Saving lives across Scotland with CPR

St John Scotland has continued its support of Save a Life for Scotland by providing lifesaving CPR training across the country. The Save a Life for Scotland initiative aims to train 500,000 people in Scotland by-stander CPR skills by 2020. St John Scotland joined Police Scotland, Scottish Fire and Rescue, the Scottish Ambulance Service and the British Heart Foundation, in becoming a partner of the project in February of this year.

Every year, 3,500 people in Scotland will suffer a cardiac arrest, but only around 1 in 20 will survive. Save a Life for Scotland came about following a new strategy for out of hospital cardiac arrest (OCHA), which aimed to double survival rates across the country within five years. Reaching this level of performance would mean around 300 more lives being saved every year compared to recent years.

On the 22nd of May, St John Scotland visited RAF Lossiemouth, training 80 Serving Personnel, Civil Servants, contractors, spouses and children of those serving on the base.

Malcolm MacBean, chairman of St John Scotland’s Highland Area said: “St John Scotland has partnered with Save a Life for Scotland in their mission to train 500,000 people in bystander CPR by 2020. RAF Lossiemouth’s initiative has helped towards this goal. CPR is one of the most valuable skills anyone can have.”

St John Scotland’s First Responders in Angus and Dundee have been making excellent progress in their training, having taught CPR to various groups including a girl’s youth group, two Girl Guide groups, and attendees of the Glamis Extravaganza. CPR training was also provided by the Aberdeen committee at the annual Duthie Park Open Day on the 20th of August, where volunteer trainers taught over fifty people how to give by-stander chest compressions.

In November of this year, St John Scotland will become a Company Limited by Guarantee, while retaining its status as a Scottish Charity. While this process marks an exciting transition for the charity, it will not materially affect how the organisation operates on a day-to-day basis. St John Scotland remains committed to saving and enhancing life, and your support is more important than ever, volunteering to deliver help to those who need it, in whatever way you can.

You can also help us by returning your forms, sent to all Members and Supporters in July. These forms provide information about incorporation, data protection and details on the new charity and company numbers, Data Protection, Gift Aid and Standing Order forms. If you have not already returned your forms, we would be very grateful if you could by scanning and sending them via email to: info@stjohnscotland.org.uk. You can also submit your completed forms via post.
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In Edinburgh, a large scale CPR training event was held on the 15th of July in the Harry Younger Hall, just off the Royal Mile. The event was coordinated by a team of volunteers from St John Scotland, as well as other partners of the Save a Life project, Forth Valley Police, 105 Regiment Royal Artillery and Lead Resuscitation Officer of NHS Forth Valley, David Williams.

After the event, David Williams said: “Don’t be scared to save somebody’s life, learn CPR and be prepared if the worst should happen. Providing CPR will give somebody who has collapsed the best chance of survival until an ambulance arrives.”

On the 9th of September, a small group of St John Scotland volunteers were assisted by 105 Regiment Royal Artillery to provide CPR training at the Montgomery Street Park fair, where over fifty people of all ages were trained.

For more information on CPR training, visit the ‘What’s On’ section of our website.

Second phase of tram defibrillators

St John Scotland’s ‘St John and the City Public Access Defibrillator Project’ is continuing to roll out life-saving defibrillators across Edinburgh, and on Tuesday the 12th of September, a second wave of defibrillators was installed on Edinburgh’s trams.

Find out more about the project by visiting: stjohnandthecity.org

Cardiac arrest survivors fund defibrillators

Two cardiac arrest survivors from Edinburgh have each raised substantial funds for the ‘St John and the City’ public access defibrillator project.

Council worker, Mike Pinkerton (pictured below) suffered a cardiac arrest while visiting Oak Tree Vets on Queensferry Road two years ago.

Aged 40 at the time of his collapse, Mike’s life was saved by a quick thinking vet, Henrietta Linneman, who performed CPR until the emergency services arrived.

Mike said: “It took four shocks from the paramedics to get me back. If I had been an older man, they would have stopped at three.”

After backing the St John and the City campaign, Mike raised over £4,600 by completing a cycling challenge.

To read Paul and Mike’s amazing stories, visit the St John Scotland website.
Aberdeen hosts annual festival

St John Scotland’s annual Festival took place on Friday 23rd June in the centre of Aberdeen. The Festival was held in Aberdeen’s Kirk of St Nicholas Uniting, also known as ‘The Mither Kirk’, which dates back to the 12th century.

The event, attended by around 150 people, began with a welcome from the minister of the Kirk of St Nicholas Uniting, The Reverend Stephen Taylor. The service was then conducted by the Very Reverend John Cairns, the Dean of the Priory of Scotland with assistance from the Reverend Stephen Blakey, Secretary and Chaplain of the St John Scotland South East Scotland committee.

Lessons were read by Joe Mackie, Chair of the Aberdeen Committee and John Ferguson-Smith, Hospitaller of St John Scotland.

Offerings were taken, totalling £1,100, which were divided equally between the St John Eye Hospital in Jerusalem and the Kirk of St Nicholas Uniting. Music was provided by the University of Aberdeen Chamber Choir and the King’s Philharmonic Wind Orchestra. At the Investiture, following the annual Service of Commemoration and Communion, members from around Scotland were invested with their insignia to mark their admission to or promotion in the Order of St John, each approved by Her Majesty the Queen, Sovereign Head of the Order.

The Chancellor, Douglas Dow, called on the postulants to be faithful and obedient to the Order and its Sovereign Head, and to uphold its dignity and support its charitable works.

Postulants brought forward by the Director of Ceremonies, James Bingham, included John Duncan, William McAdam and Ian Robertson, who were all promoted to Commander. Malcolm Lamont, David Logan McLean and Vivienne Robertson were all made Officers while John Kelly, Harry McCorkell, Reverend Stephen Taylor, Charles Boyd, Kelly Morris and James Williamson were admitted as Members.

The Prior, Major General Mark Strudwick, conducted the investiture and congratulated the postulants, saying: “I wish you all success in your support of the Order of St John. Be loyal to your sovereign, true to your honour, and faithful to the Order.”

Torphichen is well attended

One of the main events of the St John Scotland year, the annual Torphichen service, was held on the 27th of August. The Commemoration of the Martyrdom of Saint John The Baptist took place in West Lothian’s historic Torphichen Preceptory and was very well attended.

A collection was taken in aid of the St John Eye Hospital Group in Jerusalem, and raised £347.50. This was topped up to £1,500 by the St John Scotland West Lothian Area, and the cheque was presented to the Hospitaller, Dr John Ferguson-Smith.

Glasgow hosts Art Sale

The Glasgow committee held the seventeenth annual Art Sale in September in the Army Reserve Centre in Broomhill. The event featured 179 original works from 53 artists, from the traditional to the contemporary in a variety of media and raised around £2,000 for St John Scotland.
Bases gifted to teams

St John Scotland is proceeding well with the transfer of ownership of its mountain rescue bases to the teams themselves.
St John Scotland is proud to be the biggest contributor to Scottish Mountain Rescue for many years and by 2020, the charity will have provided over £3.2 million in funding, mainly through the provision of bases and vehicles.
Since it began its support of Mountain Rescue, St John Scotland has provided bases for 14 teams in Scotland, including Aberdeen, Arran, Arrochar, Dundonnell, Galloway, Lomond, Moffat, Oban, Ochils, two bases in Skye, Tayside, Tweed Valley and Ullapool.
Following a grant of over £200,000 from St John Scotland and smaller grants from other organisations, the Torridon team will now begin construction work on a new base, which should be completed by 2018.
The cost of the bases has now topped £2 million and until now, were provided to the teams under license and rent free.
Stuart Johnston, Team Leader of Tayside MRT said: “We are especially delighted to be working in partnership with St John Scotland - their support to the emergency services is legendary. Our special relationship not only provides us with much needed resources, such as our new team training base and incident command vehicle, but vastly increases our resources and visibility that enables Tayside MRT to be a world class emergency service. It’s a huge privilege for all team members to serve the public and visitors in Tayside and contribute massively to the emergency service sector.”
Find more information at: scottishmountainrescue.org

Gordon joins Chancery team

In June, the Chancery welcomed a new staff member to the small team - Gordon Swan, who was successful in securing the role of Administrative Assistant.
Gordon, who previously worked for the National Trust for Scotland, lives in South Queensferry and is a keen cyclist.
As the team Admin Assistant, Gordon supports the head office team through managing the membership database, as well as other general administrative tasks. He can be contacted via email at gordon.swan@stjohnscotland.org.uk

Organ donors honoured in Edinburgh

Seventy families gathered in Edinburgh in September to honour loved ones who gave organs after their deaths to save the lives of others.
At the fifth annual ceremony, held this year on the 7th of 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 Gardens by artist Alec Finlay.
Over 45% of Scots have signed the register, but in Scotland, around 580 people with life-threatening illnesses are on the Transplant Waiting List. To sign the NHS Organ Donor Register, visit organdonationscotland.org and tell your family of your decision.