets a taste of mountain rescue © CBMRT.

Patterdale team member Chris was awarded the Inspiring Eden Award for his bravery and selflessness in serving his community.

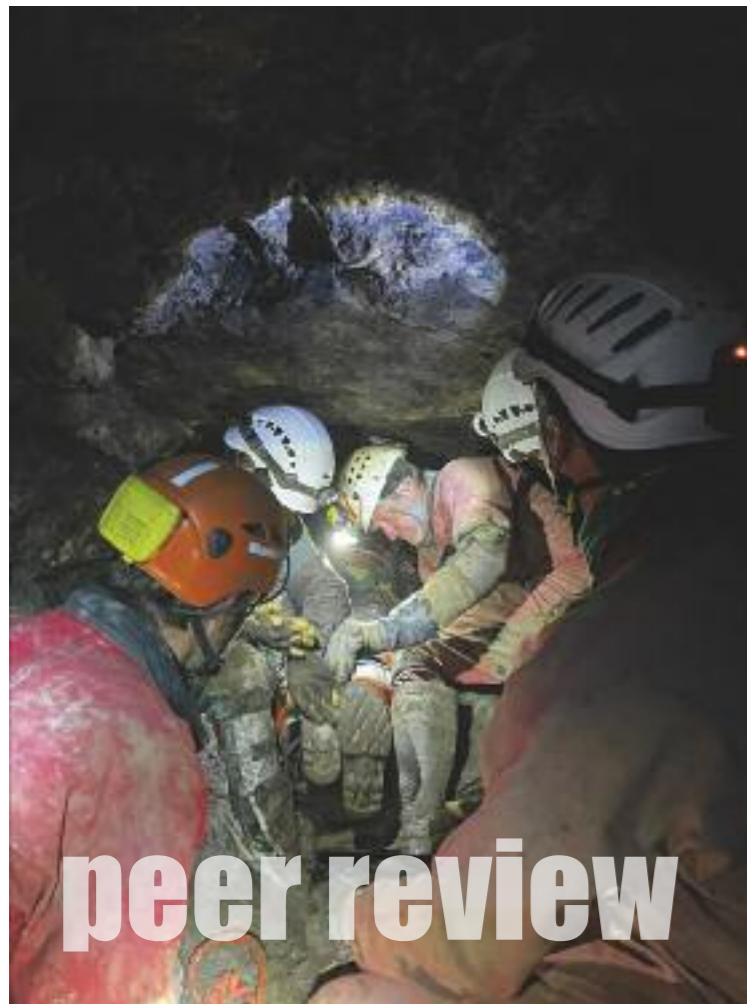
Presented by former Eden District Council chairman Douglas Banks, the award has been given to a select few exceptional individuals in the area who have made an inspiring impact. Chris sustained life-changing injuries while responding to a call-out, resulting in him being wheelchair-bound and needing significant support for the rest of his life. Despite his injuries, he remains an inspiration to his fellow volunteers and the wider community.

'It's a great honour,' he said. 'I feel that this is as much an award for the team as it is for me. A huge thanks to my wife too, who has seen me through it all: my recovery and getting fit again.'

Left: Chris Lewis with Douglas Banks. Image: Cumberland and Westmorland Herald.



APRIL: CHRIS LEWIS GIVEN AWARD FOR BRAVERY



peer review



SWALEDALE MRT AND MOURNE MRT ENJOY TEAM TO TEAM EXCHANGE

TIM CAIN MBE, CHAIRMAN SWALEDALE MRT AND MREW PEER REVIEW LEAD

MREW and Mountain Rescue Ireland (MRI) are peer organisations, their members doing the same things but separated geographically. This separation leads to diverse evolution which presents potential learning opportunities.

Taking advantage of this opportunity and acting on experience gained from peer review exchanges, Swaledale team (affiliated to both MREW and BCRC) and the Mourne team (MRI) have recently completed leg one of a 'Team to Team' exchange programme.

A team of six Mourne members travelled from their base in Newcastle in County Down to Swaledale in North Yorkshire, to embed themselves for a weekend of exchanging ideas and working together. Swaledale will be sending a return team to visit Mourne later in the year.

On arrival on the Friday, the Mourne team members were met by their hosts and settled into their bunkhouse accommodation. An initial briefing was then conducted — in the pub, of course — outlining the plan for the weekend. The idea was that the Mourne folk would be completely embedded alongside their Swaledale peers, training together and, if it came to it, taking part in any call-out.

Saturday started with an initial briefing at our base in Catterick Garrison, followed by an equipment familiarisation where our guests had the chance to try out kit, see different practices and procedures, and discuss similarities.

This was followed by lunch, interrupted by an exercise call-out to a rescue scenario designed to showcase Swaledale's water rescue, cascade and rope rescue capabilities. Saturday evening saw both teams getting together in a social setting to enjoy great craic, swapping more than one rescue story.

Sunday saw a joint response to a missing caver. Duly kitted out in borrowed cave rescue PPE, all the Mourne exchange team volunteered to assist underground in an old mine, mentored by their Swaledale hosts. Having all safely returned to the surface they bade their farewells and headed off to catch their ferry home. The real call-out came just one hour after they departed!

Having forged some great friendships, Swaledale team is now looking forward to the return trip. Working alongside our MRI peers has proved to be an excellent opportunity to learn from each other. The diversity and similarities between MREW and MRI make for empowering conversations and mutual growth.

To find out more or to take part in the peer review process, email Tim via peer.review@mountain.rescue.org.uk.

Images supplied by Tim Cain.

NEWS ROUND

APRIL > JUNE



APRIL: NORTHUMBERLAND TEAM SAYS HUGE THANKS TO RUNNER SAM

Sam ran the Mini Great North Run and raised an impressive £300 for the team! In April, team leader Iain Nixon, gave Sam a tour of one of the emergency vehicles at the team's base in Rothbury, where he also had the chance to learn about some of the vital emergency equipment. A big thanks to Sam (and his mum) for their support. Well done Sam!

Raising funds for rescue

APRIL: ANNUAL WHALEBONES WALK RAISES FUNDS FOR CLEVELAND TEAM

The event raised £3,340 from entry fees and sponsorship with 127 taking part in the 22-mile walk (some running it). The walk, which begins at the Whitby Whalebones and follows the coastal paths of the Cleveland Way to the finish in Marske-by-the-sea, has raised an impressive £100,000+ for the team since it was first held in 1993.



ACTION PACKED ADVENTURES **Llangorse**
 Indoor & Outdoor Activities in the Brecon Beacons!
 Rock Climbing • Horse Riding • Sky Trek • Challenge Course • and more!
 0333 600 20 20
www.activityuk.com

TO ADVERTISE IN MOUNTAIN RESCUE MAGAZINE:

CALL: CAROLINE DAVENPORT: 07726 933337

OR EMAIL: caroline@media-solution.co.uk

Lily and Andrew
IN-STORE EXPERTS

Part of our



TOGETHER WE HIKE

COTSWOLD
outdoor

20% discount in-store and online for
Mountain Rescue volunteers.
Code: AF-MTNRESCUE-V2
Expires 31.12.2023. T&Cs online.

We're passionate about helping fellow explorers enjoy the outdoors responsibly,
with the right kit and experts by their side.

That includes Mountain Rescue who play a vital role in our safety. Which is why
we're offering a 20% discount to all Mountain Rescue volunteers in-store.

Thank you for helping us adventure safely.

Make the right choice with our in-store experts.



MARCH: LLANBERIS TEAM GO TO AID OF CLIMBERS IN SLATE QUARRY

Team members were called to assist a party of three who'd set out to explore the Dinorwig slate quarries. They'd made their way to a quarry hole known as Sinc Galed (climbers know locally as California), with no set plan in mind, and decided to scramble to the top of the Eastern wall of the quarry hole up towards Pen Garret.

This is an area of the quarry that even experienced rock climbers have avoided, described as both 'hideous' and 'harrowing'. While attempting to ascend the wall, two members of the party became stuck on an unstable ledge around 35 metres from the top of the cliff and wisely decided to call for help. Twelve team members were deployed to the top of the cliff in the Pen Garret area. From there, a single team member was lowered on a rope to the casualties' location to secure them on the ledge. The team then set up an 'Artificial High Directional' tripod and two-line hauling system at the top of the cliff. From there the team member and both stuck party members were hauled safely to the top in three separate lifts.

The incident offered the opportunity to reinforce important safety messages, with the team asking followers on social media to 'please be kind and refrain from criticism. The people involved were out for an adventure, like many of us have been, and lessons have been learned.' The busiest team in England and Wales, Llanberis team members train to operate safely in almost any mountain environment, but 'there are many hidden dangers in the slate quarries that they can't always account for. Such unseen hazards can pose a considerable risk to rescuers or emergency services personnel called to assist persons in difficulty in these areas'.



NEWS ROUND

APRIL > JUNE

APRIL: TV PRESENTER AND BRECON TEAM AMBASSADOR COMPLETES 49K ENDURANCE WALK

Kate Humble took part in the team's iconic Black Dragon in April, helping raise the profile of the annual fundraising event and the team in the process.

Kate, who lives in the Wye Valley, regularly goes walking in the Brecon Beacons, had announced her intention to take up the challenge in March. 'I am delighted to support Brecon Mountain Rescue Team and take part in this fantastic fundraising walk,' she said. 'It's an opportunity for people to challenge themselves, and enjoy the glorious environment of the Black Mountains, whilst also raising money for a wonderful and vital cause.'

It's not the first time Kate has walked a distance. In 2021, she fulfilled an ambition to walk the entire Beacons Way, from West Wales back to Abergavenny. 'As well as walking the well-known routes, I'm also lucky to have experienced some of the more remote parts of the Brecon Beacons and I love it,' she added.



The one-day hill walking challenge offers a choice of routes of varying difficulty. The most challenging (the 'Endurance') follows a 30-mile route reaching the highest points of the Black Mountains. The 26-mile 'Standard' follows a similar route, excluding a descent to Grwyne Fawr. The 'Ridge Route', a 'mere' nineteen miles, avoids the summits of Myndd Troed and Myndd Llangorse. Participants can also opt to be led by Brecon team members on this route. Well done Kate!

Left: Brecon team member Rob Williams with Kate Humble after her walk © Brecon MRT.

Raising funds for rescue



MAY: HEBRIDES TEAM OFFICIALLY OPEN THEIR NEW BASE

Team members shared the occasion with their funders, supporters and fellow Western Isles emergency services. And Dave 'Heavy' Whalley officially opened the base, by cutting the rope with a 'hot knife'.

Using the most innovative techniques in design and development, with the added knowledge and experience of all things mountain, we produce the best clothing for harsh environments with minimal environmental impact.

PFC FREE

Dannah
www.dannah.uk.com

Mountain Recreation

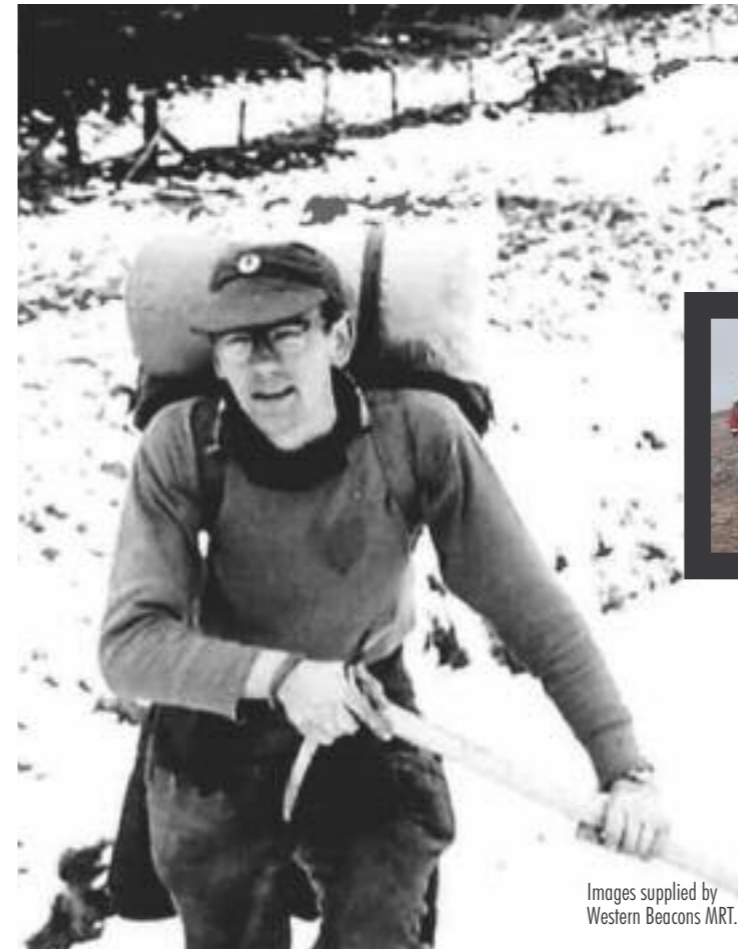
Norway Ice Climbing
Winter Skills Scotland
ML, BCI and CWI
Navigation Skills Training
Rock Climbing and Scrambling
Alpine Walking and Trekking

Mike Margeson
mike@mountainrecreation.co.uk

active
first aid training

CANINE FIRST AID

EMERGENCY CARE FOR YOUR DOG IN THE REMOTE LOCATION
www.activefirstaid.co.uk



Images supplied by Western Beacons MRT.

NEWS ROUND

APRIL > JUNE



MAY: TEAM MEMBERS PAY TRIBUTE TO MIKE RUDALL FORTY YEARS AFTER TRAGEDY

On Monday 1 May, Western Beacons team held a memorial walk up Pen y Fan, followed by a wreath laying at the memorial stone at the national park visitors centre, to remember forty years since their then leader was fatally injured during the rescue of a group of scouts. **Will Oliver** reports on the tribute.

In May 1983, the then Bridgend team (now Western Beacons) lost their team leader to a tragic accident. In weather conditions described as 'atrocious, with strong winds and snow falling', a group of Venture Scouts had lost their way descending Pen y Fan, the highest mountain in South Wales and wandered onto the dangerously steep north east face. One of them became separated from the rest and fell, breaking his leg. Mike Rudall had ventured out to treat the lad, when a fall of rock crashed down the face. Instinctively shielding the injured scout with his own body, Mike took the force of the fall and lost his life. A memorial stone to Mike – who was also known as 'Nog' – can be seen at the Bannau Brycheiniog National Park Visitor Centre at Libanus near Brecon.

Mike's family very kindly agreed that any memorial donations in memory of Mike be made to us as a team. It's too early to tell exactly how much the event raised, but we are extremely grateful to the family, who continue to support our work.

Forty years after the tragedy, team members hosted a memorial walk in Mike's memory. One of the scouts rescued that day joined us for the walk, and some of Mike's family joined us in the afternoon to lay a wreath and his brother shared some words of support written by Mike's daughter, who now lives in Australia. It's really important to us as a team to make sure we remember the ultimate sacrifice Mike made and remind ourselves of the seriousness of the risks we sometimes have to take, and to honour that history.



NightSearcher New StratoStar

115,000 LUMENS • MULTI-DIRECTIONAL TOWER LIGHT

Rechargeable or AC mains powered

- Adjustable runtime 3-48 hours
- Light modes: High, medium, low and dimmable
- 360° lighting or adjusted to one direction
- Quick and easy to setup
- Protective head carry case and tripod bag for transporting the light head, tripod and battery pack
- 4m hand winch tripod with extendable tripod leg for use on uneven ground
- IP65 Waterproof rated, robust, high-impact housing
- 1540Wh Life Po4 lithium battery
- LCD battery status indicators

Lights up half a football pitch

New GENZERO

zero emissions - MAXIMUM POWER

Battery Powered Generators - Replacing Conventional Petrol/Diesel Generators

3 Models Available 110V or 230V	GenZero 1800W 3000Wh Battery Capacity	GenZero 500W 500Wh Battery Capacity	GenZero 800W 2000Wh Battery Capacity
------------------------------------	--	--	---

- Safe and reliable power supply
- Lithium-ion rechargeable battery
- Quick set up, easy to transport and operate
- Recharges in 8 hours
- Battery status indicator
- Pure Sine Wave output
- Robust protective cases, IP65 models available
- Ideal for Industrial and recreational applications

RECHARGES FROM AC - SOLAR PANEL - VEHICLE

For more details please contact our sales team:
sales@nightsearcher.co.uk
+44 (0)23 9238 8774
www.nightsearcher.co.uk

SEE THE PELI 9050 LED ON DISPLAY AT ESS STAND L174

The Peli™ 9050 LED is an ideal search and rescue light which can be powered by a flexible battery system that can run on Li-ion battery packs, AA Alkaline or AA NiMH cells. The quick-change battery system provides continuous lighting via rechargeable 7.4V Lithium Ion battery packs, or up to 16 AA Ni-MH/Alkaline batteries. With an IP67 rating this waterproof utility light has an output of up to 3369 lumens and a choice of Spot, Flood, or Spot and Flood combined, without the need for diffusers or attachments. Designed to stand on end, it features a 112.5° tilting head to angle the beam exactly where required. A sure grip handle provides a comfortable and non-slip grip with an extra large space to accommodate gloved hands. With a battery level indicator, the Peli 9050 has rear taillights with a dedicated switch and adjustable colours (Green, Blue, Red).



T: +44 (0)1457 869999 W: ELIPRODUCTS.CO.UK



Discussing the potential benefits of ultrasound for mountain rescue operations

AEBHRIC O'KELLY

Ultrasound has emerged as a valuable diagnostic tool in prehospital care, offering numerous benefits to doctors and healthcare providers working in remote, austere, and resource-limited environments. Use of ultrasound allows prehospital providers to quickly assess casualties and make accurate assessments at the scene, to visualise internal structures in real time, aiding in detecting trauma and medical conditions such as massive internal haemorrhage, pneumothorax and cardiac abnormalities. It provides a visual guide for prehospital procedures such as vascular access, nerve blocks, needle decompression and finger thoracostomies and reduced complications¹. Prehospital ultrasound is feasible and improves patient management in trauma, breathing difficulties and cardiac arrest.

Modern handheld ultrasound devices are compact, lightweight and easily transportable, making them ideal for prehospital settings. Rescue providers can carry them in their medical kits, enabling quick assessments

With the ability to rapidly diagnose and intervene, ultrasound can improve outcomes in prehospital care. Prompt identification of life-threatening conditions and accurate treatment initiation at the scene can significantly reduce morbidity and mortality rates. Ultrasound enables prehospital providers to communicate effectively with hospital-based physicians and specialists by sharing ultrasound images and findings remotely, and they can receive real-time guidance and consult on the best course of action, ensuring seamless care transitions and optimal patient management.

Therefore, ultrasound has become an invaluable tool for prehospital responders, providing rapid and accurate diagnoses, guiding procedures, enhancing triage and decision-making, improving patient outcomes and facilitating effective communication with hospital teams.

ULTRASOUND TRAINING

The systematic review from Botker (2018) showed the use of ultrasound in austere and prehospital care. It examines point-of-care ultrasound in an austere and prehospital environment focusing on improving critical care outcomes. The authors systematically reviewed existing literature and found POCUS a valuable tool for prehospital care providers to identify and treat critical conditions, such as trauma, cardiac arrest, ICP, and pulmonary oedema. The article also discusses the potential challenges and limitations of POCUS use in the prehospital setting, including limited training opportunities and equipment availability.

The authors highlight several critical benefits of POCUS use in prehospital care, including faster diagnosis and treatment of essential conditions, reduced need for additional imaging, and improved patient outcomes. The article also emphasises the importance of appropriate training and education for prehospital care providers to ensure safe and effective POCUS use. The authors suggest that POCUS should be integrated into prehospital care protocols and that ongoing education and training should be provided to ensure optimal use.

Overall, this article highlights the potential benefits of POCUS use in prehospital care and emphasises the need for further research and education in this area. The authors suggest that POCUS can be a valuable tool for improving critical care outcomes in prehospital settings and that healthcare providers should collaborate to develop effective POCUS protocols and training programs. By integrating POCUS into prehospital care, healthcare providers can enhance their ability to diagnose and treat critical conditions and improve patient outcomes.

Get ultrasound training and experience. Take an ultrasound course specifically focused on using the device in austere environments. Most of the ultrasound courses I have attended have lovely €40k machines that are amazing. We just don't have access to that in an austere environment. Find an ultrasound course designed explicitly for prehospital providers, such as the Austere and Prehospital Ultrasound course from the College of Remote and Offshore Medicine Foundation². There is also a three-day ultrasound course from Remote Area Risk International³ in Plas y Brenin National Outdoor Centre in Wales.

MAKING THE CASE FOR PREHOSPITAL ULTRASOUND

- Not everyone benefits from ultrasound, but they do benefit from strong assessment skills by the rescuer. In an article published earlier this year looking at rescues in the North Shore Mountains in Vancouver, Canada⁴ over a fifteen-year period, the authors found 906 accident casualties with a median age of 35. Sixty-five per cent of casualties were men and 41% had no traumatic injuries, whilst 54% had trauma. The top three body regions where trauma occurs were in the lower limb (52%), head (18%), and torso (12%) — all of which could benefit from prehospital ultrasound. For casualties who presented with non-traumatic conditions, the top three causes were mental health crises (25%), exposure (25%), and cardiovascular incidents (11%).

- A Scottish mountain rescue casualty study published in 2003⁵ found that the top twenty medical issues seen in mountain rescue included fractures, sprains and strains, dislocations, head injuries, spinal injuries, lacerations and puncture wounds, hypothermia, dehydration, frostbite, exhaustion and fatigue, altitude sickness, soft tissue injuries, drowning, burns, eye injuries, cardiac events, respiratory distress, animal bites or stings, allergic reactions, and heat-related illnesses. Of these top twenty medical issues seen by mountain rescue, half of them can be assessed by ultrasound, which can help with the injury's assessment, diagnosis, and urgency.

- Fractures, sprains and strains can be assessed with ultrasound. It is possible to visualise the injury to evaluate whether there is a fracture or just a sprain. This outcome is profoundly beneficial because the casualty could put weight on their injury and walk out with assistance compared to a litter casualty requiring a minimum of sixteen rescue personnel to evacuate the casualty or the risks of helicopter evacuation.

- When dislocations can be assessed with ultrasound, it is possible to visualise the head of the humerus. When a patient presents with a dislocation, there are assessment parameters such as asking them to touch their non-injured shoulder.

Someone with a non-fractured dislocation will not be able to do that. But ultrasound can give the rescuer one more tool to assess the suspected dislocated joint.

- Head injuries can also be assessed with an ultrasound. Head injuries that cause an increase in intracranial pressure can be assessed by using ultrasound to look into the back of the eye and measure the optical nerve sheath. Any measurement over 5mm indicates increased cerebral pressure and, therefore, a possible head injury.

- Additionally, dehydration can be assessed with ultrasound by measuring the inferior vena cava. A collapsed IVC may indicate dehydration or shock.

- Altitude sickness can be assessed using ultrasound. High Altitude Cerebral Oedema can be evaluated by measuring the optic nerve sheath to determine the ICP. High Altitude Pulmonary Oedema can be evaluated by looking for fluid in the lungs.

- Soft tissue injuries can be assessed with ultrasound by looking for torn ligaments.

- Eye injuries can be assessed with ultrasound by looking at the lens. One can also look into the middle of the eye for any foreign bodies. And the back of the eye can be assessed for any damage.

- Cardiac events can be assessed by ultrasound. The rescuer can look at all four chambers of the heart for abnormalities. The aorta can be viewed to evaluate for aneurysm.

- Respiratory distress can be assessed with ultrasound by looking at the lung movement against the rib cage. Also, fluid in the lungs can be seen, which could be one of the causes of respiratory distress.

CONCLUSION

The introduction of ultrasound assessment for mountain rescue represents a significant advancement. By providing the necessary



Images © Aebhric O'Kelly.

and interventions even in challenging environments or during transport. Ultrasound aids in triaging patients by providing real-time information on the severity of injuries or medical conditions. It assists prehospital doctors in making critical decisions regarding patient disposition, transport priority, and appropriate destination for definitive care.

knowledge and skills, ultrasound can empower mountain rescue teams to utilise ultrasound effectively, leading to improved diagnostic accuracy, streamlined decision-making, and enhanced patient care in challenging and time-sensitive remote, austere and prehospital environments. 🗺️

REFERENCES

¹ Botker MT, Jacobsen L, Rudolph SS, Knudsen L. The role of point of care ultrasound in prehospital critical care: a systematic review. *Scand J Trauma Resusc Emerg Med.* 2018 Jun 26;26(1):51. doi: 10.1186/s13049-018-0518-x. PMID: 29940990; PMCID: PMC6019293.

² <https://corom.edu.mt>

³ <https://www.r2rinternational.com>

⁴ Collins D, Crickmer M, Brolly K, Abrams D, Ritchie A, Milsom W. Epidemiology of Emergency Medical Search and Rescue in the North Shore Mountains of Vancouver, Canada, from 1995 to 2020. *Wilderness Environ Med.* 2023 Mar;34(1):55-62. doi: 10.1016/j.wem.2022.11.004. Epub 2023 Jan 28. PMID: 36710126.

⁵ Hearn S. The Scottish mountain rescue casualty study. *Emerg Med J.* 2003 May;20(3):281-4. doi: 10.1136/emj.20.3.281. PMID: 12748155; PMCID: PMC1726101.



AEBHRIC O'KELLY IS A FORMER US ARMY GREEN BERET, WILDERNESS PSYCHOLOGIST AND BOARD-CERTIFIED CRITICAL CARE PARAMEDIC. HE IS DEAN EMERITUS FOR THE COLLEGE OF REMOTE AND OFFSHORE MEDICINE FOUNDATION, WHICH OFFERS MEDICAL EDUCATION PROGRAMMES FOR THE REMOTE, AUSTRERE AND OFFSHORE INDUSTRIES. AEBHRIC CREATED THE TROPICAL MEDICINE WEEK FOR THE NATO SPECIAL OPERATIONS COMBAT MEDIC COURSE IN PFULLENDORF, GERMANY AND TAUGHT THE BATTLEFIELD ADVANCED TRAUMA LIFE SUPPORT (BATLS) FOR THE MOD.

GET QUALIFIED IN SAFETY AND RESCUE



PLAS Y BRENNIN
NATIONAL OUTDOOR CENTRE



At Plas y Brenin, our expert instructors offer accredited safety and rescue courses, delivering professional training across a range of disciplines; including rope rescue, emergency first aid courses for the outdoors and first aid at work. Learn and practice first aid, safety and rescue in real environments, such as cliffs, sea, swift water and mountainsides. Gain the skills to operate safely outdoors with our REC and Rescue 3 accredited courses.

Our conference facilities and accommodation also give the perfect space for all your conference, AGM and self-run courses. Get in touch at info@pyb.co.uk.

BOOK NOW



<https://pyb.co.uk/first-aid-and-rescue/>

WWW.PYB.CO.UK




NEWS ROUND APRIL > JUNE

APRIL: SCARBOROUGH TEAM IN MULTI-AGENCY EX AT NORTH YORKSHIRE WATER PARK

Fifteen team members deployed on the exercise, helping deal with reports of fourteen or so individuals, allegedly missing in and around the water park lakes. The missing people had been attending an illicit barbecue which had taken part while the park was closed. Things had gone wrong and the situation had got out of hand resulting in many casualties suffering from multiple realistic injuries and many who were also under the influence of alcohol. 'Great #JESIP collaboration and learning while team members deployed, searched for, found and dealt with all the casualties. Pleased to say no one was actually injured (or arrested!), however, nominations for Oscars have been submitted! Great to get to work with the statutory emergency services and be given the opportunity to demonstrate our varied skills.'



"Comfortable, durable and completely reliable. Best socks ever, thank you."
Deb Patten



LITTLE THINGS MATTER

- UK's leading Technical Outdoor sock brand
- Tested around the world
- Supporting UK Mountain Rescue
- Cushioning in the right places giving warmth and protection
- Ventilation allows your feet to breathe
- All day comfort

Bridgedale
LITTLE THINGS MATTER
www.bridgedale.com

www.lycra.com
LYCRA DRY TECHNOLOGY

1000 miles

XL75

INTRODUCING

OUR MOST VERSATILE SLIMLINE LIGHTBAR YET

At just 46mm high, the XL75 super slim lightbar delivers a sleek, modular design without compromising on the functions you would expect from Haztec.



HAZTEC
GLOBAL WARNING

THE EMERGENCY SERVICES SHOW
NEC | BIRMINGHAM
18-20 SEPTEMBER 2023
Come see us at stand A112

5 YEAR WARRANTY

R10 R65 CLASS 2 R65 CLASS 3 R63 CLASS 3

- Lengths from 628 to 1873mm (24 to 74")
- High output LED modules with purpose-designed optics and collimators
- UNECE R65 Class 2 certified in single, dual or tri colour amber, blue or red combinations*
- Interlocking watertight compartments for additional strength and rigidity with minimal wind noise
- Clear or coloured polycarbonate lenses and top mouldings
- Optional front and/or rear LED programmable multi-message sign
- Optional high power slimline speakers

*Green or white LEDs also available

Haztec International Ltd • +44 (0)113 202 9115 • sales@haztec.uk • www.haztec.uk



MAY: INJURED AND EXHAUSTED DOG STRETCHERED OFF HILL

The exhausted dog was refusing to move while on a return walk to Langdale, having also climbed Scafell Pike, so its owners asked for support from mountain rescue.

Cumbria Police originally allocated the job to the Wasdale team due to the mention of Scafell Pike, then reallocated the job to Langdale Ambleside after a PhoneFind fix identified the casualty location as being on the Langdale side of Esk Hause. Having already had a very busy day, with multiple call-outs, the team passed it on to Keswick as it was on the edge of their patch.

Keswick team members approached from Seathwaite Farm and climbed towards Esk Hause via Grains Gill. Meanwhile, the dog owners, who were starting to feel the cold, were encouraged to try to descend towards the approaching team, eventually meeting high up Grains Gill. The casualty was made comfortable in a casbag on the stretcher and sledged/carried back to Seathwaite Farm.

'Despite being quite a large dog at 33kg it was a joy to carry such a relatively lightweight casualty. The casualty remained cool, calm and positively regal throughout!'



APRIL: DOG RESCUED FROM LEDGE AT KINDER DOWNFALL

Kinder team members helped a dog walker whose dog had become stuck on the ledge. Having spent three hours trying to retrieve the dog herself, she had called for help.

A fast party headed out to locate the woman and her dog, and assess the situation. The weather was poor and the dog's owner was extremely cold. She may not have survived the night without the team's intervention. After careful assessment of the situation, a full rope rescue was implemented, which involved carrying a significant amount of kit to the Downfall and rigging it. Happily, the stuck dog was reunited with her owner and another three dogs and walked down to safety. Team members retreated to bed at around 03:00 am after what turned into an 'epic seven-hour call-out'.

NEWS ROUND

APRIL > JUNE

JUNE: JOINT SWIFTWATER TRAINING WITH FIRE AND RESCUE SERVICE

Northumberland National Park team members joined colleagues from Northumberland Fire and Rescue Service (NFRS) at Pinkston Watersports Park, in Glasgow, to do their Vehicle in Water Rescue training.

The training took place over the course of several weeks with all the team's water-trained personnel taking part. From using different wading techniques to using a tethered boat/sled and technical rope systems, both teams worked together during the training to develop their skills. The team expressed their thanks 'to all the instructors from NFRS, who continue to provide the level of training we need to be able to respond safely to incidents in and around the waters in our region'.

Below: Vehicle in Water training with Northumberland Fire Service © Karl Wait/NNPMRT.





SUMMER ADVICE FROM PDSA & SHAUNA WALSH VETERINARY NURSE

Things you should ALWAYS take with you when out and about with your pet

With summer holidays fast approaching, there are a few precautions all pet owners should take to make sure every outing is as safe as paw-sible.

Research conducted by leading vet charity PDSA found that 80% of owners don't own a pet first aid kit and nine out of ten owners have no pet first aid training. Yet these could be crucial in case of an emergency.

Just as we have our own first aid kits, pet owners should have one with the items needed to treat smaller injuries. This is especially important if you plan on taking your furry family member out and about with you this summer. If you are taking any road trips with your pet, it can be helpful to keep a second one in the car too.

Every first aid kit should include bandages, cotton wool, self-adhesive tape and dressings which will come in handy for cuts and scrapes and allow you to treat them effectively. If your pet's wound is small, carrying wound wash to help you flush the area can be helpful, as clean water might not be available when you're out and about. However, if the cut is bigger, having these items with you in an emergency can help to stem any bleeding while you seek further treatment from a vet.

In the summer we see a rise in ticks in the UK, so including a pair of tick tweezers in your first aid kit could be useful. To ensure you remove the whole tick, grasp the tick as close to the skin's surface as possible then pull up with a steady, even pressure. If you twist or jerk the tick, it is possible for parts to break off under your pet's skin. If you think this has happened, it is best to seek advice from a vet.

Stings and bites from insects, such as bees and wasps, are commonplace over the warmer months. Most bites and stings can be treated at home, providing they're not severe or haven't triggered an allergic reaction. In the case of bee stings, you may also try to pull the sting out with tweezers — but never try to squeeze it as it could make things worse. You can apply a cold compress to soothe the area.

If your pet does show signs of an allergic reaction such as swelling or a rash, I'd recommend calling your vet for advice. Your furry friend may need medication to make sure their reaction doesn't get worse and to keep them comfortable.

Of course, make sure to assess every situation and do take your pet to see a vet even after doing first aid at home. Having these items available can help mitigate many emergencies and bridge the gap of time before you can get to a vet.

Suggested contents for your pet first aid kit should include:

- Bandages
- Blunt-ended scissors
- Wound wash
- Cotton wool
- Tweezers
- Tick tweezers
- Wound dressing
- Self-adhesive tape
- Dressings
- Vinyl gloves
- Foil blanket
- Antiseptic wipes
- A blanket or towel to use as a stretcher.

To help pet owners who may be unfamiliar with pet first aid, PDSA has created a free first aid guide, packed with advice on how to treat most common injuries and illnesses, from heatstroke and burns to cuts and scrapes. To download, visit: pdsa.org.uk/pr-free-first-aid-guide.

HEAD TO THE MREW ONLINE SHOP TO BUY ADVENTURE MEDICAL KITS DOG SERIES MEDICAL KIT TRAIL DOG PLUS A RANGE OF OUTDOOR PRODUCTS FOR YOU TOO AND SUPPORT MREW AT THE SAME TIME



SHOP.MOUNTAIN.RESCUE.ORG.UK/COLLECTIONS/PET

the final send away

ROD KELLY 'BODY ROD'



Mountain Rescue Search Dogs England said a fond thank you and goodbye to Body Rod, who was a regular dogsbody on the MRSDE training courses for over thirty years.

Rod had attended hundreds of dog training sessions and also served as booking officer for the search dog training courses for many years, earning himself an honorary life membership in the process.



Above: Rod on the left with fellow bodies and handlers.



APRIL: SO... HOW MANY SIRENS CAN YOU SOUND AT ONCE?

Cleveland MRT attended the inaugural 'Siren Fest' at Ingleby Manor School on Teesside where a large crowd gathered on a glorious sunny day. All the local emergency services were there to display vehicles and equipment and talk about their work. For most of the children, however, the main purpose of the day was to see how many sirens they could activate at the same time. Gate receipts were later shared between various charities with Cleveland receiving £450.



Raising funds for rescue

NEWS ROUND

APRIL > JUNE

MAY: FAMILIARISATION DAY WITH YORKSHIRE AMBULANCE SERVICE

Swaledale held their second familiarisation day with Yorkshire Ambulance Service (YAS), at their base in Catterick Garrison. Ten paramedics and technicians attended a five-hour CPD session arranged by the team's medical officer and trainee YAS paramedic Jason Brunson (second from the left, below).

The aim of the session was to increase awareness in the ambulance service of the capabilities of mountain rescue, and to strengthen working relationships. The visitors were briefed on the SMRT area and roles, had the opportunity to see and handle equipment, and to work through a typical scenario where the team and YAS might find themselves acting interdependently. The over-arching feedback was that the ambulance personnel hadn't realised the breadth of skills and competencies of a mountain rescue team. The effectiveness of the session was demonstrated soon after, when some of the YAS crew who'd attended found themselves working alongside the team, dealing with a seriously injured walker: 'Oh hello, we meet again!'

Below: Swaledale team members with YAS personnel © SMRT.



MAY: GUIDES CHECK OUT MOUNTAIN RESCUE KIT IN LAKES

The brilliant Broughton Guides paid a visit to the Duddon and Furness base to meet team members and find out more about mountain rescue. They completed a search, and a stretcher rescue, hauled the team's heavy kit around, and asked some great questions including 'How old do you have to be to join?' New recruits for the future maybe?





NEXT GENERATION HYBRID LIGHTING

9050 UTILITY LIGHT



THE EMERGENCY SERVICES SHOW
NEC | BIRMINGHAM | 19-20 SEPTEMBER 2023

STAND L174
01457 869999
PELIPRODUCTS.CO.UK



MAY: EDALE FILM CAMEO

The team made their cameo appearance in a fictional film, made by villagers.

The Oscar-winning plot, we're told, involves the dare-devil village vicar having a mishap at the village school with the team called to assist in the evacuation. Release is anticipated to be 2024 so watch this space...

Left: The dare-devil vicar meets a grisly mishap © Edale MRT.



APRIL: MULTI-TEAM EFFORT TO FIND OVERDUE CAVING GROUP

Six cavers were reported overdue on a trip from Lancaster Hole to County Pot, having gone underground at 11.30 am, and expected out by 7.30 pm. As another party had seen them, well on their way, earlier in the day, the search was concentrated towards County Pot.

Cave Rescue Organisation (CRO) called in support from members of their 'extended cavers' list', alongside caving members of Upper Wharfedale and Swaledale teams and COMRU. With no one found, the Lancaster Hole entrance was checked, in case they had been unable to find their way forward and had returned over their now-familiar route. With this initial check drawing no results, a new party was preparing to go into the cave system from Lancaster Hole when a phone call reported that two of the missing cavers had emerged from Lancaster Hole, shortly followed by another one, with the remaining three in need of hauling up the 33m entrance pitch. This done, mispers and rescuers returned to Bull Pot Farm by 5.15 am.

Above: Search and rescue operation at Lancaster Pot © CRO.

NEWS ROUND
APRIL > JUNE



© LDSAMRA.

MAY: FACIAL INJURY AND DENTISTRY TRAINING ORGANISED FOR LAKES TEAMS' MEDICAL PERSONNEL

Medical officers and other healthcare professionals from the Lakes teams attended a facial injury and dentistry training evening, organised following a spate of facial bleeding injuries experienced by some teams.

The evening was delivered by Burj of Expedition Dentistry and included how to identify and splint jaw fractures, deal with soft tissue injuries around the face and scalp and some basic emergency dentistry techniques. This was an informative and hands-on session that will ultimately benefit casualties suffering from traumatic injuries.



MREW team

 CHIEF EXECUTIVE OFFICER & TRUSTEE: MIKE PARK MBE Cockermouth E: CEO@	 FINANCE DIRECTOR & TRUSTEE: PENNY BROCKMAN Central Beacons E: financedirector@	
 OPERATIONS DIRECTOR & TRUSTEE: MIKE MARGESON E: opsdirector@ Duddon & Furness	 MEDICAL DIRECTOR & TRUSTEE: ALISTAIR MORRIS E: medicaldirector@ Calder Valley	
 TRAINING OFFICER: PHIL RIDLEY Kinder E: trainingofficer@	 PRESS OFFICER: ANDY SIMPSON Rossendale & Penale E: media@	 ICT DIRECTOR : MARK LEWIS Western Beacons E: ictdirector@
 VEHICLES OFFICER: SIMON THRESHER Calder Valley E: vehicleofficer@	 WELLBEING OFFICER: JON WHITE North Dartmoor E: wellbeing.officer@	 EQUIPMENT OFFICER : PAUL SMITH Oldham E: equipmentofficer@
 WATER OFFICER: WILL OLIVER Western Beacons E: waterofficer@	 STATISTICS OFFICER: PAUL BRAIN Bolton E: statisticsofficer@	 DRONES OFFICER : BRENDAN O'NEILL Derby E: dronesofficer@

MREW office team


JULIAN WALDEN
CAMERON WALDEN
& **EMMA COLLIER**
E: office@



president/vice president

 PRESIDENT: RAY GRIFFITHS Patterdale E: president@	 VICE PRESIDENT : PETER DYMOND E: peter.dymond@
---	--







MREW trustees

CHAIR OF TRUSTEES: MATT DOOLEY E: matt.dooley@ Glossop MRT	INTERNAL TRUSTEES PHIL BENBOW E: phil.benbow@
MIKE PARK (CEO) PENNY BROCKMAN (FINANCIAL) MIKE MARGESON (OPS) ALISTAIR MORRIS (MEDICAL)	INDEPENDENT TRUSTEES VICTORIA PICKLES victoriapickles@

MREW ambassadors

 PAT PARSONS	 ALAN HINKES
--	---

Rescue Benevolent Fund trustees

 CHAIRMAN/TRUSTEE: NEIL WOODHEAD E: chairman@	 SECRETARY/TRUSTEE: JUDY WHITESIDE E: secretary@	 TREASURER/TRUSTEE: SHIRLEY PRIESTLEY E: treasurer@
 TRUSTEE: BILL WHITEHOUSE E: bill@	 TRUSTEE: BRENDAN SLOAN E: brendan@	 TRUSTEE: HUWBIRRELL E: huw@

Rescue Benevolent Fund ambassadors

KEITH GILLIES (MID PENNINE), CARL FAULKNER (NORTH EAST), BECKY ASHCROFT (NORTH WALES), ROB JONES (PEAK DISTRICT), ROGER KING (PENMACRA), BOB SCURR (YORKSHIRE DALES), CHRIS JONES (CAVE RESCUE)

supporting mountain and cave team members



Find us at rescuebenevolent.fund
To donate, go to rescuebenevolent.fund and click 'Donate'



MREW specialist advisers (non elected)

 EDITOR: JUDY WHITESIDE E: editor@	 PR & MEDIA SUPPORT: SALLY SEED E: PR@	 PEER REVIEW: TIM CAIN Swaledale MRT E: peer.review@
--	--	---

specialist advisers (elected)

 LIAISON OFFICER: MIKE FRANCE Woodhead MRT E: mike.france@	 SAR-H LEAD: NIGEL HARLING Patterdale MRT E: SAR-H.lead@
---	---

TO ADVERTISE IN MOUNTAIN RESCUE MAGAZINE: CALL CAROLINE DAVENPORT: 07726 933337 E: caroline@media-solution.co.uk

who?

British Cave Rescue @caverescue.org.uk

 CHAIRMAN: PETER DENNIS E: chairman@	 VICE CHAIRMAN: BILL WHITEHOUSE E: vicechair@	 ASSISTANT CHAIR: GARY MITCHELL E: assistantchair@
TREASURER & INFO: ROGER KING E: treasurer@ informationofficer@	 MEDICAL OFFICER: BRENDAN SLOAN E: medical@	 SECRETARY: EMMA PORTER E: secretary@
 EQUIPMENT: MIKE CLAYTON E: equipment@	 LEGAL: TOBY HAMNETT E: legal@	 COMMS: TONY HAIGH E: communications@
 TRAINING OFFICER: JIM DAVIS E: training@	 DIVING: CHRIS JEWELL E: diving@	

Scottish Mountain Rescue @scottishmountainrescue.org

 CHAIRMAN: BILL GLENNIE Tweed Valley E: chair@	 VICE CHAIRMAN: DONALD MACRAE Dundonnell E: vicechair@	 SECRETARY: IAIN BRYDON Tweed Valley & SARDA Southern Scotland E: secretary@
 TREASURER: MOIRA WEATHERSTONE Arrochar & SARDA Scotland E: treasurer@	 DEVELOPMENT & INFRASTRUCTURE: YASMIN HARROWER E: yasmin@	 HEAD OF DEVELOPMENT: ELSIE RILEY E: elsie@

Mountain Rescue Ireland @mountainrescue.ie

 CHAIRMAN: JONATHAN SHIELDS North West E: chair@	 SECRETARY: KENNY ROBERTS Dublin Wicklow MRT E: secretary@	 TREASURER: EVA MARIE O'BRIEN Dublin Wicklow E: treasurer@
--	--	---



JOIN THE PÁRAMO MOUNTAIN PRO SCHEME & GET 20% OFF CLOTHING

If you are an operational Mountain Rescue or Lowland Rescue team member you can apply to join Páramo's Mountain Pro Scheme and get 20% off Páramo clothing plus a host of other benefits. Membership applies to you as an individual, so you can change team and still retain your membership.



HOW DO I JOIN?

Search for 'Páramo Pro Scheme' online or scan this QR code. Terms apply.

www.paramo-clothing.com

TESTED TRUSTED CHOSEN

 LEDLENSER

NEW

THE ULTIMATE SEARCHLIGHT ENGINEERED TO PERFECTION

XP30R



BREATHTAKING
LIGHT OUTPUT UP TO:

32,000 lm

WITH UP TO

2000 m

Light range in
Boost mode

Get hands on with the XP30R at The Emergency Services Show, **STAND F162**
For more information email sales@ledlenser.co.uk or call 01344 876222

www.ledlenser.co.uk