

Friends

A quarterly newsletter for our donors and supporters

Inside:

Diversity of first aid training

Satellite technology improves communications

Going places with St John Youth

ISSUE 13

SOUTHERN REGION

SUMMER 2009



St John

first to care

St John in the community

For 124 years St John has provided first aid cover at community and sporting events. Originally known as 'zambucks', St John Events volunteers are widely recognised around the country and even though the role has changed a great deal over the years, they provide essential first aid and life-saving skills and reassurance that should things go wrong, a qualified volunteer is on hand.

Over the last twelve months 75 St John Events volunteers in Southern Region have been to 599 community events - an impressive figure, and something to be celebrated.

Southern Region General Manager Gary Williams says the dedication shown by these volunteers is second to none.

"They may stand on the sidelines of a major sporting event such as the rugby test played at Carisbrook between France and the All Blacks earlier this year, ensuring a capacity crowd has access to medical care if needed, or they may be at a local A&P show providing exactly the same type of service," says Gary.

"Whatever the event, large or small, urban or rural, St John Events volunteers all have something in common - their genuine concern for others and their willingness to get out into the community and provide practical assistance. We are very proud of them."

If you are interested in becoming a St John Events volunteer in either Dunedin or Invercargill please contact Ruth Craigie on 0800 785 646 ext 3614 or email ruth.craigie@stjohn.org.nz for more information.



ST JOHN EVENTS VOLUNTEERS WATCH OVER A LARGE CROWD AT CARISBROOK DURING THE ALL BLACK AND FRANCE RUGBY TEST IN JUNE

Ryman Healthcare name St John their charity

Ryman Healthcare has selected St John as their national charity for a year and will be raising funds to support St John.

Ryman Healthcare is one of the country's largest providers of retirement village living and rest home/hospital services, and are six-time winners of the Australasian Aged Care Awards for Best Retirement Village in New Zealand. Ryman Healthcare's 21 retirement villages and 4,000 residents and staff will take part in fundraising activities including fetes, raffles and market days to raise money for St John.

At the end of the 2009-10 year, the total raised by the villages will be matched dollar for dollar by Ryman Healthcare Head Office and donated to St John. During the year the Ryman villages and St John members will join together to offer the local communities information days – where elderly people can find out

more about looking after their health and well-being and about St John services.

Funds raised will go towards the following St John community care programmes:

- ✦ Caring Caller, a telephone friendship service where volunteers make daily phone calls to support housebound, unwell or lonely people.
- ✦ Friends of the Emergency Department, where volunteers provide comfort and support to patients and their families in hospital emergency departments.
- ✦ Safe Kids: The programme gives children from pre-school through to their early teens an understanding of emergencies, information on how and when to call an ambulance, an understanding of St John and the skills to identify and help in an emergency situation.

The diversity of first aid training

Meeting the needs of our clients is a core function of operating in a competitive environment, including the first aid training sector.

St John is one of New Zealand's top first aid training providers, and recognising that one size does not fit all helps our organisation tailor first aid courses to different clients.

For example, staff of the Dunedin-based Yellow-eyed Penguin Trust recently took part in an outdoor first aid course. While still covering all first aid scenarios, this course is tailored for people wanting to learn and refresh their skills in an outdoor environment.

Training Delivery Manager Shirley Kerr says the Outdoor First Aid course is important for people working in the outdoors.

"The course offers something unique in that it takes into account first aid and other medical emergencies occurring in the outdoors, and how different types of challenges can be met," says Shirley.

"It could be that help is much further away, so additional information is taught to cope with this. Conducting a scene assessment will be considerably different from that in an urban setting and we also talk



KAYOKO OTA LEARNS HOW TO PERFORM INFANT CPR IN A RECENT COURSE IN QUEENSTOWN

about the importance of pre-trip planning."

In a completely different environment first aid training for parents and extended family members has been on offer via Plunket for 15 years in Queenstown.

Lynn Cain, Wakatipu Area Executive Officer, says the course focuses primarily on teaching CPR to parents, grandparents and other family members.

"We have had a lot of fun doing these courses over the years, and the participants get a lot out of them," says Lynn. "Not only do we teach infant CPR, but parents have the opportunity to ask questions which is really beneficial for everyone."

Satellite technology improves communications capability



SOUTHERN REGION OPERATIONS MANAGER DOUG THIRD DEMONSTRATES ONE OF THE NEW SATELLITE PHONES

Thanks to the generosity of the Lion Foundation, a grant of \$14,000 has enabled St John to purchase five Iridium satellite phones.

Having good communications during emergencies is

of vital importance to St John and when conventional communication systems such as radio transmitters and cell phones do not work, satellite technology takes over.

Southern Region Operations Manager Doug Third says the satellite phones will enable St John personnel to communicate with confidence during a civil defence emergency such as a major earthquake, and when other forms of communication do not work.

“We work in challenging geography and terrain, and there are parts of this region that do not have adequate cell phone or radio services,” says Doug.

“Should a major natural disaster occur such as an earthquake, there is a very good chance that satellite technology will be the only way we can communicate with ourselves, Civil Defence and other emergency services. Having these new phones is a major boost to our ability in dealing with such situations. When we have good communications we are better equipped to deal with changing situations and ultimately we’re in a better position to save lives”.

Thanks for your support

As we quickly approach Christmas we would like to take this opportunity to thank you for your support throughout the year.

Once again we have been busy providing a host of services in our community - ambulance is obviously the most prominent. While we can look back over the year with pride in the work we have done, it is the future, particularly next year, that will be of significance.

Next year we will be celebrating our 125th anniversary and the year will involve various events that will showcase our past and our future, including the International Youth Festival (see page four for more information).

Before the end of this year St John in Invercargill will be marking their centenary by holding, amongst other things, a public open day on Saturday 21 November at the ambulance station in Jed Street. If you can, be sure to go along and experience something special. The Murihuku Youth Division will also be celebrating their

50th anniversary at the same time.

At St John we are proud of our history and heritage. For 124 years we have been providing New Zealanders with a wide range of community services and look forward to continuing this work into the future.

On behalf of the Southern Region of St John we would like to thank you for your support, and wish you and your family a very safe and happy Christmas.

Murray Jones
Chairman
Southern Region

Gary Williams
General Manager
Southern Region

Going places with St John Youth

Put a challenge in front of St John Youth members and the result will be something special. Youth members are challenged every week to find solutions to problems, develop health-related skills, and develop leadership skills.

St John Youth take great pride in the uniform they wear, strive to better themselves by competing in regional and national competitions, and create an environment that enhances team work and camaraderie.

Next year as the organisation celebrates 125 years of community work in New Zealand, St John Youth members from around the world will gather in Christchurch for the International Youth Festival - an event that will see over 500 young people compete against each other while forming friendships across countries and cultures.

While this is a grand affair, Youth members also enjoy other activities, including regional competitions.

The Southern Region Junior Youth competitions were held in Balclutha recently. Junior Youth members (aged 6 to 10) came together to compete in an event that was filled with plenty of activities and offered some wonderful opportunities for our youngest members.

Coastal Otago Youth District Manager Glenys Riach was thrilled with the success of the event.

"Organising competitions for these young children is really important for developing their skills and confidence, and they gained so much from the experience," says Glenys.



HOW WELL DO YOU KNOW YOUR ANATOMY? YOUTH MEMBERS ARE TESTED DURING THE COMPETITIONS



APPLYING BANDAGES WAS ONE OF THE MANY THINGS MEMBERS WERE TESTED ON DURING THE YOUTH JUNIOR COMPETITIONS

» We welcome your support

If you would like to make a donation please call **0800 ST JOHN (0800 785 646)**

An automatic donation of \$20 can also be made through your phone bill by calling **0900 ST JOHN (0900 785 646)**



St John
first to care

Contact us on **0800 ST JOHN (0800 785 646)**

- to advise us of changes to your address or phone details
- to make a donation
- to volunteer for St John or find out more about how St John works within your community

EDITOR Alena Lynch

POST St John, PO Box 5055, Dunedin 9058

PHONE 03 474 3203

FAX 03 477 7994

EMAIL alena.lynch@stjohn.org.nz