



InFocus

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**St John
Scotland**

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Bystander CPR is saving lives



At the start of this year, the Scottish Government published its latest figures on survival rates for cardiac arrest - and it's good news, with the research showing that rates of survival have increased noticeably over the past few years.

A key plank of the national cardiac arrest strategy is promoting bystander CPR. Through the *Save a Life for Scotland* campaign, of which St John Scotland has been a partner for the past two years, thousands of Scots are learning this vital skill - and it is paying off.

In 2012, before the campaign was launched, just 41% of people who had a cardiac arrest out of hospital received CPR from a bystander before the ambulance arrived.

Over the past few years, and thanks to the hard work of St John Scotland volunteers and other organisations, more than 350,000 people have been trained across Scotland - and there has subsequently been a 15% increase in bystander CPR performed in emergencies.

The report also says that the most important factor in the rate of survival is whether or not a bystander starts chest compressions while the ambulance is on its way.

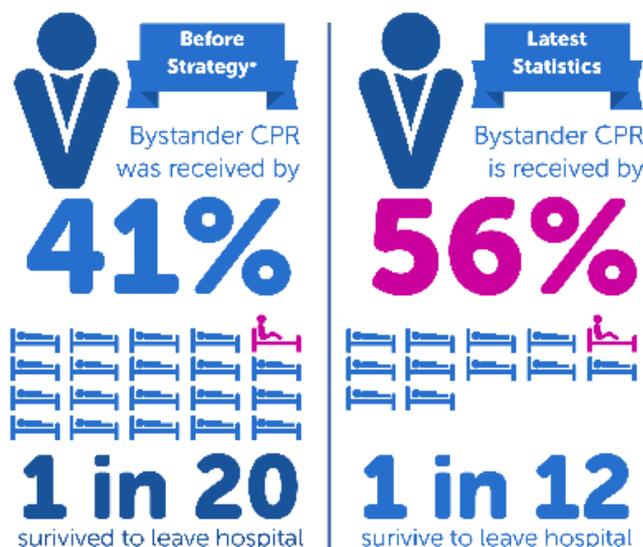
This demonstrates why it's so important to train more people in CPR, and to help them overcome any fears they have about stepping in to act in an urgent situation.

Local St John Scotland teams have been working hard to spread this message, with events taking place recently across Glasgow, Edinburgh, Aberdeen, Fife, Dunbartonshire and Ayrshire, with more than 700 people trained since the start of this year alone.

With the Scottish Government statistics showing that survival rates from cardiac arrest are on the up, from just one in 20 people before the strategy, to now one in 12, it's a powerful reflection of the impact our work has across the country.

While this is great news, there is still more we can do to help save lives. We always welcome more people who can help us get the CPR message out across the country.

If you'd like to help, we'd love to hear from you. Get in touch at volunteer@stjohnscotland.org.uk



*Source: Scottish Government, 2012. *Source: Scottish Government, 2018.

St John Scotland joins the Kiltwalk!



2019 is already bringing exciting things for St John Scotland - this year, we took the plunge and, for the first time, we'll be taking part in the Kiltwalk!

The Kiltwalk is now a well-established event on the Scottish fundraising calendar, and last year helped 1,000 Scottish charities raise more than £5 million.

We hope it will prove an excellent opportunity for St John Scotland members and supporters to raise

money to support the lifesaving work we do locally and nationally.

There are four fantastic events across the summer, taking place in :

- Glasgow on 28 April
- Aberdeen on 2 June
- Dundee on 18 August
- Edinburgh on 15 September.

There are a range of walks at each location, to suit all abilities – from a five mile 'Wee Wander' up to the 26 mile 'Mighty Stride'.

If you're looking for a new challenge, or you're already a keen walker and want to raise money to help us save and enhance lives, we'd love to hear from you.

We're offering free places at each event, and there are still a few spaces available, so if you'd like to don your kilt and trainers and raise money for St John Scotland, please get in touch with us at info@stjohnscotland.org.uk 0131 556 8711.

Fundraising events success



St John Scotland area teams have held a number of fundraising events over the past months, helping to raise vital sums for our charitable work.

A ball held in Kelso to coincide with the one hundredth anniversary of the end of the First World War treated guests to dinner and entertainment, with an auction and raffle raising more than £6,000 in total.

Meanwhile in Perth, a fundraising concert at St Ninian's Cathedral saw performances from Perth & Kinross central bands.

Earlier this month, Fife's historic Hill of Tarvit mansion was the venue for a musical evening held in support of the local St John Scotland Patient Transport service.

We rely on the contributions of our supporters - through fundraising and donations - to enable us to save and enhance lives, and we're very grateful for the efforts across the country, from can collections to quiz nights, coffee mornings to concerts.

Grant helps Eye Hospital reach appeal target



In October, the US Administration's decision to cut \$25 million of funding to six East Jerusalem hospitals, plus cuts to UN funding and poor exchange rates, prompted the St John of Jerusalem Eye Hospital Group to launch an emergency appeal for funds.

The Hospital Group faced an immediate deficit of £500,000, with the potential to jeopardise patient care and force cuts to vital services.

St John Scotland was keen to support the appeal at this critical moment in the hospital's 136-year history, and the Board decided to make a one-off additional grant of £50,000, specifically to cover the costs of 50 children's squint-correcting surgeries, and to support the running of the vital Mobile Outreach unit which brings care to patients in the most inaccessible parts of the West Bank.

Alongside other donations, the Eye Hospital Group has now exceeded its target, allowing thousands of patients across the West Bank, Gaza and East Jerusalem to be treated as a result.

Edinburgh celebrates St John and the City project



L-R: Cardiac arrest survivors Paul Burns, Donald Scott, Colin McKay, Jeremy Southam and Mike Pinkerton

Launched in 2016, Edinburgh's 'St John and the City' defibrillator project recently celebrated the success it has achieved so far, with a Civic Reception held in the city.

With more than 120 defibrillators installed over the past three years, the Lord Provost of Edinburgh Frank Ross said: "The success of the project has been immense. The devices have been called into action at least 18 times in emergencies, yet none of them would exist without the determination of St John and the City.

"This reception is our city's way of saying 'thank you' to everyone who has supported this truly life-saving campaign."

Among the guests at the event were a number of cardiac arrest survivors who have gone on to support the project in various ways.

Dad of two Mike Pinkerton, who has fundraised for six defibrillators for the project, was able to meet for the first time the paramedics who helped save his life when he suffered a cardiac arrest at his local vet surgery three years ago.

Also attending was Donald Scott, who collapsed at Waverley Station in August last year on his way to meet friends. Luckily, a passer-by, along with officers from the British Transport Police, stopped to help, and were able to use one of the defibrillators that had been installed at the station at the very start of the St John and the City project.

Donald is now on the road to recovery, and is living proof of how important it is to have defibs available to maximise the chances of surviving a cardiac arrest. Grateful to everyone who helped save his life that day, he has also decided to walk the Kiltwalk for St John Scotland later this year!

The Civic Reception also provided the opportunity to invite organisations to donate defibrillators, to help more parts of the city gain access to the life-saving devices.

More local communities helped to install defibs



St John Scotland's area teams are continuing to work with organisations in their local areas to provide defibrillators for communities across the country.

Since the start of this year, new defibs have been installed at Aberdeen's Westdyke Leisure Centre (pictured above), Dundee's Slessor Gardens on the city waterfront, the village of Plains in North Lanarkshire, and at a Spar shop in Jedburgh in the Borders.

All the devices are available to be used 24/7 in an emergency.

Our work continues to expand across the country, with many more defibrillators already in the pipeline.

Glasgow begins work on defib pilot



St John Scotland's Glasgow Area have been granted funding from two local Area Partnerships to provide defibrillators across the west of the city.

The £5,400 grant, match funded by St John Scotland, will allow eight defibrillators to be installed in a pilot project covering Broomhill, Whiteinch, Knightswood, Partick, Kelvindale and surrounding areas.

With 164 cardiac arrests happening in this part of the city last year, it's a project that it is hoped will make a big difference to survival rates.

Alongside the installation of the defibrillators, local businesses and groups will be trained in CPR to build community resilience in the face of cardiac arrest.

Admissions and Promotions

This year's list of promotions and admissions to the Order of St John in Scotland are:

Knight of Justice

James Alexander BINGHAM

Commander

Robert FULLERTON
Stuart James MATHEWSON
William Keith STIRLING

Officer

Rev Stephen Alastair BLAKEY
Alexander Lindsay Fraser BOWMAN
Peter Stewart Ferguson CRAWFORD MBE
Paul Kerr HARKNESS MBE
Lynn Margaret LAWRENCE
David Dudley John LOGAN
Thomas MITCHELL
Roland Joseph Weitman Bunch PROCTOR MBE
Paul Andrew RORIE
Hazel Murray SPENCE
Derek John WATSON
Michael George Arthur WILL MBE

Member

David William ACHESON MBE
Colin Watson BEEDIE
Alison Margaret BURNS
James Ferrie CLARK
Bryan FINLAY
Neil Henry GAUNT
Alexander GREEN
Margaret GREER
Samantha GRIEVE
Carlos Anthony HAMLET
Janice Lynne HOGARTH
Hilary Jane Douglas MACKENZIE
Alasdair Donald Ferguson MACLEAN
Mary McPHERSON
Norman George McPHERSON
Ian MORRISON
William James MULLIGAN
Lynne SLOAN
Iain David TURNBULL
Agnes Johnston URQUHART
William WATERSON
Moira Elizabeth WATSON

Festival to be held in Inverness



The St John Scotland Annual Festival in 2019 will be hosted by the Highland Area committee in Inverness.

A Civic Reception will be hosted by Highland Council in the Council Headquarters on Thursday 20 June 2019.

The Festival and Investiture on Friday 21 June will take place at St Andrew's Episcopal Cathedral, followed by lunch in the Mercure Hotel, Inverness (a short walk across the river from the Cathedral). The guest speaker at lunch will be David Hope-Jones, Chief Executive of the Scotland-Malawi Partnership.

Any members who have not received an invitation and would like further details can contact the office team on 0131 556 8711.

New member of St John Scotland team



Liz Crawford joined St John Scotland as Projects Officer in November. Since then she has been leading on our area planning process, promoting CPR and defibrillator projects, and learning about Patient Transport services. Liz says: "It's been a steep learning curve but I feel I am getting to know St John Scotland and am delighted to be involved in such worthwhile projects. I have been meeting area committees, volunteers and supporting events. It's been a privilege to meet so many people dedicated to giving service in their communities. I look forward to working with Area committees to develop our projects."

Liz replaced Alan Lees as Projects Officer when he left in October 2018 to pursue a change of career.

Mountain Safety scheme reaches more young people



With winter coming to an end, it brings to a close another successful season for the St John Scotland Mountain Safety Instructor scheme, run in partnership with Mountaineering Scotland.

Since the start of the year, Nick Carter has worked with another 10 university and college mountaineering groups to

teach them safe winter climbing skills including navigation, choosing the correct equipment, scrambling and avalanche awareness.

With this winter sadly bringing news of more fatalities on Scotland's hills, it's a scheme which it is hoped will help give the next generation of mountaineers the skills and knowledge to keep themselves safe.

Feedback from young people who have received training is consistently good, with many citing rock climbing skills, map and compass work, and navigation skills the most valuable they learned while working with Nick.

Due to its success, the scheme was recently extended and will run until at least 2020.