

A DAY WITH THE AMBULANCE SERVICE*



I was stationed at a Derby Ambulance Station and, arriving at about 5:30am, I was let in through the door by an ambulance technician, offered a coffee and then sat in the dark in the communal room with a couple of sleeping paramedics. By 6am the paramedic ('Jon' – not his real name) I would be with for the 12-hour shift arrived and after a brief introduction we went to get equipment and suit up. I was given a helmet and a jacket and we headed over to the car so Jon could check everything. Jon had lots of kit and showed me that he had specific gear to deal with a terrorist attack and is trained to deal with these kind of incidents, scary stuff!

We headed out to a standby point where we did just that for about an hour and then at 7.03am, Jon decided the vehicle needed another check at the workshop so we were unavailable. We arrived at the ambulance repair place which was literally filled full of every emergency vehicle you could image. After 30 minutes the auxiliary battery was replaced on our car and then we went to Royal Derby Hospital. I was introduced to ambulance crews, technicians and other paramedics and shown how things work once an ambulance brings someone in and how they are processed. We then went back to the vehicle to wait for a Red 1 or Red 2 call (Respiratory / cardiac arrest for Red 1, Red 2 is all other life-threatening emergencies). While we had sandwiches and soup the first call comes in and we were launched out of the hospital like the Nasa shuttle. Child at a nearby school with breathing difficulties. We hit the first roundabout in seconds and then the call is cancelled as the child was now ok. We head back to the hospital and within a short period of time we get the next call, Red 2, male bleeding out from wound in abdomen. We make the jump to light speed as the response clock is ticking down. While we cut through the traffic at incredible speed, Jon shows me how he is checking every time and the technique for getting through lights and traffic without bullying vehicles into a dangerous position. He points out that when going through pedestrian crossings where people are standing he makes eye contact with the pedestrians to make sure that they have seen him. Somehow Jon negotiates traffic, bystanders, and bikes at high speed, I was by this point feeling like I was in a chase scene in a Hollywood movie. It was intense and scary, a real adrenaline kick.

We arrive at the emergency – a man bleeding out from an infected wound caused by injecting drugs. He was being helped by a passer-by who had called the emergency services. Jon took over and treated the man until the ambulance arrived. It was a gritty and tough scene, with the man in considerable distress and pleading to be taken to the pharmacy and not to hospital. The whole time this went on people were stopping and staring, or stepping over the man; a couple of people were confrontational but Jon diffused this straight away by engaging with them. No sooner had we got back to the hospital than a patient that needed restraining was brought in which was alarming to say the least. Jon showed me another trauma room where a patient had been brought in who had self-inflicted serious wounds on his body with a knife and he had then cut into his own throat ear to ear – a critical injury which had severed the windpipe and jugular vein.

The next Red 2 call was a female who had collapsed through extreme abdominal pain and the ambulance crew needed Jon to put a line into her and give morphine. It was unclear what had caused her to collapse and be in such pain even after an examination. Jon connected a line via a vein in her hand to a drip and then gave her morphine for the pain. When this was in and working, we sped to the hospital and the ambulance technician followed in Jon's paramedic car.

The day was like being on a long haul flight. I felt drained and out of sync with everything. I know that the paramedics and ambulance crews can't get paid enough for what they do, they really don't. When you see first-hand that these people go straight from a fatal stabbing and dealing with catastrophic injuries to helping someone has fallen at home or is a little out of breath and – under advice from a concerned relative – has called the emergency services as a precaution, you can only be in awe of their professionalism. They arrive at each emergency call as quickly as possible within the safety limits; they are calm, absolutely focused, immediately assessing the surroundings and the situation and bringing their training and experience to bear in each and every moment. I know I would be in pieces, so I appreciate the mental toughness and that every patient is treated as a life to save no matter what or where. I am sincerely grateful to Terry Evans for organising the ride along as it was hugely helpful and educational.

*Mercia Marina First Aid Team are going out with East Midlands Ambulance Service for experience of emergency call-outs.

ALL ABOUT HEDGEHOGS
CROSSWORD

COMPLETE MY CROSSWORD AND WIN SOME GREAT PRIZES
INCLUDING A VOUCHER FOR THE WILLOW TREE TEA ROOMS
£1 TO PLAY AND ALL PROCEEDS GO TO THE HEDGEHOG
PRESERVATION SOCIETY.
NO NEED TO GET FRISKY IF YOU DON'T KNOW ALL THE ANSWERS
JUST HAVE A BALL SO I CAN CONTINUE TO ROLL INTO ONE!
PICK UP YOUR CROSSWORD FROM THE MARINA OFFICE

MERCIA MARINA
Makers Market
Sunday 24th September
10am - 4.30pm

Makers - Producers - Crafters
Handmade Items, Arts, Crafts, Foods, Live Entertainment

GONE FISHING

The winner of the 20 August fishing match was Sarah Cunnington. Second was Steve Winning but Nigel Hunt still heads the league. Next match in October.

For comments and contributions, please contact Jo—07973711431 or jojames46@gmail.com

Community Events' Programme for 2017-2018

The 2017-2018 Calendar of Mercia Community Events has now been put on the Mercia Community Facebook Page in the Events' Section. Copies of the full spreadsheet have been emailed out. Further copies are available from the Office and the Newsletter will carry event information from month to month. If you still can't find what you want, then ask! Ask in the Office, email merciaevents@hotmail.com, ask your Forum Rep - there is plenty of help around. And it is very important that you keep in touch with any last minute changes or arrangements for your group - either on Facebook or asking a friend to check for you.

Some events and the Marina-wide socials (eg. BBQ) are very popular, so it is important you say you want to come in good time. Events on the FB page have a 'join' button (no need to 'decline' or 'maybe', just accept if you want to) or, if you don't use Facebook, email merciaevents@hotmail.com or give the Office a note of your name/event to pass on.

So here we go!! The 2017/18 season starts right here, right now.

Crafters, photographers, musicians, quizzers, knotters and spicers, book readers, quizzers, painters time to hone your skills and sharpen your needles, pens, pencils, camera lenses and ukulele strings.

If you're new to Mercia, just go along and join in - you'll be made very welcome.

Most events are in The Willow Tea Rooms (thanks go to Helen Deaville) and usually start at 7.00 p.m.

The September Diary runs as follows:

Sat	2	Newcomers' Welcome Evening
Tues	5	Music - Join-in Jam for everyone and anyone
Wed	6	Craft Club
Thurs	7	Ukulele Group
Sat	9	Community BBQ
Tues	12	Craft Club
Wed	13	Photography Group
Thurs	14	Ukulele Group
Sun	17	ReXfactor and Bandstand Busk
Tues	19	Craft Club
Wed	20	Bingo Evening
Thurs	21	Ukulele Group
Sat	23	Beer Bus Adventure
Sun	24	Makers' Market
Tues	26	Book Club
Thurs	28	Ukulele Group
Fri	29	CPR Session
Sat	30	Fire and Safety Maintenance Session

NEED TO KNOW MORE ABOUT ANY EVENT?- LOOK ON THE COMMUNITY FACEBOOK PAGE AND ASK!

It's Back!! The ReXfactor!! Sunday 17th September sees the second year the marina's four-legged friends are celebrated at an afternoon of fun and games for all moorers, lodge owners and their dogs in the Dog Walking Field.

Your pedigree chum doesn't have to be super intelligent, or an agility champion . We will have rosettes for games, for fancy dress, for high jump! It would help f you would register your dog in advance (ask in the Office), but you can come along on the day .See you there! (Roger Filler, X Pontoon)

Thanks, as always, to Midland Chandelers for their continued support of the Newsletter. Copies are emailed out (give the office your address) and the printed copies are available in our own Midland Chandelers, the cafes and shops and in the Marina Office.

Midland Chandelers
CARAVANS & EQUIPMENT SINCE 1970

Farewell and Good Luck!

Lots of moving goes on in August with people leaving the water and going onto the bank or moving their boats to a different base. Some have been at Mercia for a short time, others for many years. Each and everyone has been part of our community and you will be missed. It may be that many people only know you by sight, having got used to seeing you walking around (with or without dog!), dropping in the shops or Office, having a coffee, coming to this or that event. We may not know names and even when we do we miss the chance to say farewell because we didn't know your plans. So, to all those leaving or recently left (who still get the Newsletter emailed to them!) on behalf of all of us who didn't get the chance to say it at the time

'Goodbye, our best wishes go with you and good luck'.

NATURE SOCIETY
Making a real difference

The Wildlife Sunday on 13th of August was a great success with the Bee stall, lucky dip, raffle and information area. And the weather was kind. The best part was the amount of information given out with so many people genuinely interested in all the mammal bones on show, the bee section and hedgehog information. Bees were carefully caught in the viewing box and both adults and children were fascinated discussing what they were and how they were identified. Mr Buzz was on hand much to everyone's delight. A huge thank you to all those who helped, this is always a team effort and it's a great team!

Jane Wakeham gave a talk on the marina's butterflies on 18th August - what they and their caterpillars look like, where to find them, what they feed on.



A Poppy Appeal Row - A Huge Challenge Needing Our Support

MICK COUPLAND AND STEVE KIRKY
SUNDAY 24TH SEPTEMBER 2017
WWW.JUSTGIVING.COM/POPPY-APPEAL-ROW

LIVE ON
THE ROYAL BRITISH LEGION

ROWING FROM SHARDLOW MARINA TO MERCIA MARINA IN AID OF THE POPPY APPEAL 12 MILES (APPROX)

Two of our well-known moorers, Mick Coupland and Steve Kirk, have set themselves an impressive challenge! Steve says:

"Have we trained? Of course we have! We've rowed to The Dragon and back and I've done a bit of rowing in the gym. Our first three hours will be by torch-light as we'll be starting around 2.30 a.m. Hopefully no boaters will be alarmed if they hear the sound of oars, lots of grunting and see torches at that time of the morning. We plan to arrive at the Marina around 1pm (rather than in hospital a bit earlier!). It's probably a bigger task than we first thought, but being as it's for the Poppy Appeal we will finish the challenge. Over the last 7 years, my customers at the Neptune (Steve's pub in Derby) and I have raised £20,000 for the Poppy Appeal with this year I'm hoping for £6,000 on top as we've been getting more support each year. This is the biggest Challenge so far and I can't thank people enough for the support they are giving Mick and me."

If you'd like to sponsor their epic row, one way is to go to their Just Giving Poppy Appeal web page (copy and paste the following URL)

<https://www.justgiving.com/fundraising/poppy-appeal-row>

If you are a UK tax payer, the automatic tax reclaim on your gift will add a further 25% to its value. Or call by the Office and leave your donation there. Or if you see Steve or Mick (probably will be Mick as he walks his dogs round the Marina), they'd be happy to be given a donation then and there!

AND don't forget to be waiting for them on the day, ready to cheer them into the Marina at the end of their epic effort!

Canal & River Trust

CRT did a survey of London boaters last year and some of the outcomes are interesting when we think of our own community at Mercia and the wider boating community in the Midlands. The five main improvements people wanted to see were more **mooring places, mooring rings, water points, Elsan facilities and dredging**. Which isn't surprising when there has been a dramatic increase in boat numbers in London (2,164 in 2010 to 4,820 in 2016) and it was this that prompted the survey. The results show that living afloat is increasingly seen as a viable alternative lifestyle by many younger people in the London area. 34% living on their boats were under the age of 35; only 5% were over 65. There were 43% of the respondents living alone and 42% living as cohabiting couples (so very few married couples!). Only 9% were not registered to vote, but 21% were not registered with a doctor. Double and triple moorings have become common with permanent moorings, like those on the right in the picture are in short supply. So a different community from the communities in our area.

London Boaters' Survey

Winter Health

As Autumn approaches it's a good time to think about preparing for the winter months. The Newsletter has previously covered 'winterising' your boat - protecting it against frost and ice and precautions to consider if you're leaving it unused for a while. So over this and next couple of months, the focus is on you and your health. What follows is a story written by Terry Evans, the lead volunteer on the First Aid Team.

ooo - A Winter's Tale - ooo

One day, **Mr Mil Dew** met up with **Mr Fun Gus** and explained that he was taking his holiday on a Narrow Boat. It was a great environment for them, said **Mr Mil Dew** and the people who lived on the boat thought it was normal for them to be there. "Can I join you **Mr Mil Dew**?" "Of course you can **Mr Fun Gus**".



Off went **Mr Mil Dew** and **Mr Fun Gus** and they found the exact sort of boat for their holidays. The boat was warm and damp; it was very cold outside but the lovely owners had closed all the windows and doors to keep it nice and warm inside - "it's a lot better in the bits the warmth can't get to" said **Mr Mil Dew** "because here it's lovely and wet with condensation."

Mr Mil Dew was gradually working his way around the boat when he spotted a new face. "Hello, what's your name?" "Hello, I'm **Mrs M. Old**" "Pleased to meet you" said **Mr Mil Dew** looking around, "this is a nice place you have here - lots of lovely steam and wet wall - what's it called?" "It's a Bathroom" said **Mrs M. Old** "it's a great place - no one bothers to wipe down properly and I get left along to just produce my offspring and spread all over the place"

"Do you know a **Mr Fun Gus**?" asked **Mrs M. Old**. "Oh yes" said **Mr Mil Dew**, "He's with me on this holiday". "How lovely" said **Mrs M. Old** "we got together not long ago and produced some lovely mushrooms and toadstools. We keep them behind the wall so they can't be found and they grow and spread a lot better."



As time went on and everyone was very happy with the setup, except for the owners of the boat who found themselves closely involved with a **Mr Bach Teria**. Because of **Mrs M. Old**, **Mr Mil Dew** and **Mr Fun Gus**, **Mr Bach Teria** was really thriving and found it easy to hand over all sorts of respiratory infections and breathing problems.

A few days later **Mrs M. Old** and **Mr Fun Gus** went to **Mr Mil Dew** to find out why things seemed to be changing. "I'm not sure" he said "but it's certainly dryer in here and I'm struggling to grow any more. I'll see if I can find out what's going on."



Mr Mil Dew went off on his quest and, coming upon a strange monster that was sucking in all the damp air that he and the others had thrived on, went straight back to report. The three rushed back to see the monster but when **Mr Mil Dew** got to the place where it had been it wasn't there. As they looked about for some clue, they heard a very strange, hypnotic noise and, following the siren call, found themselves in a room with a beautiful machine which mesmerised them with its constant hum. Without them noticing they were drawn in through the grills of the monster which brought their holiday to a sudden and very abrupt end.

You want to know what happened to **Mr Bach Teria**: Well, when the rest of the team didn't return, **Mr Bach Teria** couldn't really live without them so (happily) he, too, came to end of his holiday. And the name of the monster, who took them all on and won? It was **Mr De Humi Difier**.

Dehumidifiers

Dehumidifiers keep a room's humidity levels in check, drawing excess moisture from the air. There are two main types - Refrigerant (compressor) and Desiccant. Refrigerant dehumidifiers draw in air through a filter and over cold coils. Water condenses on the coils and drips into the water tank. They tend to work better at higher temperature and humidity levels so are a better choice for most homes. Desiccant dehumidifiers use an absorbent material to extract water from the air and the material is heated so the moisture drips into the water tank. These work more effectively in garages or conservatories where the temperature is lower. A dehumidifier is going to cost to buy and run so take a few simple steps to combat humidity without one: keep windows open when possible, wipe down wet walls in the shower, dry clothes outside or by an open window, open windows when cooking on the hob and never block ventilation grills. If you are using one, set it away from furniture and curtains and keep windows closed while it runs. Empty it after every use. If it has a humidistat set this around 50% or 60%.



Ventilation

Adequate ventilations is essential for personal health and safety and to ensure oxygen consuming appliances can work correctly. Room-sealed appliances have their own air supply built into the flue ductwork but other appliances take their combustion air supply direct from the cabin space. Insufficient ventilation can lead to the production of carbon monoxide - a highly poisonous gas. The recommended amount of ventilation depends on the number and type of appliances on board. The input rating can normally be found on the manufacturer's plate on the appliance or in the operating instructions. The ventilations requirements then need to be split equally between high level (ideally the cabin roof) and as low as practicable. Low level venting comes from vents in doors and/or bulkheads and these should be fixed open on boats used exclusively on inland waterways. High level ventilation comes from, e.g., mushrooms. Where closable ventilators are used on your boat, it's a good idea to make sure they are open, particularly in the winter months when there is a tendency to keep doors and, sometimes, windows closed. If you have any worries about the levels of ventilations needed, contact your boat safety inspector.

DON'T CLOSE OR TAPE UP YOUR VENTILATORS; YOU NEED THEM

