

Town Clerk | Swaffham Town Council

From: Mandy Moore <mandy@nars.org.uk>
Sent: 30 September 2018 20:20
To: Town Clerk | Swaffham Town Council
Subject: Norfolk Accident Rescue Service
Attachments: NARS Leaflet 2 (1).jpg

Dear Richard

Swaffham Town Council

I am writing on behalf of the Norfolk Accident Rescue Service, a charity which, as you may know, provides emergency medical care to people who have suffered traumatic or life-threatening injuries or serious medical conditions, such as cardiac arrest. NARS provides this service throughout Norfolk and all of our Critical Care Paramedics and Doctors provide their services voluntarily in their spare time. I understand from previous contact with the Parish Council that you do not make donations to local charities but I would still like to offer you an update on this very worthwhile charity.

We are delighted to announce that we have just launched our brand new response vehicle to replace our ageing Audi estate car (Medic 22) – which is now nearly 10 years old and has over 90,000 miles on the clock. This represents a great step forward for NARS. It will increase our capability and ensure that we will have a reliable, fast and capable Critical Care Unit available for the next 7 years at least. The Audi will be relegated to secondary duties, but will remain fully equipped and in service. The capital purchase of the new vehicle has been made possible by way of a generous legacy, but it is vital that we keep “running funds” coming in. We will continue to garage our vehicle in Dereham, located at the geographical centre of Norfolk and very well placed to access the A47, A11 and other main routes. In addition to this our individual responders have standardised, up to date, equipment and their own cars are equipped with blue lights and sirens to enable them to respond directly from home.

During the last year, we have successfully fund-raised for, and have purchased, an six Lucas automatic CPR machines, together with two advanced monitor/defibrillators. This life-saving equipment helps to make a great difference at the scene of cardiac arrests – our biggest single category of call.

Last years NARS medics responded to 593 calls, 466 of these were for patients who required critical care. These calls were to places all over Norfolk – on major roads, places of work and in tiny villages. These figures alone demonstrate the value of maintaining the NARS service. Indeed, there are many people alive in Norfolk today, who quite literally, owe their lives to NARS personal.

For some time, NARS have recognised that it can only continue to deliver effective Critical Care services in Norfolk, if we have an adequate number of highly trained responders. We are running an ambitious training programme, which will eventually result in an additional 15 Critical Care paramedics to help the people of Norfolk. It is vital that we raise additional funds to support this programme.

NARS has recently moved into its new permanent headquarters in Dereham. The new premises will function as an operational base for the response vehicles as well as offices and crew facilities. Most importantly, it will be developed as an advanced training centre to provide first aid training for the public and clinical training for our own team.

The building will still require significant further investment to adapt and equip it as required, this will take some time , but this represents a significant step in consolidating the future of the charity and its ability to deliver life-saving services.

NARS receives no funding from the NHS or the Ambulance Trust, so we rely entirely upon donations from councils, individuals and businesses to maintain this vital service.

We are also working in conjunction with Simper Law to offer a free will writing service, for more on this please look on our website. Please pass this information on to your parishioners.

Whilst writing , please note that we are very happy to come and talk to clubs, societies, workplace groups and schools.

We are always looking for additional volunteers who are willing to give up a day or two a year to help man our stand at a fete or show to help raise awareness of our organisation., or for people who would be prepared to organise their own fundraising events on our behalf (ie: raffle, sponsored walk, bake sale).

We would love more people to become involved in our very worthwhile work and look forward to hearing from you if you feel that this is something your local residents would be interested in doing. Please bear in mind that you do not need any specialist knowledge to help us just plenty of enthusiasm. Your commitment to us can be as small or as large as you would like it to be. We are very grateful for any help that we receive. Please feel free to pass this information on to someone who you feel may be interested, maybe a local resident, employer, work colleague, friend or relative.

Please do not hesitate to contact me if you are able to help us in any way or if I can provide you with any further information, take the time to look at our new website www.nars.org.uk where you will find much more interesting information about our charity together with details details of all of our first aid training courses.

Kind regards

Mandy Moore
NARS Administrator
07508 712145
www.nars.org.uk





GRATEFUL: Critical Care Paramedic Barry Hart played a key part in saving Samantha Connor's life when she was involved in a serious crash in Haddiscoe in December. Samantha and Barry meet for the first time since the accident. Photos: IAN HARTMAN

Crash victim reunited with life-saving medic

By **LYNN CROMBIE**
lynn.crombie@bbjournal.co.uk

A woman who was critically injured in a car crash in a Norfolk village has been reunited with the paramedic who helped save her life.

Samantha Connor, 26, was driving home to Aylsham along Thorpe Road in Haddiscoe on December 3 last year when her car left the road and hit a tree.

Norfolk Accident Rescue Service (NARS) was called to the scene along with ambulance crews, police and two fire crews who cut Miss Connor from the car.

Critical care paramedic Barry Hart, who is a paramedic at Stratton Road Circuit, was among those at the scene and played a key part in saving Miss Connor's life.

The radiology technician at The James Paget Hospital in Gorleston can recall little about the night of the crash: "I had finished work and called my fiancée as I was walking in the car park, and that's the last I remember before going to hospital."

Miss Connor had a ruptured spleen, which was removed, her lower femur was shattered into five pieces and she suffered head and neck injuries, including a laceration down the side of her neck.

After weeks in hospital recovering, she is now undergoing physiotherapy



REUNITED: The pair had plenty to talk about.

to strengthen her leg and has much to say about tracking down the team who attended to her at the crash site.

The exact cause of the crash is not known but it is thought Miss Connor may have veered to avoid an animal in the road.

She said: "I was back at work and went to find the A&E team that was on that night and then I was told it was Barry from the NARS team - I hadn't heard of them before which is shocking."

"But I needed to meet Barry,

because he saved my life."

The surprisingly little-known NARS organisation receives no government or health service funding but provides expert medical help at the scene of road crashes and other emergencies.

The doctors and paramedics who volunteer receive specialist training to provide trauma care and can administer drugs at the scene of a crash or cardiac arrest which is vital during the critical moments of an incident.

Mr Hart has been a member of NARS since 1991 and has responded to more than 1,300 calls in that time.

He said of the call to attend to Miss Connor: "I got a call to say somebody was trapped with potentially life-threatening injuries and could I attend."

"When I got there, the paramedics had quite rightly got her out of the car because of her injuries."

"As well as the broken leg, my concern was the laceration in her neck which was quite extensive."

"I noticed that at the at the scene and I travelled to hospital with her and handed her over to the team there."

That is usually where the contact between paramedic and patient ends.

So Mr Hart was delighted to catch up with Miss Connor, Grace Williams Fisher and father Sean Connor who also thanked the paramedic for his work that night.

Mr Hart said: "It's absolutely amazing to see Samantha."

"It's days like this which makes the hours we put into NARS over the years all worthwhile."

"You can actually see the benefit and see what you have done - it's brilliant."

More details about the work of NARS is available at www.nars.org.uk.
 "Have you got a story for us?" Email lynncrombie@bbjournal.co.uk or call 01263 718322

FORTY YEARS OF SAVING LIVES

Norfolk Accident Rescue Service (NARS) has been operating since 1970 specialising in working with ambulance crews to improve patient care at accidents and emergencies throughout the county.

The doctors and paramedics, all volunteers, receive extra training to provide trauma care and can administer more drugs at the scene of a crash or cardiac arrest, vital during the critical moments of an incident.

The Critical Care Desk in the 489 control room offers all incoming

calls and identifies those which might benefit from the enhanced skills, drugs and equipment that a NARS member would bring.

Paul Strutt, responsible for NARS fundraising and communications, said a number of similar schemes were set up around the country in the early 1970s: "A lot of people were dying at the roadside because they couldn't get the care that was available in hospital out to the patient."

"That's what it's about - bringing A&E and intensive care out to the

scene of an incident so the patient can be stabilised ready to be transported either by air or road to the most appropriate receiving point."

The crews work closely with the other emergency services who are often on the scene first.

Barry Hart said: "I'm very conscious that ambulance crews and everyone else have worked hard by the time I get there and it's very important to work closely with them and keep that team work - that's the key that makes it work."

NARS has one rapid response vehicle covering the whole county, purchased with the help of a £20,000 anonymous donation. NARS paramedics and doctors often use their own vehicles which are also equipped with the necessary medical equipment and supplies they need.

Mr Strutt said: "A lot of these people are working full-time anyway and then on shift on weekends and days off - it is remarkable what they do. "They make a difference and the skills they have are amazing."

