

## NZRT providing first aid for events

From the NZRT

*The Trust has moved into the next phase of its development as it rolls out its event ambulance service.*

One of the strategies of the NZRT has been to develop capacity to deliver pre-hospital emergency care in the community.

Research carried out at the end of 2007 identified the need for a community ambulance, to provide medical support in the event of a disaster. Since that time the team has been working on complying with the NZS8156:2008 Paramedical and Ambulance Standard.

The event ambulance service has developed from this project

and is a further step on the way to its Community First Response programme.

So what is Community First Response? It is a long-term project of the NZRT, borrowed from the United Kingdom.

There is a period of time between the 111 call being made and the ambulance arriving which little or no emergency care takes place. This time period is known as the 'therapeutic vacuum'. New technologies and improved training means medical interventions that were traditionally the purview of paramedics can now be safely and effectively performed by members of the general public. These people can fill the therapeutic vacuum and provide

essential simple treatment in those crucial first few minutes, and potentially save significant amounts of health dollars.

Community First Responders are volunteers who are willing to be trained to respond to calls from a local ambulance service to provide urgent aid to someone within their own community. This ability to self-respond to the community's need contributes to resilience. It also contributes to the improvement of the holistic wellbeing of the community as those volunteers are involved in other community projects and groups.

In recent times there has been much discussion about the inability for the current model of delivering pre-hospital

emergency care to cope. In recent times the Health Select Committee reported that singlecrewed ambulances were putting patients' lives and paramedics' safety at risk.

It is plain to see from the UK experience that community responders can work in well with existing ambulance services. The New Zealand Resilience Trust well-positioned to lead the way in developing community based first responders in this country.

Community First Responders complete the "resilience circle" of gaining ownership of essential community services. Similar schemes that involve trained and specially-equipped volunteers include Community Patrols

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### Calling all Corps members!

Saturday 6<sup>th</sup> December is the Johnsonville Lions Parade, and they need our support!

The NZRT has been asked to help out by providing Parade Marshals for a couple of hours.

Parade Marshals perform an important role, ensuring the safety of the estimated 15,000

people who will be there on the day.

All those who volunteer will receive NZ Resilience Corps polo shirts and caps by way of thanks.

**Be part of your community and register your support now by phoning (04) 477 0994.**

### Annual prize giving

The Annual NZRT Prize Giving celebration will be held to coincide with a very special day.

Friday 5<sup>th</sup> December is International Volunteering Day, and that evening the Trust is holding a celebration at the Newlands College Pavilion, from 7PM. We are inviting our

entire 'loose network' to the bash, so there will be an excellent opportunity to catch up with others in your community.

It would be appreciated if you could let the team know that you are coming, by emailing [info@nzrt.org.nz](mailto:info@nzrt.org.nz) or by phoning (04) 477 0994.

### Community Education

#### Certificate in Resiliency PART TWO

#### Advanced Personal Preparedness - Free

Newlands College

Monday November 17<sup>th</sup>  
and

Monday November  
24<sup>th</sup>

7PM ~ 9PM

[this is a four-hour course]

[nzrt.org.nz/courses](http://nzrt.org.nz/courses)

### Five Questions To Ask... your pet

*Every month we will be giving you five questions to ask people in your life. The answers might surprise you!*

- 1) Pets are people to, so how would a disaster affect you?
- 2) Are you able to roam freely / get out of the house alone?
- 3) Do you need to eat special food, or can you forage?
- 4) Can you come with me to the Civil Defence Centre if need be?
- 5) Do you have a tag or other ID with my phone number on it?

### CORPS MEMBER PROFILE Guy Brindle

*Each issue we present a brief biography of a Corps member. This month we take a peek at our Director of Community First Response.*

Guy Brindle has been involved with community first aid and Civil Defence Emergency Management since 2000.

A resident in New Zealand since 1998, Guy is originally from the United Kingdom where he served at home and abroad with the Royal Air Force.

Guy has experience supporting disaster responses in 2004 in Marlborough and Manawatu. He has worked alongside Rural Fire, Ministry of Foreign Affairs and Trade in the aftermath of the Indian Ocean tsunami, and Red Cross after the London bombings.

As part of the Royal Air Force Guy has supported community relief efforts after natural



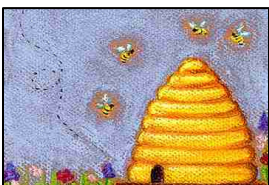
disasters in Central America, and major events in the United Kingdom and Europe.

Guy is a member of the Upper Hutt Rotary, a trustee of the UHRT, and NZRT's Director of Community First Response.

### Hot Topic

### Election Fever

Now we have a new government it is time to take our attention away from that level and return it firmly back to the community. Did you know that most social change happens at the community level?



# Monthly Project

*This is where we set a target (or 'project') for our readers to achieve over the next month. You are encouraged to correspond with the editor with your results, which will be published. We also welcome your suggestions for future projects. Email us: [info@nzrt.org.nz](mailto:info@nzrt.org.nz).*

This month we want to know what our readers are doing to ensure their pets are prepared for a disaster. Do you have a pet? Are they able to get out of the house if a calamity strikes? How much food have you got stashed away for them, or are they going to survive on native birds and geckos? Email us here at Esprit de Corps. We will publish the findings next month!

Last month's project: Neighbourhoods

Many people replied saying they know one or two neighbours, but not all the people who's houses about theirs. And most resolved to go and find out! We have found out that there are a large number of resourceful people out there – getting to know them is a great way to become more resilient.

## Community education expands

*Adult community education is at the heart of the work local resilience trusts do in communities.*

Next year will be a watershed for the New Zealand Resilience Trust as it expands its community education programme to incorporate multiple community learning centres.

The NZRT supports local resilience trusts through providing resources and tutors for the Certificate in Resilience adult learning programme.

The foundation course – Introduction to Disaster

Preparedness and Resilience – has proved popular during the 2008 pilot trial at Newlands College. Over 900 course hours (180 tutor-contact hours), six courses, and 90 students was the result of this pilot programme.

ORT Trustee Tracy Hurst-Porter has been a leading light in the development and delivery of the education programme. A former school teacher, and Immediate Past President of the NZPTA, Tracy's dedication has seen a number of new initiatives become possible.

The cornerstone of the introductory course is a disaster

simulation called "The Game". In it, course participants learn the importance of maintaining health and morale during a disaster, and also get a lesson on co-operation.

The introductory course leads to an advanced course – also four hours – then the Certificate in Resilience is awarded after a third, eight-hour course is completed.

The aim of the community education program is not just to education, but also to create 'loose networks' of individuals within and across communities.

An updated course list is available at [www.nzrt.org.nz](http://www.nzrt.org.nz).

## Corps news

### Event Ambulance Service

We are recruiting now for those Corps members who would like to volunteer with the Event Ambulance. Hone those first aid skills, work with a professional team, get to attend some great events, and have fun doing it!

All our ambulance volunteers receive ongoing training, and in addition get to practise those skills on real live patients in a safe, supervised, environment.

### Community Participation

Over the Christmas and New Year period there will be ample opportunities for members of the Corps to help out their local communities.

On December 6<sup>th</sup> the Johnsonville Lions Christmas Parade will roll out in front of an estimated 15,000 people. The Corps has a chance to be front and centre on that parade, performing an important safety function whilst promoting the NZRT.

Your support for this would be very much appreciated. And there are free nibbles afterwards!

Contact [info@nzrt.org.nz](mailto:info@nzrt.org.nz) to register your support.



Community education courses were a hit at Newlands Community Learning Centre throughout 2008. Here we see participants in the third Introduction to Disasters and Preparedness course, held at Newlands College.



The NZRC Ambulance team at the Upper Hutt Rotary Fireworks Spectacular, held at Trentham Memorial Park on November 2<sup>nd</sup>. From left Guy Brindle (First Responder), Tracy Hurst-Porter (First Responder), Jim Candiliotis (First Aider), Mark Candiliotis (Communications Officer), Jarrod Coburn (Paramedic), and Heather Cotton (First Responder). Below is the Newlands Community Ambulance.

*continued from page 1...*

Civil Defence, and Neighbourhood Support.

The NZRT's volunteer branch – the New Zealand Resilience Corps – is ideally suited to adopt a Community First Response function, as it already has members staffing a community ambulance.

The future presents exciting opportunities for Corps

members, those involved in local trusts, and communities across the country. Once the ambulance audit is complete (before the end of December) the Trust will be applying to Ambulance New Zealand for membership.

If accepted, it will be only the second Event Ambulance service to join Ambulance NZ.



## Two new local trusts formed: more follow

*Two local trusts have been set up over the past month – with a further four in the pipeline.*

The Ohariu Resilience Trust (ORT) incorporates the area from Ohariu Valley through to Johnsonville and Churton Park, and includes Raroa and Glenside.

Trustees Sharla Arnold, Tracy Hurst-Porter, and Nicola Thomson are actively involved in the NZ Resilience Corps – many will have met Tracy and Nicola as they tutor NZRT community education courses.

The ORT is currently undertaking research into the threats faced by the community and the needs of its residents.

Once this research is complete a strategic plan will be developed and work can begin on a community project.

In the meantime Sharla, Tracy, and Nicola will be out-and-about in wider Ohariu area making contacts and networking.

Another trust has also been established – this one signalling the leap from local focus to regional for the Trust.

The Upper Hutt Resilience Trust has been set up in the past few weeks and covers the area from Upper Hutt CBD, north to the bottom of Rimutaka Hill, and east to State Highway 2.

As with the Ohariu trust, the

UHRT will first undertake community-focussed research including hazard identification, asset mapping, and a needs analysis before determining its community project.

Both local trusts will follow a standard five-point plan to help bring about an environment of resilience: community-based research, community education, training and up-skilling of local residents, advocating for self-awareness and civic responsibility, and undertaking a community project.

The Trust's aim to have 90% of Wellington City covered by local resilience trusts by the end

of 2008 is well on track. Negotiations are underway with community representatives in the Eastern suburbs, Newtown, Brooklyn, and Tawa.

Trusts across Wellington City will be well-supported by community education programmes being run through the ACE Network of local colleges, as indicated elsewhere in this newsletter.

Next year will be even bigger, with resilience trusts to be set up all the way through to Kapiti and the Hutt Valley.

If you are interested in becoming involved locally contact [info@nzrt.org.nz](mailto:info@nzrt.org.nz).

# OPINION Communities: Woodridge Planters

Jarrold Coburn, NZRT

*We have a new government, and some people are uncertain about their future... here's why they shouldn't worry.*

Governments come and governments go but communities remain static for generations. This is because it is the nature of people to have a vested interest in their own survival. We have just gone through a bruising battle between political parties, and I for one feel like an unlucky bystander caught in the fight.

I can't help but reflect that the future is truly in the hands of communities – because the people who live in our communities are the only ones who really care about their future!

So now the election is over how about we turn our gaze back toward our families and our neighbours and start planning on how to make our own futures better.

Don't wait for the Government to do it... just do it!

*If you wander around the Newlands suburb of Woodridge you will see a burgeoning forest of native trees – meet the people who made it happen.*

Woodridge Planters is a volunteer group, set up in 2006 to plant native trees in the Woodridge area. They started in the park opposite the Woodridge Information Centre and would like to do further planting in the park and elsewhere in Woodridge. The trees they plant

include Lemonwood (Tarata), Ngaio, Manuka, Broadleaf (Puka), NZ Flax (Harakeke), Totara, Five Finger, Karamu, Golden akeake (Akiraho), Pigeonwood, Mapou/Matipo, Wineberry (Makomako), Hebe, and Cabbage Tree (Ti Kouka).

Earlier this month eleven Scouts (with four adult Scout Leaders) worked really hard on an extremely windy day and planted 142 trees and shrubs in a little over two hours. To date

1,150 trees have been planted this winter.

The Woodridge Planters may expand their scope in future to consider wider aspects of interest to the community, for example, park facilities. Join the Woodridge Planters by emailing [info@woodridge.org.nz](mailto:info@woodridge.org.nz)

*Woodridge Planters are supported by Wellington City Council and WWF – New Zealand.*

## Have we created a monster? (Yes!)

*A year is a long time when you have a bunch of motivated people and an ideal that everyone believes in – so let's take a look at the Trust now, almost 12 months after it was formed.*

We are not one organisation but many, with the NZRT providing support to local resilience trusts. We also have a volunteer branch called the New Zealand Resilience Corps. Here's how it all works:

**Local resilience trusts** are solely-owned by the community

and represented by local people who are Trustees. They work to build local networks, undertake community research, and run local education programmes through community colleges.

The **New Zealand Resilience Corps** is a "loose network" of people who have completed an NZRT course. The Corps presents opportunities to volunteer in a wide variety of activities, provides opportunities to socialise, and is a source of professional ambulance and emergency staff. In addition,

Resilience Corps members can access all training provided by NZRT for free.

The **New Zealand Resilience Trust** is the 'parent' organisation of the local resilience trusts. It can provide financial assistance and takes on the burden of compliance for local trusts. The NZRT advocates to government and business on behalf of local trusts, runs an ambulance service, and builds networks at home and abroad. Take a look at the diagram below. Clear as mud??

### Thoughtful thoughts...

"The state is the great fictitious entity by which everyone seeks to live at the expense of everyone else"

Frederic Bastiat

"We take responsibility for our own lives and choices."

Barclay Anstiss

### COMING UP

**Pre-Hospital Emergency Care (PHEC)** five-day course, organised by NZRT, 15<sup>th</sup> to the 19<sup>th</sup> of September. Cost \$475 pp.

### NZRT Prize Giving

Newlands College Pavilion Friday 5<sup>th</sup> December, 7PM

### Northern Festival

Parade Marshals needed for Saturday 6<sup>th</sup> December. Those who help will get a **free NZRT polo shirt and cap**. Come along and get the best view of the parade!

For further information contact us on email: [info@nzrt.org.nz](mailto:info@nzrt.org.nz)

