



Staffordshire
Fire and Rescue Service
preventing • protecting • responding

RETIRED STAFF WELFARE NETWORK NEWSLETTER

ISSUE 23 | AUGUST 2022



INTRODUCTION

Welcome to issue number 23 of the Retired Staff Newsletter. With the COVID-19 situation having eased, I am delighted to be able to present a professionally formatted newsletter which will be sent in both web-based version to the email contact of the network and also in hard copy to those not on the emailing database.

There is still a steady stream of retirees from the Service joining the ranks of the retired network. I am aware that some seem to slip through the net and retire before I can contact them via the internal email. Due to the new data protection regulations once they have left, I am unable to make contact to include them in the network. If you are aware of anyone who has retired and does not receive the newsletter, please ask them to contact me using the details below.

If anyone has anything that they would like to share with the rest of the network in future issues, please let me know. I continue to seek to increase the numbers of email contacts so if you have an email address and don't already receive any messages from me, please let me know so that I can add you to the database. Apart from the newsletter I send out regular emails to keep members of the network

up to date with news and items of interest. Please note that all details are held securely on a Service database and are not shared with anyone. All emails are sent out 'bcc' and so do not show any individual email addresses.

Please let me have your email address!

Andy Buttery

Retired Personnel Welfare
Network Volunteer

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Staffs Fire and Rescue
Retired Staff Network



**The
Fire Fighters
Charity**

Don't forget if you need any help
from the Fire Fighters Charity the
helpline No is: **0800 389 88210**

helpline@firefighterscharity.org.uk

MESSAGE FROM THE CFO

UPDATE ON THE FIRE REFORM WHITE PAPER



A government white paper on fire reform has been published recently (18 May) and I just wanted to talk you through the facts of that paper and what impact it may have on us as a Service.

The paper covers three broad areas of reform – people, professionalism and governance.

- **People** – the future role of firefighters is something that will be discussed in this strand. We all acknowledge that our comprehensive fire prevention activities have reduced levels of demand on the sector. Less fires is of course a positive, but I am certainly keen for us to utilise firefighters' and prevention teams' specialist skills to great effect across a broader range of activities and help us maintain our important role in improving community outcomes.
- **Professionalism** – there have been discussions about how best to 'professionalise' the fire sector. Ideas being talked about within the paper include the creation

of a College of Fire, similar to the already-existing College of Policing that leads on training, best practice and guidance nationally for all police forces.

- **Governance** – it may come as no surprise, but the white paper is beginning the discussion for all fire services to be governed by the local police and crime commissioner or elected mayor, in the same way we already are in Staffordshire. If this proceeds as expected, no change would be anticipated for Staffordshire as we are already governed by the commissioner Ben Adams.

Please remember a white paper is simply a report from government sharing proposals on an issue. That means the discussion is likely to continue for some time before any actual legislation is laid before parliament before a vote. However, there will be opportunities for staff to engage in the white paper consultation before then. There is a period of consultation now set aside and we will be formally responding to it in due course.

We will of course share more information as it becomes available.

Rob Barber
Chief Fire Officer

NEW ASSISTANT CHIEF FIRE OFFICER



The Service has welcomed a new Assistant Chief Fire Officer (ACFO) Michelle, who has more than a decade of fire service experience, having served in Warwickshire, London and at The Fire Service College, said she is looking forward to getting to know the communities of Staffordshire and understanding the challenges and opportunities ahead.

She said: "I'm so proud to be part of this fantastic fire service and am looking forward to understanding what Staffordshire is all about so I can best serve its people.

"On taking the role it was important to me that I moved my home to Staffordshire so I can be part of the communities we serve on a daily basis, along with sampling an oatcake or two!"

During her 14-year career, Michelle has taken on various roles of Crew Commander, Watch Commander,

Operations Instructor, Station Manager, Group and Borough Commander across a plethora of different services.

Following her training in 2007, she joined Warwickshire Fire and Rescue Service, who had recently lost four firefighters while tackling a fire in Atherstone-on-Stour. This was the largest loss of life in a fire brigade in the UK for 35 years.

Reflecting on her experience at this time, Michelle said: "One of my biggest challenges was coming into that service after such a traumatic event.

"Collectively, we had to think about how we could recover operationally. It made me realise early on in my career my passion for training and development and improving as individuals and as a service, to continuously learn even through the most traumatic times."

This focus on training led Michelle to become an instructor at The Fire Service College in 2014, where she worked to help new and existing firefighters enhance their professional practice.

Most recently, Michelle worked for the London Fire Brigade as a Borough Commander in the complex Borough of Kensington

and Chelsea – of which involved a wide range of challenges concerning the aftermath of the tragic Grenfell Tower Fire.

Michelle had previously been a left-back for England Women's Football Team, having enjoyed an exciting professional football career prior to her time in the fire service.

She represented Birmingham City F.C, Fulham F.C, Coventry F.C and Charlton F.C from 2003 to 2011 before undertaking a managerial role with the Birmingham Football Association.

The former Lioness said: "I hope I can harness some of my competitive spirit into my productivity for Staffordshire Fire and Rescue Service, and maybe even get involved in our five-a-side football team, if they'll have me!"

"Even though I've only recently joined, I can already see the drive and determination across the entire organisation to deliver first-class service to our communities. I'm looking forward to the future of Staffordshire Fire and Rescue Service."

NATIONAL ASSOCIATION OF RETIRED FIREFIGHTERS – NEW CHAIR

The Staffordshire branch of National Association of Retired Firefighters recently held its first post Covid AGM. At a well-attended meeting a new Chair, Alf Wilson, was elected with the outgoing Chair, Alan Smith, standing down after many years in the post.

A huge thanks goes to Alan for his service to the branch and to the association nationally.

One of Alf's first actions was to secure a date for the NARF/Retired Network Christmas Lunch. This is open to ALL retired staff and will be held on **Thursday 8th December**

at Service HQ 12:30pm at a cost of £15.00 per head.

If you wish to attend, please let me know.

a.buttery@staffordshirefire.gov.uk
or **07866 951110**

For more information on the work of NARF see
www.narfire.org.uk

Anyone interested in joining NARF please let me know or contact the branch secretary:
Ron Biggs
ronniethewolf22@icloud.com

STAFFORDSHIRE COMMISSIONER BEN ADAMS OUTLINES HIS NEW PLAN FOR FIRE & RESCUE



Since my election last May, I have been hugely impressed by the professionalism and commitment of everyone in the Fire & Rescue Service.

I'd like to thank you all for this, and particularly for the extra effort you have made to keep us all safe during the COVID-19 pandemic.

In December, I published my local Fire & Rescue Plan, which sets out my priorities and expectations for the Service on behalf of our residents. These include being flexible and responsive, protecting people and places, helping people most at risk stay safe and ensuring the Service is fit for tomorrow. The plan reflects the significant changes in the work you do in recent decades, as well as the number and types of incidents you attend. Some of that demand is more complex than before; the plan covers the response to extreme weather events as a result of climate change, leading to flooding and large-scale fires in open areas and the impact they can have on the Service.

There is also a focus on your vital prevention work, which is becoming more targeted towards those who are most at risk, whether due to their age, vulnerability, physical disability, mental health or drug and alcohol abuse.

The problems people face can be complex and multi-faceted, so the plan stresses the importance of working in close partnership with other agencies, including the NHS and local councils, to make sure people get the support they need to keep them safe.

The tragic events at Grenfell Tower have increased the emphasis on technical fire safety audits, inspections of premises and the use of enforcement powers, with legislation expected imminently which will formalise these. The Service is already responding positively to this challenge with the recruitment of more specialist staff.

A lot of this work is built on your professionalism and enthusiasm. However, in terms of formal roles, terms and conditions, the sector has remained largely unchanged for decades and reforming it to be able to meet new challenges is in the public interest. It is a Government priority, and legislation is expected imminently that will kick-start the process.

Here in Staffordshire and Stoke-on-Trent, we can demonstrate the huge potential of a modern fire and rescue service. Given more flexibility to address local need, there is a real opportunity for more imaginative and radical options for protecting people and places.

I will have open and honest conversations with you, our communities and stakeholders to take this forward. Together we can keep Staffordshire safe.



NEW AREA MANAGERS

Following a rigorous and robust recruitment process involving internal and external candidates, the Service has appointed two new area managers.

They will be:

- Group Manager Ian Read – Area Manager for Prevention, Protection and Partnerships
- Group Manager Nick Jones from Cleveland FRS (currently on secondment to the Implementation Team in National

Fire Chiefs Council) – Area Manager Strategy, Performance and Assurance

Start dates for both Ian and Nick will be confirmed soon.

I am sure you will all join me in wishing Ian and Nick every success in their new roles.

For those that retired before the changes to the old rank structure an Area Manager is equivalent to Senior Divisional Officer while Group Manager is roughly DO/ADO.

COVID-19 UPDATE

As we pass the two year mark since the first lockdown, Rich Williams has shared with us an update on all things COVID-19.

We have continued to follow government guidance and adapt our policies and procedures to keep up to date and keep our workforce as safe as possible. We have flexed working practices in many ways including changes to the government's plan A and B and the recent changes to the isolation periods and lateral flow testing (LFT) on days five and six, which has had a positive impact on staff availability. We have also continued our vital partnership work supporting the NHS, Staffordshire County Council and Stoke-on-Trent City Council with the delivery of the vaccine and testing of the public within communities to control and reduce the spread of the virus.

During the last quarter we have continued to support the fight back against COVID-19 taking a proactive position with vaccine and medication deliveries. These involve fire colleagues collecting the COVID anti-viral drug from a pharmacy in Stoke or Stafford and delivering to homes of the most vulnerable in the county. This work continues to make a real difference to the reducing strain on the NHS and the lives of so many vulnerable individuals.

Further work within the County Vaccine Equality Working Group led to the Service establishing a vaccine centre at Fire Service HQ during the Christmas and New Year gap. This was extremely successful and saw 792 vaccines delivered – 61 of these to children and 646 booster vaccines. Our continued partnership working has led to the Service being nominated for the Partnership Awards, run by national trade publication HSJ (Health Service Journal).

A roving team, known as the Targeted Vaccination Team, have been able to go out and about to launch pinpoint operations to make sure that no-one has been left behind in the quest to get everyone protected. Examples of this activity include Dearnsdale Fruit Farm near Stafford, Equality House Community Centre in Hanley, the travelling community and the homeless. Other activities that the Service have supported with include:

- Movement of NHS equipment.
- Delivery of the vaccine to harder to engage communities such as fruit farm workers,
- Traveller communities, the homeless and the Afghanistan evacuee community.
- Establishing medical facilities at short notice, including the vaccination events at Leek
- Moorlands Hospital and the

medical centre at the Afghanistan evacuee hotel.

- Surge Testing within outbreak areas of the county.
- Use of Service premises to deliver the vaccine to our communities.
- Delivery of the vaccine to schools to support the schools vaccination programme.
- Support with the winter flu vaccine rollout for school children and our own staff.
- Use of the targeted vaccination team to support the booster vaccine uptake and rollout.
- Increased partnership working with Staffordshire County Council, Stoke-on-Trent City Council and the NHS to establish the targeted vaccination trailer.

So far, the work that the Service has been involved in has delivered over 12,000 vaccines, tested around 4,000 people and got stuck into the heart of the response to the pandemic and restoration/recovery phase for our communities. This

work continues as partnerships grow in strength.

Chief Fire Officer (CFO) Rob Barber presented seven veterans of the fire service with a 2022 Coin of Recognition for their exceptional voluntary service through the pandemic.

The group have over 250-years of service between them and received their award at the Service's HQ in Pirehill, Stone recently. CFO Barber said: "Myself and the service remain committed to recognising the efforts of everyone that has supported emergency response to the pandemic, and our retired members are no exception to that.

"They have been fantastic. They have supported the vaccination programme in order to drive the national effort across our communities, and as such I wanted to ensure their efforts were recognised accordingly."



THE SERVICE IS INVESTING IN A HUGE PPE REFRESH!

This summer sees the launch of a huge £1.35 million investment in personal protective equipment (PPE) for operational staff. The Service's current structural personal protective equipment contract with Central PPE Clothing has been in service since 2009 and in 2017 there was an opportunity for all customers to "refresh" PPE through the contract. This option was evaluated and it was decided that as the rollout had been delayed due to financial constraints and the condition of the current PPE was still assessed as "good", we would delay this decision. This was supported further by the purchase of another Service's PPE stock as they took up the refresh option.

During 2021, the current PPE (PS1YG) was reviewed and options were presented to the Directorate Board and Service Delivery Board (SDB). This has resulted in a significant investment of £1.35 million over three years and the decision to move forward with the optional refresh.

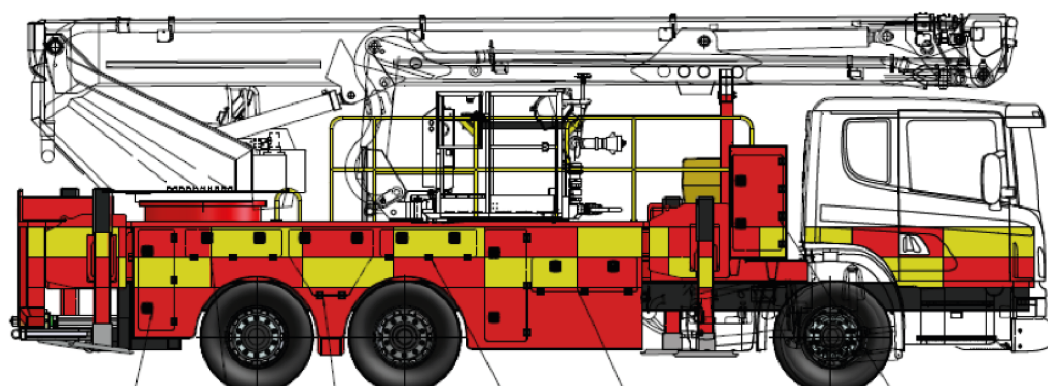
Last November the Service notified MSA Bristol of our intention to purchase circa 1500 sets of the refresh structural PPE (PR2YG) over the financial years of 2021, 2022 and 2023. This would be enhanced further by the introduction of a non-structural Rescue Jacket. The jacket has been risk assessed and enables users to wear the jacket at all incidents where the wearer is not entering properties or wearing breathing apparatus. The introduction

of the Rescue Jacket will result in the Tunic being worn less and it is envisaged that this will reduce the amount of washes and repairs to these garments.

The new garments have been through rigorous testing and evaluation and are being used by a number of other services. The kit is a significant improvement on our previous garments. They are lighter, more comfortable and the fit is a lot better. The clothing will repel water more effectively, provides protection from blood borne pathogens and has the added benefit of an ECO-DRY Active lining that successfully pulls the moisture away from the wearer's body. The garments are ergonomically designed to give the ultimate in fit and comfort for the maximum number of body types. XFlex™ has "distinctive sports styling" and is suitable for the various hazardous roles associated with a firefighter's work.



AERIAL LADDER PLATFORM REPLACEMENT PROJECT



A review was carried out in 2020 that considered the Service's requirements for aerial appliances against the strengths and weaknesses of either Turntable Ladders (TTL's) or Aerial Ladder Platforms (ALP's). Following a comprehensive and robust tender process, the Yorkshire based firm Angloco have been successful in their bid to manufacture and supply new Aerial Ladder Platforms. Built on L-series Scania chassis, our new appliances will be fitted with Bronto Skylift 32m boom packages and Angloco's bespoke aluminium bodywork.

Arriving in spring 2023 they will go 'on the run' at Burton and Longton once the crews have received their training. This project, led by members of Joint Emergency Transport Service (JETS), Emergency Response Team (ERT) and Strategy & Intelligence, has been possible thanks to the help and support from operational colleagues across the Service who have developed and shaped the detailed specification used to define the performance criteria of the vehicle. The significant financial investment

also illustrates the Service's commitment to provide state of the art vehicles that incorporate the latest technology into its fleet. When compared to our current and aging 32m ALPs, the new F32 RLX appliances will offer significant improvements in capabilities and help crews continue to protect the communities of Staffordshire.

Benefiting from the latest hydraulic systems they will be smooth to operate, incorporate a five person/500kg cage capacity (instead of 325kg) and can be used to rescue both bariatric and wheelchair users thanks to an increased working area and better access to the cage. Equipped with LED lighting throughout, German style jacking, wireless remote control, greater outreach distances, battery powered equipment, intelligent lifting eye, 3,800 lpm water monitor and integrated thermal imaging and CCTV, the vehicles will be quick to get to work in all conditions and offer additional functionality to operators and incident commanders.

CHANGING THE USE OF OUR MOBILE DATA TERMINALS



Since being fitted to our appliances in 2019 the Service has maintained its ambition to make the Panasonic CF-33 Mobile Data Terminals (MDTs) removable so that crews could make better use of them during operational incidents. This has represented some significant challenges due to the way in which data is stored on the devices and leaves the Service vulnerable if one is lost or stolen.

Whilst some of these risks still exist, the team within Strategy and Intelligence, along with the Emergency Response Team (ERT), have presented sufficient mitigation along with highlighting the potential benefits to the Service's Protective Security Strategy Group. Following a decision back in

November 2021, the Service is pleased to announce that MDTs can now be considered 'removable' from vehicles and used during operational incidents, training and prevent activities. This decision is timely since it coincides with an upgrade to the Crash Recovery System. This upgrade from 'lite' to 'full' offers significant advantages to crews and will improve both their own safety along with the public's when responding to road traffic collisions (RTC). Full details of the change is being communicated by ERT so that crews can familiarise themselves with the functionality. Significantly though the new version will come with extensive information on electric and hybrid vehicles, something that has been lacking in previous versions.

FREDA HART

Freda who lived in Wiltshire celebrated her 100th birthday last year and was presented with a card and flowers by Wiltshire Retired Firefighters Association. Freda was typical of her generation who stepped forward to do their bit when war broke out in 1939. She volunteered for the AFS (Auxilliary Fire Service) in her native Staffordshire and was absorbed into the NFS (National Fire Service) following it's formation in 1941.

Freda's competence and leadership qualities were soon recognised and she was promoted to Leading

Firewoman. She was allocated a car and given the reference of visiting fire stations where Firewomen were based throughout Staffordshire. She monitored the training, welfare and working conditions of the ladies placed in her care. She thoroughly enjoyed her work and stayed in the fire service until the waer ended.

In recent years she campaigned for more recognition to be given by the Government to the part women played in winning the war. Sadly, Freda recently passed away at the ripe old age of 101.



Freda with some of her NFS colleagues at Pire Hill, Staffordshire. The duties allocated to NFS females were varied and important to the objectives of the wartime fire service.



Freda is justifiably proud of the Defence Medal she earned for her six year's service in the NFS.

FROM THE ARCHIVE

LICHFIELD BOWER DAY

Below is an extract from the Brigade Contact magazine from the summer of 1979.
How many names can you put to the faces in the photo?



OPENING OF STAFFORD FIRE STATION, LAMMASCOTE ROAD

I've recently been handed a set of photographs from the official opening of Stafford Fire Station, Lammascote Road on 25th August 1971.

A selection is shown below. The opening ceremony was performed by Chairman of the County Council, Alderman F. J. Oxford, J.P. accompanied in the photo below by Assistant Divisional Officer Roy Alcock

I would be interested in knowing if anyone can identify any of the other personnel shown. If anybody would like to see the rest of the photos from this event please get in touch.



LIVING WELL GROUPS

The Fire Fighters Charity exists to provide support to the Fire and Rescue community by providing services that promote health and wellbeing. We would like to connect with more of our retired beneficiaries and stay in touch throughout their retirement. In 2018, we started running a group in Aberdare in Wales and a further eight groups were set up around the country but were postponed during the pandemic. New groups are now starting.

What are Living Well Groups?

Living Well Groups are for our retired FRS community; like the general population, the retired Fire and Rescue Service community are living longer, and we want you to be able to enjoy your retirement in good health. By offering this group we can help you to maintain social connections, hear from local organisations, reconnect with the FRS and with The Fire Fighters Charity.

What happens in the groups?

The groups meet monthly for tea, coffee and refreshments and are led by volunteers. At some of the meetings a guest speaker is invited to talk about what they do; this may be a member of The Fire Fighters Charity or a speaker from another organisation, charity, or community group. Group members can also give a talk if they would like to share a topic of interest.

Who is eligible to attend?

The programme is open to retired beneficiaries of the Fire Fighters Charity. This means anyone employed by the Fire Authority in any capacity for five years or longer and their

partners. Partners can attend in their own right.

Where will the group be held?

The first meetings are being held at Newcastle Fire Station, Knutton Lane, Newcastle-under-Lyme, ST5 2SL but will hopefully rotate to other sites around the county.

When will the group start?

The group meets and runs once a month, usually on the first Tuesday in the month. The first meeting will have been held by the time this newsletter is distributed. The group will also meet on 2nd August and the 6th September.

How long are the sessions and how many people can attend?

Each session will last approximately two hours, there will be a break for tea and coffee during each session. Venues will be Community Fire Stations which can seat around 25 people and will be accessible for people who have mobility challenges.

Covid Restrictions

There are no Covid restrictions in place currently, but please wear a mask if you feel safer doing so. We will take measures to ensure that the room is ventilated. Please do not attend if you have Covid-19 or symptoms of Covid -19.

Is there a cost for attending?

No - the group is free for you to attend. If you are interested and would like to sign up to attend the group or if you would like more information, please contact:

a.buttery@staffordshirefire.gov.uk or
07866951110

A DAY IN THE LIFE OF THE FIRE FIGHTERS CHARITY NURSING TEAM

One of the Jubilee House nurses shares what an average day is like for the team that provides round the clock care, kindness and compassion to beneficiaries with additional needs. (All client names have been changed for confidentiality).

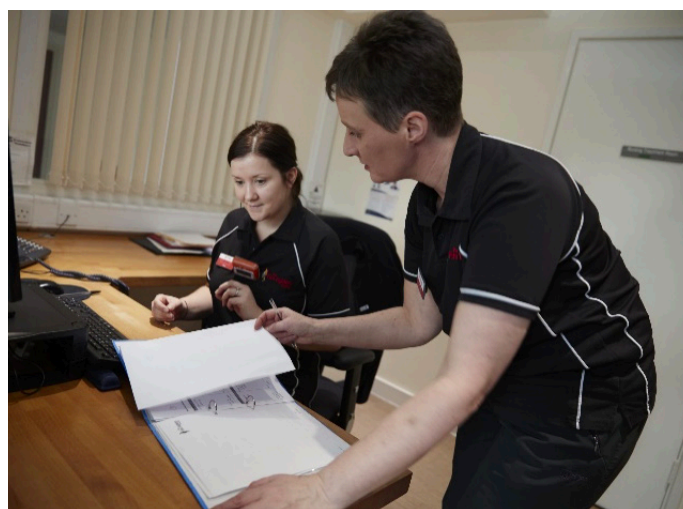
05.45: That noise... the alarm! Just one touch of the snooze button and then it's up, washed, dressed, followed by breakfast and, most importantly, a cup of tea! Then it's a case of making the kids' packed lunches – sorting the changing bag for the little one while doing so – and performing ninja-like moves over the floorboards to avoid waking anyone up. Phew!

07.10: Out the door to the car with the rest of the house still asleep... achievement!

07.30: I arrive ready for my shift to start. The night shift ends before the day shift starts, so at the beginning of each change, we do a handover to make sure our clients get seamless care. The day nurses get information on what's happened overnight, if clients have specific needs, or if there's anything important, we need to know for the coming shift.

Along with the clinical assistant we discuss the day's programme and how we can make it run as seamlessly as possible, so our clients have the most positive experience

while with us. Nursing clients tend to let us know what time they would like waking up, with consideration to the daily timetable. We are extremely lucky to be able to provide a service where our clients' requests are prioritised.



07.45: All systems go with the morning routines. When clients arrive at the centre, we complete a nursing assessment to get an overview of care needs, likes and dislikes, and these shape each person's time with us. For example, Frank has come for his first visit and naturally appears a little anxious. He hasn't been in a social situation since his stroke in July and his confidence has been knocked. Before his stroke, he was fit, well and working full time, so you can imagine what an impact it has had on his life. With Frank's consent we help him access his important daily medications and assist him in taking them as he is unable to administer these independently. As nurses it is our duty to ensure training

is maintained so medications are safely administered by the prescribed route, whether that be orally, injection or via a PEG (tube into the stomach).

08.30: I attend the Multi-Disciplinary Team (MDT) meeting while the rest of the nursing team continue with clients' personal care and nutritional needs. The physios, exercise therapists, psychological team and nursing team meet to discuss relevant information about each client and if we can offer any further support. This may, for example, be a Welfare review to see if Frank could benefit from any funding or support upon returning home, or we may suggest he meet a psychologist to discuss emotions he's been feeling since his stroke.

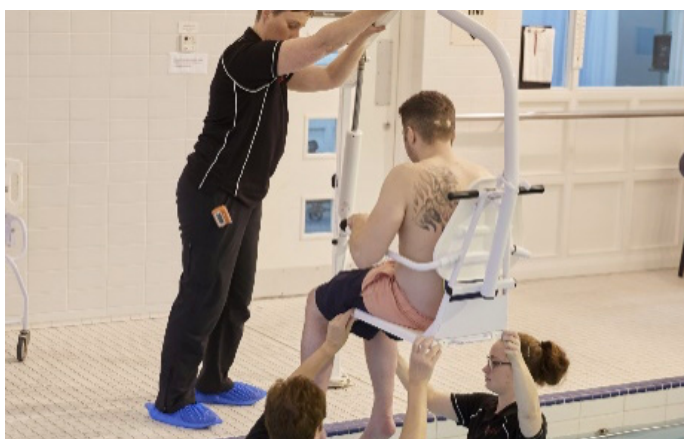
09.00: Nursing clients have access to Hydrotherapy, as well as non-nursing clients, so I head to the pool with Julie. She suffers from Multiple Sclerosis and requires assistance with all her needs. She doesn't have access to a hydro pool while at home, so really looks forward to being able to get into ours as the warm temperatures are soothing and great for strengthening

exercises. We have both steps and hoist access, so we can help nursing clients access the pool in a relaxed, dignified manner while attending to their clinical needs.

10.00: After hydro, we help clients with personal care back in the privacy of their room, just in time for a much-needed tea break before gym sessions commence.

10.30: Once refuelled, we assist clients to their gym sessions, helping them into or onto equipment where needed. We're available throughout their sessions so they feel supported and confident in taking part.

12.00: Maintaining nursing records is vital within all nursing roles, and it's no different here; we take client record-keeping very seriously. From our in-depth nursing assessment upon admission, we can implement care plans specific to personal needs and requests, which include lunchtime medication administration as prescribed.



A DAY IN THE LIFE CONTINUED...

12.30: Lunch time for everyone. We help clients to the dining area and collect trays or assist with feeding where needed. Some nursing clients have an increased choking risk due to the nature of their condition, so we are present at all mealtimes

13.00: I touch base with the MDT to share any new information and discuss clients' best interests with the different expertise from around the centre. Afterwards, I head back to the nursing office where handover takes place to the late shift clinical assistant and nurse, before having my lunch break.

13.30: Imagine having not left your home for the last six months because you have a life-changing condition, and your wife/husband/partner is juggling work and running a family home. Days can be long with a lot of time spent alone indoors, so we love taking clients out for a walk when we can (weather permitting) as it can be very liberating for them.

14.00: Time for a choice. Whether it be baking, dominos, pool, snooker, table tennis, chair-based stretches, an afternoon siesta or a timetabled gym session, we will ensure clients get to fill the week with what helps them. In the afternoon, we'll also do a lot of the background work for future clients. Believe it or not,

people don't just arrive here with everything in place!

15.30: It's home time for those of us on the early shift and the start of duties for those on the late shift. As per the morning shift, things kick off for the late shift with a handover.

16.00: As trained nurses, we provide health and wellbeing information to all beneficiaries staying at the centre, not just our nursing clients. So we host workshops on different topics including alcohol awareness, men's health and women's health. This gives people the chance to ask questions, whether that's during the workshop or afterwards.

17.45: Sandra needs her teatime medications before eating dinner, so we attend to these. Sandra lives at home with her husband who is her carer, as they have no family nearby. They've been under our care for years and Sandra's husband has trust and confidence in us. Whether he returns home once she's here or he chooses to stay with her, their visit gives them both a much-needed break.

18.00: Meal time for everyone. Brian needs a hoist to help him into his chair, so we assist him. This way he can enjoy his meal in the dining room, socialising with others over his evening meal, which is



something he rarely gets to do at home as he lives alone, relying on carers to heat his meals up.

19.00: The nursing team takes a relaxation session. These are open to all clients, regardless of physical restrictions. People can grab a mat, chair or cushion, or stay in their wheelchair and just enjoy the atmosphere.

20.00: We once again maintain notes to keep a record of care given before night shift nurses come on duty.

20.30: The night shift nurses begin their duties. Our service wouldn't be accessible to as many nursing clients if we couldn't provide round-the-clock care.

21.00: The late shift nurses are finished for the day, but they may stay on late to help with specific clients' bedtime needs. For example, Brian needs safe transfer in the hoist to get into bed, which needs two staff. The night shift nurse administers any bedtime medication.

Overnight the nurse is available and will perform night-time checks on nursing clients who require observation. Nurse call pendants can be activated at any time, and we will be there straight away to assist clients.

02.00: Rest and sleep are a vital part of recovery, but it doesn't come easy for a lot of people. Jim is 63

and suffers with PTSD, so doesn't sleep well as he suffers from panic attacks. It may be the early hours, but we'll sit with him and have a general chat to help him settle, so he knows he isn't alone.

04.00: We carry on with our administration and documentation is commenced for the coming weeks' arrivals.

07.30: The next day's early shift arrives, and it all begins again.

It's important to note that although our days are structured, we have to be flexible as you never know what might occur. A client may be feeling unwell, whether nursing or non-nursing, and need us to assess them. We are in the privileged position of being able to provide bespoke individualised care to beneficiaries who need additional nursing support. We get to spend time with these amazing, inspirational people and their families, who are trying to deal with life-changing conditions. It's a job that we are all passionate about and incredibly proud to do on behalf of our amazing clients and the fire and rescue services community as a whole.

If you think you could benefit from the support of the nursing team, get in touch. Call us today on 0800 389 8820 or join MyFFC and visit the Access Support tab.

** Please note, all names have been changed for confidentiality*

LIVING ALONE CAMPAIGN



People who live alone are nearly four times more likely to die or be seriously injured in a fire, is the stark message from Staffordshire Fire and Rescue Service as it launches the next phase of its Living Alone campaign.

The Service is targeting people who live alone with a series of campaigns in an attempt to reduce the number of incidents involving them. In Staffordshire in the past five years alone there have been 741 accidental house fires in properties where the occupier lived alone and was aged 45 plus. Sadly 13 of these fires proved fatal.

Following a kitchen safety campaign earlier this year, this next phase is

focusing on having working smoke alarms, testing them, having an escape plan and knowing what to do in the event of a fire.

Head of Prevention Mark Walchester said: “Sadly the facts speak for themselves – people who live alone are more likely to be victims of fire. It’s important that those who live alone, or those who look out for someone who lives alone, take note of this message and act on it. There are some really simple actions you can do to reduce the likelihood of a fire occurring and to evacuate safely should one occur.

“The easiest and most effective thing you can do is ensure you have working smoke alarms. The second

thing to do is have an escape plan so you know how you would get out of your home if a fire occurred and your normal exit route was blocked. And finally know what to do if there is a fire – get out, stay out and call 999, never attempt to tackle a fire.”

One person backing the campaign is Carol Simpson. Carol lived alone until April this year when a fatal fire in the block of flats where she lived resulted in her flat becoming inhabitable due to smoke and water damage. Carol had moved in with her partner temporarily whilst she waits for her flat to be refurbished. Co-incidentally she was part of a group that were consulted with by the fire service who were asking for feedback on the posters and leaflets they were planning to use for the campaign. One of these posters was about having working smoke alarms and Carol went back to her partner's home following the session with a clear action to test his alarms. She was shocked to find he had one smoke alarm which had no battery in and so rang the fire service to find out if they were eligible for a safe and well visit. They came out the same day and a member of the team had carried out a visit and fitted three smoke alarms in the property.

Carol said: “I can't thank the fire service enough, firstly for involving us in their campaign before it even launched, if they hadn't I just wouldn't have thought to have checked. I've had so much to deal with since having to move out, I just wrongly presumed my partner

would have working smoke alarms. Secondly the service we received when we realised he had no alarms, they quickly came out to visit us and were so helpful. This campaign has raised awareness of fire safety for both of us, bearing in mind that ordinarily we do live alone. I've since mentioned it to some friends who also had no working smoke alarms fitted. I'll definitely be making sure my smoke alarms are working when I am in a position to move back into my flat.”

To check your risk or that of someone you know visit Staffordshire Fire and Rescue Service's website:

www.staffordshirefire.gov.uk and click on the Living Alone link.



Off to bed?

Keys? **Check.** Phone? **Check.**
Do you know your escape plan?

If you live alone you are nearly
4 times more likely to be
seriously injured or die in a fire.

Find out how to make yourself
safer on our website.

LIVING ALONE




www.staffordshirefire.gov.uk

 **Staffordshire**
Fire and Rescue Service
preventing • protecting • responding

Saturday 10 September – 11am-3pm
Staffordshire Fire and Rescue HQ

FAMILY DAY



Family Day is back so bring along family and friends to enjoy live fire and rescue demonstrations, lots of vehicles for children to explore, a delicious hog roast barbecue, fun activities and much more.



www.staffordshirefire.gov.uk



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JUST GIVING PROCEEDS IN MEMORY OF DAVE HILL

A small presentation event was held on Sunday 12th June where the family of CM Dave Hill from Longton, who sadly passed away in January, donated the proceeds of £2,000 from a JustGiving page set up by one of Dave's colleagues, split equally between The Fire Fighters Charity and The British Heart Foundation (just over £1,000 to each charity).

Dave's son Callum, was also presented with his dad's presentation axe and he unveiled a memorial photo and plaque that will be displayed in the station.



WALKING GROUP

Just before the end of last year several retired colleagues got together to have a walk round Tittesworth Reservoir followed by a pub lunch. The aim was to have a social get together as well as some fresh air and exercise.

This proved to be a successful event that has been repeated several times in different areas and has been advertised by email throughout the retired network to encourage members to get their walking boots on and enjoy the company of like-minded veterans.

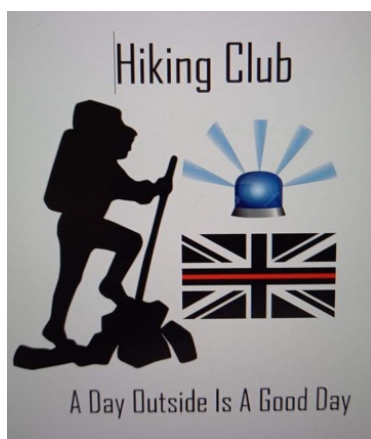
The walks are organised by various members of the group and are usually 5 – 8 miles in length and often include a short version for

those who wish to do a shorter distance. Numbers of participants are usually around 8 – 12 and new members have joined the walks each time. All retired members are welcome to come along and we aim to hold the walks in different areas of the county.

Look out for the emails containing details of forthcoming events. If you are not on the retired network email list and would like to join us, please email:

a.buttery@staffordshirefire.gov.uk

All details are held securely on a Service database and not shared with anyone. If you don't have access to email but would still like to take part, you can contact me on: **0786 6951110**



CAP BADGE AND BUTTON COLLECTION

Here are some photos of a very impressive collection of Fire Brigade Cap Badges and sets of buttons of Stoke on Trent Fire Brigade, Staffordshire Fire Brigade and Staffordshire Fire and Rescue Service. The collection belongs to retired colleague John Hawkins. If anyone would like any further information about this collection please get in touch.



'US STORY' REQUEST FOR HELP

A new project we are looking to establish is creating an "Us Story" that will be shared across the Service for recruitment, retention, training, staff belonging and for community engagement.

To achieve this, we want to work with the Retired Network to help us shape stories and experiences from our past that will help influence our present and future visions. Initially, this will be developed through a short motivational film that captures the essence of Staffordshire Fire and Rescue Service and will hopefully have recorded video or audio clips from volunteers of the network sharing their past. Further films and pieces of work will then be developed, to help continue this conversation.

A future ambition is also to curate

a more structured Fire Museum for the local community at some of the Fire Stations and so we will be looking at furthering old photographs, video footage and objects or mementoes that might be loaned or given to this project.

Ultimately, this will provide the community with a different reason to visit and will help improve station visits for children and young people, along with helping staff to understand the significance of being a custodian of a role at Staffordshire Fire and Rescue Service.

If you are interested in working with us on this project, at this early stage, then it would be great to have a range of people supporting this.

Please contact me on:

a.buttery@staffordshirefire.gov.uk
or **0786 6951110**

**If you enjoyed this issue and wish to receive the next Retired Staff Welfare Network Newsletter?
Contact Andy Buttery:**

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Phone:
07866 951110

Mail:
The Oldershaws, High Offley,
Woodseaves, Stafford ST20 0NF

Follow us on Facebook:



Staffs Fire and Rescue
Retired Staff Network



Don't forget if you need any help from the Fire Fighters Charity the helpline No is: **0800 389 88210**

helpline@firefighterscharity.org.uk



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STAFFORDSHIRE FIRE & RESCUE HQ

*Retired Firefighters
Christmas Buffet Lunch*

**THURSDAY 8TH DEC 2022
12:30PM**

ROAST TURKEY, STUFFING & PIGS IN BLANKETS
HOME ROAST HAM
ROAST BEEF
ROAST POTATOES
MINTED NEW POTATOES
SCOTCH EGG
FISH GOUJONS & TARTARE SAUCE
VEGETABLE QUICHE
MIXED SALAD
COLESLAW
BREAD ROLLS

CHRISTMAS PUDDING & BRANDY SAUCE
CHEESE & BISCUITS
FRESH FRUIT

MINCE PIES

TEA & COFFEE

£15 PER PERSON



RETIRED STAFF WELFARE NETWORK NEWSLETTER



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