



InFocus

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**St John
Scotland**

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Defibrillator campaign 'shockingly' successful!

St John Scotland's teams of volunteers up and down the country have been working to help more local communities be resilient in the face of cardiac arrest.

Since May, we have helped install 21 new Public Access Defibrillators, from Cumnock in East Ayrshire to Westhill on the outskirts of Aberdeen.

Partnering with community centres, churches, local charities — and even a tattoo parlour! — we've worked together to raise funds for the devices, at the same time raising awareness of life-saving techniques.

The defibrillators have been installed as part of our drive to increase access to the devices across the country.

In the event of cardiac arrest,

using a defibrillator within the first few minutes of collapse can increase the person's chances of survival from around 8% to as high as 75%, which is why we're keen to see more of the life-saving machines available across Scotland.

Alongside many of the defibrillator installations, our volunteers have offered CPR training to the community, ensuring members of the public are fully equipped to respond in the event of cardiac arrest.

Over the past few months, St John Scotland has helped install defibrillators in: Torphichen, West Lothian; Montrose and Ferryden, Angus; Dalgety Parish Church and Baldrigeburn Community Centre, Fife; Lab Monkey Tattoo Parlour,

Stirling; New Cross Shopping Centre, Hamilton; Netherthird Community Centre, East Ayrshire; Bishopton Community Centre, Renfrewshire; Westhill Shopping Centre, Aberdeenshire; St Mary's, Dundee; and Anderston Kelvingrove Parish Church, Glasgow.

As well as the national project to help provide defibrillators, Edinburgh's St John and the City project continues to see new devices installed across the capital.

Defibrillators have been added at a sheltered housing complex, community centre, bathroom showroom and primary school in the city, while two more major tourist attractions also received a device: the Scott Monument and Museum of Childhood.

St John Scotland's CPR summer



It's a simple skill that could help save a life — and St John Scotland volunteers have been showing hundreds of people how it's done.

As the sun shone (and often, the rain fell) on summer fairs from Edinburgh to Fife, Angus to Aberdeenshire, visitors were able to drop by a St John Scotland stand and learn how to perform CPR.

Dozens more also came along to one-off CPR training

events organised by our volunteers, where alongside picking up CPR skills, they had the chance to learn how to use a defibrillator.

Meanwhile, hundreds of pupils at Carrick Knowe Primary School in Edinburgh were taught CPR following the installation of a defibrillator at their school as part of the St John and the City project.

The national Save a Life for Scotland campaign, of which we are a partner alongside other charities and emergency services, is aiming to teach half a million Scots CPR by 2020.

Having begun in 2015, the project reached a major milestone this summer, hitting the half-way target of 250,000 people trained.

Lisa MacInnes, Director of Save a Life for Scotland, said: "We realise that the majority of people living in Scotland do not actively seek CPR training courses to attend. In recognition of this, St John Scotland take CPR and defibrillation awareness to meet people where they are, from community groups to schools and shopping centres. It is their community focused approach, bringing care and enthusiasm to their work, that makes this approach so successful and inspires others in the partnership.

"When cardiac arrest happens out of hospital we know that every second really counts. St John Scotland's focus on equipping communities with CPR skills and the placing of defibrillators allows communities to feel ready, more resilient and ultimately will save more lives."

Expanding life-saving work in Malawi

St John Scotland has been awarded a Scottish Government grant of almost half a million pounds to support healthcare projects for some of the most vulnerable people in Malawi.

The £460,000 grant is part of the Malawi Development Programme, and will allow us to expand healthcare projects run by our sister organisation St John Malawi, which we have supported for 30 years.

The project is expected to benefit nearly 100,000 people in the country over 4.5 years. It will see local St John Malawi volunteers making door-to-door visits to expectant and new parents, teaching pregnant women about nutrition, encouraging them to take up antenatal check-ups, and helping them prepare for delivery. The volunteers will also help households improve sanitation to prevent potentially life-threatening water-borne illness.

In remote villages, where health services are unavailable, St John and local health staff will run outreach clinics to bring services to some of the country's most vulnerable people.

The programme has been funded until 2023.



Milestone year for Patient Transport

2018 marks a momentous year for St John Scotland's Patient Transport services — a year when not one, but two, major anniversaries are celebrated!



Throughout the 1980s, St John Scotland had been helping elderly patients in West Galloway attend day surgeries at hospital in Stranraer. The service was taken over by the Scottish Ambulance Service in 1990, but there remained a need for transport for patients from this rural area to access cancer treatment in Edinburgh.

In 1998, St John Scotland began transporting patients from around Dumfries and Galloway into Dumfries itself, allowing them to link up with the scheduled transport service to hospital in the capital.

Initially, drivers offered transport to patients from the Stranraer area on Mondays, taking them to Dumfries, and picking them up again on Friday afternoons once they had completed their course of treatment during the week.

By early 2001, demand for the service meant that journeys were now being made regularly, and a dedicated people carrier was bought to enable the patients to travel in comfort. It was joined by a second vehicle in 2006, while many volunteer drivers continued to use their own cars to help patients get to treatments across the area.

Over the years, St John Scotland volunteers in Dumfries and Galloway have continued to deliver this vital service for local patients.

This year, the team celebrate its 20th anniversary. It is hard to calculate the benefit the service has provided to patients from the area, but it is estimated that over the two decades, the team have collectively covered more than 650,000 miles, and helped transport thousands of patients.

In 2008, St John Scotland's Angus and Dundee area decided to explore setting up a similar service in the NHS Tayside area. It turned out to be something that would quickly develop from idea to reality, as then-Patient Transport Co-ordinator Bill Spence recalls: "I had a meeting with the Chair of NHS Tayside, who at the

time had been going through treatment for cancer. He talked about the debilitating effects of the treatment, and how it made even the process of travelling to and from appointments an arduous task. We understood that many more patients were anxiously dependent on relatives or friends for daily journeys over several weeks, and missed appointments as a result.

"We discussed the possibility of St John Scotland providing a Patient Transport service, and within a week we were on the road! We began with transport for oncology treatments, then started to offer the service to dialysis patients in 2010. Now our volunteer drivers are on the road six days a week, in all weathers, providing this life-saving service. Last year alone we helped almost 2,000 patients get to their treatments, and covered nearly 100,000 miles."

As the Angus and Dundee team celebrate their tenth year, they have acquired a new accessible vehicle, which will enable them to offer transport to patients who are wheelchair users.

In this milestone year, St John Scotland Executive Director Angus Loudon thanked the teams for their dedication over the past two decades, saying: "Our Patient Transport services are the pride of St John Scotland, and the embodiment of our dedication to saving and enhancing life. For the patients who would struggle to get to their regular treatments without the service, the selfless work of our volunteers provides a lifeline."



"With our most recent Patient Transport service established in Fife two years ago, and already expanding to meet demand, it's something we are keen to build on. We look forward to developing new services across the country over the coming years."

"The dedication of St John Scotland volunteers over the past two decades has been staggering, and I want to take this opportunity to thank each and every driver, co-ordinator, and all the people behind the scenes who help the services run smoothly every week. I hope we will be able to celebrate another 20th, and maybe even a 30th anniversary in future!"

Festival held in Dundee

This year's Festival of St John was held in Dundee's St Paul's Cathedral on 22 June.

21 out of 27 of those admitted or promoted within the Order this year were invested at the ceremony by the Prior, Major General Mark Strudwick.

Next year's Festival will be held in Inverness in June, with details to be confirmed in the new year.



New Chancellor appointed

After seven years as Chancellor of St John Scotland, Douglas Dow KStJ has retired.

Mr Dow remains Vice-Chair of the Dunbartonshire Area committee, and is succeeded as Chancellor by The Rev Canon Dr Joseph Morrow CBE KStJ QC DL, pictured below receiving his CBE from the Queen earlier this year.



Organ donors honoured at St John Scotland ceremony



Around 40 families gathered in Edinburgh in September to honour loved ones who gave organs after their deaths to save the lives of others.

At the sixth annual ceremony, held on 7th September in Edinburgh's Royal

Botanic Gardens, each family received the St John Scotland Award for Organ Donation, inscribed with the words 'add life, give hope'.

Family members attending the ceremony were also invited to visit Scotland's National Memorial for Organ and Tissue donors, commissioned by the Scottish Government and created within the Royal Botanic Garden by artist Alec Finlay.

50% of Scots have now signed the NHS Organ Donor Register, but around 560 people with life-threatening illnesses are still on the transplant waiting list.

To sign the register, visit the website at organdonationscotland.org and tell your family of your decision.

Mountain safety scheme extended



The St John Scotland Mountain Safety Instructor scheme, which has already seen hundreds of students learn potentially lifesaving safe mountaineering skills, has been extended for a further two years.

St John Scotland has funded the post of Mountain Safety Instructor, which is hosted by Mountaineering Scotland, since 2015. In that time, more than 340 young people from 12 university mountaineering, climbing and hillwalking clubs have received safety training led by experienced mountaineer Nick Carter.

Nick said: "I'm looking forward to working with more climbing groups across the country, helping to make sure they feel prepared to lead expeditions safely. I'm sure in the long run the project will help reduce accidents in the hills."

Armistice Centenary fundraising ball



The South East area of St John Scotland are to host a charity ball to commemorate the centenary of end of the First World War.

The ball will be held at Springwood Hall in Kelso on Friday 9 November 2018, and will feature a black tie dinner and entertainment.

Tickets are £750 for a table of ten, or £75 for an individual ticket, and include a reception drink and three course meal with two bottles of wine per table.

Tickets may be purchased by contacting Professor Donald Ritchie at d.a.ritchie@liverpool.ac.uk

As well as supporting the work of St John Scotland, a portion of the proceeds from the event will be shared with a Services charity.