

# Friends

**Thank you for being there**

**Summer 2019**



**St John**

Here for Life



Photo credit: Emelyn McHardy/Stuff

*Members from St John and the Auckland Rescue Helicopter Trust, recently caught up with Sonny Currey and his brother Caleb*

## Quick thinking teen saves his younger brother

Seventeen-year-old Caleb didn't think twice about giving the pushchair containing his three-year-old brother a good shove propelling it out of the way of a car flying towards them at 50kph. The Waiuku pair had just crossed the road almost reaching the footpath when the car collected Caleb, throwing him 10 metres, and leaving him unconscious and face down on the road with serious injuries.

A passerby soon stopped to put him in the recovery position, while others quickly stepped in to help lend support including taking care of the three-year-old left with only scrapes and bruises. Kathryn and Andy, the first St John paramedics arrived almost at the same time as the Police who immediately took control of the scene.

"It's one of the best things about small communities, it was a case of everyone linking in to work together to do what was needed," recalls Andy.

After assessing the extent of Caleb's injuries, Andy called the St John Control Centre to let them know a rescue helicopter was needed. Ten minutes later the Auckland Rescue Helicopter was on its way. With the emergency services teams working together, Caleb arrived at Auckland Hospital Emergency department within 61 minutes of the initial call being made.

Now, six months later, Caleb still faces a long recovery, but the outcome could have been so much worse. He and his family asked to meet the St John paramedics and the Auckland Rescue Helicopter crew at the accident scene last October to say thank you for their help in trying to secure the best possible outcome.

Our paramedics seldom hear how the patients story unfolds so really valued the opportunity to meet.

"We very rarely find out for example the extent of someone's injuries once they pass through the hospital emergency department doors or how they got on so when we do, we find it incredibly heart-warming and rewarding."

While receiving emergency calls, allocating resources and attending an accident is all in a day's work for our emergency services personnel, every accident has the potential to change a life forever. This time round, it was really great that St John and the Auckland Rescue Helicopter crews learned of the difference they made to the young life of a teenage hero.

**To find out more about St John first aid and resuscitation courses visit [stjohn.org.nz/first-aid](http://stjohn.org.nz/first-aid) or call us on 0800 FIRST AID (0800 347 782). ●**

## Di's message to you

### Kia ora koutou!

After joining just six months ago as Northern Region's Fundraising and Marketing Manager, I'm finding St John an amazing place to work. Learning first-hand how our emergency response, community programmes teams and everyone else who supports them routinely go above and beyond to help people is inspiring.

Emergency services by its very nature, means our people are often managing people who are not at their best. When something bad happens, you see a wide range of human behaviours and this year, our focus has been on mental health. We've been talking about how to talk about it, how to manage those conversations that can be so hard to have.



The St John Mental Health First Aid course helps both normalise and destigmatise mental health, so that we can better support those suffering from this commonly unspoken about disorder in our family, friends and community groups. The article in this issue of *Friends* outlines more about this important issue.

Thank you for your support and for the difference you make.

I hope you enjoy reading this issue of *Friends* and I welcome any feedback.

Ngā mihi nui,



**Di Senior**

Fundraising and Marketing Manager, Northern Region ●

### Join us for the St John Heart of Gold 2019 Annual Appeal 1-7 April 2019



Did you know, last year Kiwis raised an incredible \$2 million during St John's Annual Appeal? Thanks to your support, we're able to reach Kiwi communities when they need us most because of the money raised.

In April 2019 we need to do it again, and we'd love for you to join us!

You can volunteer for one of our street appeals, hold a morning tea at your home or business, or a themed mufti day to help support St John.

**If you'd like to be involved or have any questions about Appeal, please contact us at [NorthernRegionFundraising@stjohn.org.nz](mailto:NorthernRegionFundraising@stjohn.org.nz)** ●

## Mental Health First Aid has arrived

**Did you know one in five Kiwis face a mental health challenge each year? While most of us are comfortable openly discussing physical health, the stigma of talking about mental health remains.**

If someone injures themselves, you get out your first aid kit. But what do you do if someone has a panic attack or symptoms of depression – is there a mental health first aid kit? Here at St John we want to make it a normal and safe thing to talk about. St John launched its Mental Health First Aid training course last year to help reduce that gap – we can all step up to help the one in five Kiwi's facing this challenge.

St John National Programme and Development Manager, Gabrielle Wildbore M.Ed said that developing Mental Health First Aid is a natural fit for St John.

"St John Ambulance Officers are the eyes and ears of the health system and are responding to growing numbers of mental health-related call-outs year on year. Many of these call-outs are people in a state of crisis. The provision of Mental Health First Aid aims to facilitate more early intervention, which we hope may prevent people from reaching that crisis point.

"St John is committed to improving the health outcomes of all New Zealanders, and as the largest and most trusted provider of First Aid training, we wanted to build on our training expertise to help open up and demystify the conversation around mental health and wellbeing."



The new course provides a basic understanding of the relationship between mental health and disorder, and potential red flags, strategies for managing the initial support of friends, family and colleagues safely, and information on obtaining immediate assistance if necessary.

The St John Mental Health First Aid training course is designed to be accessible for everyone and will cater for individuals and groups.

**To find out more on how to identify, understand and respond to signs of mental health issues in work colleagues, friends and family members go to [stjohn.org.nz/mhfa](http://stjohn.org.nz/mhfa)** ●



## Positive ageing – what do New Zealanders of all ages want for the future?

**New Zealanders are living longer, but our capacity to age and live in good health and without disability is not increasing at the same rate. At the age of 65, people can expect to live half of their remaining lives either free of disability or without functional limitations that can be managed without assistance.**

As the number of New Zealanders over 65 grows, the need for community programmes and services to support them living independently bites at exactly the same rate.

Over the next decade, along with the large increase in the number of older people, our communities will also become more ethnically diverse. The number of Māori aged 65 or over is projected to increase by 79% to 2026, Pasifika by 63% and the older Asian population by 125%.

St John's vision for the future centres on positive ageing for everyone. We are committed to supporting people to live independently and help them remain healthy and well.

As New Zealand's largest ambulance service covering over 90 per cent of the country's population, we interact with almost half a million patients every year. In addition to our frontline operations, our community health services touch the lives of many more people, creating the perfect opportunity for us to do more, in conjunction with our health and community partners.

On top of First Aid training, the '3 steps for life' and community programmes, St John is also directly addressing the growing issue of social isolation. Mental health issues are hand in hand with this and we are making our first foray into promoting the need



for us all to be a lot more comfortable talking about mental health issues. St John's Mental Health First Aid course aims to provide more confidence in opening up conversations on mental health and letting people know how to get help and support, if it is required.

Research on the negative physical health impacts of both social isolation and mental health is compelling.

St John currently has three community programmes that directly address positive ageing and social isolation. The first is our Caring Caller programme in which clients are matched with a caring caller to check in on them at least once a week at a time that suits them. The aim is to provide reassurance that someone cares that they are OK, and provides friendly conversation. Since this began in 1996, many clients have told us how much of a difference just one friendly call can make. These friendships can span many years.

A new Chinese Caring Caller programme, run largely by Chinese language speakers for Chinese speakers, is aimed at addressing the needs of new migrants of all ages and circumstances, far from their birth countries and grappling with a new culture, a new language while adjusting to life in a new country.

We are also running regular Migrant Women's Coffee Groups in Auckland (that some men come along to, too).

Nationally we also run a Health Shuttle Service. Anyone needing to get to a health or medical appointment can use it for either koha or donation by booking in more than 24 hours in advance. This service helps more people keep their appointments for checks and treatments and so helps them keep their health and independence longer.



**If you're interested in finding out more about our programmes or to volunteer please call 0800 ST JOHN (0800 785 646). ●**

## Leave something that will live on after you

**Gifts left to St John in Wills make a huge impact. Below is Peter and Lois Steele's story – read why they chose to leave a gift to St John in their Will.**

Peter and Lois have a long association with St John, both individually, and as a couple. Peter was a cadet with St John Youth back in the UK, whilst it was Lois' father who gifted a piece of land to St John for the building of the Waiuku Ambulance Station.

Like most of us, Peter and Lois don't like to think of needing to use the services of St John. However, when Peter had a stroke, both came to realise that you can rely on St John to be there, telling us, "You are just a phone call away."

To this day Peter remembers the calming influence of the Ambulance Officers. He tells us; "They were just amazing. They went about their job treating me calmly and efficiently, and constantly reassured me as they took me to Middlemore Hospital." Lois was at work when she received a call from the Ambulance Officers, and, despite it being an emergency, their reassuring tone gave her the confidence that Peter was in good hands.

Both Peter and Lois have confidence that should they or anyone else need help, St John will be there. After having a stroke, Peter and Lois decided they needed to write a Will. When asked if they would like to leave any money to any charity, they said St John straight away.

Peter and Lois are ordinary people who have decided to do something extraordinary and have made a decision that will enable future generations to enjoy the same care that St John provided them. Wanting to do more,



Peter and Lois

but not having the money available now, gifting money in their Will doesn't impact their current situation.

"We've worked all of our lives and want to give back to an organisation which has helped us greatly. St John is marvellous – it's been there to help me and others I know, and I whole-heartedly support St John and encourage people to leave a gift to them in their Will as we have. We are comfortable with the knowledge that we will have done something good," said Peter.

Being from a close-knit community where everyone helps each other, Peter and Lois see how integral St John is to communities like theirs across New Zealand.

**If you would like to leave a gift to St John in your Will or have any questions about the St John Bequest programme and would like some more information, please contact Suzana Noth on 09 09 526 0527 ext. 8472 or email her on [Suzana.Noth@stjohn.org.nz](mailto:Suzana.Noth@stjohn.org.nz)**

## Thank you for helping our work in the Community

St John would like to acknowledge and thank the following trusts and foundations which help ensure we have the best equipment and vehicles to provide the right care at the right time.

Constellation  
COMMUNITIES TRUST LIMITED

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The Global Federation of  
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Trust

THE LION  
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Here for good

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Trust

Phoenix &  
Pine Trust

R A Bell  
Trust

Walker  
Charitable  
Trust

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