

Mintcake



Find us at: <http://www.kendalmountainrescue.org.uk>

Reg. Charity No. 1125680
June 2009

This Month

Editor's Comment.....	1
100 Club.....	1
Mintcake Nibbles.....	1
Blyth Wright.....	1
Callouts.....	2
Exercise Reports.....	3
Sports Report.....	4
Funding MR.....	5
Contacts.....	5

Editor's Comment

Who stole May?!

Kathy

100 Club

The winning numbers in this month's 100 Club draw are:

1st:	14	Mr. I Winchester	£15
2nd:	68	Dr. John Gorrigan	£10
3rd:	73	Mr. Paul Harrop	£5

Peter Clarkson

Mintcake Nibbles

- Base Spring Clean – don't forget! From 9am on Saturday 13th June.
- Saturday July 18th is another "Out of the Shadows" fundraising event in the Coronation Hall, Grayrigg. 50% of the money raised goes to the Team! Contact for tickets: David & Pauline Last on 01539 824468.
- National MR Medical Symposium at Ambleside on Noember 7th 2009. Interested Casualty Carers please see Paul Astle

Blyth Wright

For those of you not already aware Blyth Wright of Scottish Avalanche Information Service passed away at the end of May. He was a long standing personal friend of a number of Team members and has been a great help over a number of years contributing to the Team's Scottish Winter Training.

His funeral took place at Aviemore last week and he was buried at Newtonmore.

Blyth was a good fun guy, very passionate about education and inspiring mountaineers, who will be very sadly missed.

The ongoing work of the SAIS will be a perpetual memorial to him.

A tribute to him can be found at <http://www.grough.co.uk/view/2009/06/01/blyth-wright-a-tribute/>

Andy Dell

Callouts



9 May 2009 18.35 hrs

The police paged the Team's Leader Group with regard to a possible missing person. Our Team Leader spoke to the informant and after a short while the missing person was located in Patterdale. The informant drove from Kentmere to collect him and there was no need to call out the rest of Team.

15 May 2009 16.15 hrs

The Team was asked to assist the Ambulance Service in recovering an 18 year old male from Oxenholme Wood. The casualty had slipped and was in some discomfort with possible leg and back injuries. He was stretchered to the waiting ambulance.



17 May 2009 19.00 hrs

The police paged the Team's Leader Group with regard to a missing person in the Lyth Valley. While our Team Leader was speaking to the police, the missing person turned up and there was no need to call out the rest of Team.

23 May 2009 21.40 hrs

The police paged the Team's Leader Group with regard to a missing vulnerable person. We were held on standby while the police made further enquiries and we were stood down at 23.10 hrs after the missing person was located by the police. There was no need to call out the rest of Team.

25 May 2009 16.30 hrs

The Team was asked to assist the Ambulance Service with a 51 year old male who had fallen from a mobility scooter near Cockmoss Bridge in the Lyth Valley. The incident was on a rough track well away from the public highway so the Paramedic from the Ambulance Service was transported to the scene in a team member's 4x4 vehicle. The casualty was found to have driven his scooter into a ditch. He was wet and cold, with a relatively minor cut on his head and he elected to be taken home. We also recovered his mobility scooter and his spectacles from the ditch.

6 June 2009 14.00 hrs

A number of Team Members and Supporters were acting as Marshalls on the 2009 Garburn Fell Race. Just as the final runners passed the high point of the route near Kentmere Park four Swiss walkers approached a Team Member and enquired whether they were in Troutbeck (which they weren't). As they were staying in Windermere and the weather was pretty grim they elected to be led from the fell and transported to Staveley from where they could catch a bus (after a suitable interlude in the Eagle & Child PH).

What's On?

Wednesday 10 June

Training: Crag Skills: 19:00

Saturday 13 June

Base Spring Clean: 09:00

Wednesday 17 June

General Driver Theory Training: 19:00

Thursday 18 June

General Driver Theory Training: 19:00

Wednesday 24 June

Equipment evening: 19:30

Sunday 28 June

Training: Medical Teaching: 09:00

Wednesday 1 July

Main Committee Meeting: 19:30

Wednesday 8 July

Training: Ropes Course: TBA

Saturday 11 July

General Driver Practical Training

Sunday 12 July

Team BBQ, Grayrigg

Friday 17 July

Collection: ASDA

Sunday 26 July

Training: Rigging for Rescue: 09:00

Wednesday 5 August

Operations and Membership Meeting: 19:30

Wednesday 12 August

Training: Round Robin: 19:00

Saturday 22 August

Training: Water Search: 19:00

Exercise Reports

Wednesday 6th May: Mountain Biker Rescue

Location: Borrowdale, Shap Fells

Scenario: Lone Mountain Biker reported to have come off bike and sustained injuries. Exact location unknown.

A search was instigated and effectively coordinated, the team being split into three small groups, one party each to search the tracks river right and river left downstream from Huck's bridge with the remaining personnel tasked to search the bridleway which climbs Borrowdale Edge. The dog team was asked to clear ground to the west of the A6. The casualty was soon located river right a short distance above the track.

The casualty was found to have sustained a lower leg fracture with potential for neck and back injury. Equipment was requested and included Stretcher, Cas Bag, Medisac (2 parts), Entonox, Vac Mat and Splinting Sack.

The full ABCDE was followed together with Pain Monitoring and including removal of the casualty's helmet. The situation was complicated by the sloping ground and by the casualty's injured leg being trapped by the bike.

You have the picture – so what can we learn?

- Organization of the Cas Site: we need a Controller, a First Aider, someone on Comms and someone to Scribe. It is suggested that Cas Site Team members should remain 'in role' and not get side tracked. For information the Controller's fluorescent bib is in the Resus Sack! All requests for additional personnel etc. should be made through the Controller. There should only be one radio operational at the Cas Site, that of the team member in the Comms role. All other radios to be turned off.
- It is not easy to use the Vat Mat and Splints on sloping ground: Having distributed the beads it was found beneficial to remove some of the air creating a partial vacuum thus enabling the Mat or Splint to be moved without disturbing the spread of the beads within. When in place the valve can be used to reduce the vacuum - if necessary - and the Mat or Splint manipulated to give maximum support. Full vacuum can then be applied
- The fewer movements the casualty has to endure the better: The worst case scenario would be to move the casualty onto the Vac Mat, then onto the Cas Bag and then onto the Stretcher, when all these operations can be carried out with one move, during which the back/spine can be inspected and pockets checked for contents likely to cause pressure sores thus removing the need to Log Roll. By having the Stretcher correctly prepared and waiting with the Cas Bag and Vac Mat we were able to move the casualty quickly and efficiently with the help of the blue Casualty Handling Strops.
- The person in charge of neck stabilization should always call the moves.

Our thanks go to John Ev and Jonathan for organizing the training and to our volunteer casualty for the evening.

Ian Higginbotham

Sunday 31st May: Rescue, Longsleddale

We all turned up at base in glorious weather looking forward to a nice bit of gentle sunbathing; little did we know that we were actually going to have to earn our bacon.

During a very brief 'brief' we were told that our informant in the valley had seen a walker ascending the ridge to the north side of Goat Scar and had appeared to have fallen. We were informed we would need a lot of rope!

We piled into the vehicles and headed up Longsleddale to the helicopter landing field where we convened to form a plan of attack. Three CAS Carers went off first with the medical kit, closely followed by a crag support team carrying the crag kit and as suggested, a lot of rope.

Both parties made good progress and the casualty was located pretty quickly by the first group. Following initial evaluation, it appeared that the casualty, although conscious was in a fairly bad way and she needed to be evacuated as soon as possible. It must have been due to inclement weather but, surprise, surprise, everybody was very busy in the lakes as we could not get either a helicopter or support from any other teams so, inevitably, we were on our own.

A third party was dispatched with the vac mat & stretcher, quickly followed by another rope and the Kendrick Extraction Device. It was at this time, learning point one for the day became very obvious. "Kendal exercise base, this is the CAS site, please can you confirm that the drugs are on the hill, over". Oh dear, it appears that somehow the medisac was not locked into the back of Mobile 3, therefore when the sack was removed we did not have to go into the safe to get the key and thus the drugs! It just shows how important the system is, to ensure we don't have to rely on our memories!

Back up at the CAS site, a safety rope was rigged for the CAS carers as well as belays for the impending stretcher lower. Once everything was in place and after a 'quick breather' the casualty was placed onto the stretcher and the descent began. There were three main learning points from this point in the exercise.

- Good communication, especially discipline to follow pre determined channels
- Patience & Tolerance – Especially when people can't see each other and therefore the issues that occur at different points in the system can be worked through.
- Keep it simple – Over complex re belays slowed progress down significantly, weren't absolutely necessary and in fact caused problems at the main belay points.

Nevertheless we got the casualty down safely and without any significant incidents, which after all surely is the important result.

Thanks to Dave & Ian for organising an excellent exercise which really did test the grey matter and our systems, especially with limited numbers. After all I'm sure all who were involved learned a lot and that surely is the mark of good training.

Any way back to that sunbathing, I knew I forgot something, ah yes, sun cream, oops!

John Deakin

Sports Report

The 2009 Garburn Trail Race had a very large turn out from the Team. It should be pointed out that most of them (and various family members and friends) were there to marshal the more remote areas of the event rather than breaking into a sweat whilst wearing flimsy clothing. Peter Clarkson had got a really good response to his request for help – this was much appreciated by the organisers; even more so in view of their decision to change to the bad weather route just a few hours before the start with the resultant need to man more gates than originally expected. In addition to a donation to Team funds from the organisers we also got some good publicity with our manned display by the finish line. What our marshals away from the event field missed was a number of examples of Staveley Road Rage. This occurred when certain drivers were asked to delay their car journey for about four minutes to allow the racers to get a clear(ish) and safe start through the village centre. Most drivers were happy to do so, but of the twenty or thirty drivers effected in total, three of four were rather 'self-focussed'; such as complaining that "Some of us have to work in this village and I don't like being held up." and (shouting very loudly) "I want to go shopping in the wood yard and you can't stop me!". The marshals in the village (mainly Staveley locals) got the brunt of this abuse – it was much more peaceful on the fells!

Back to the race. Whilst there were a couple of 'honorary' Team Members (i.e. ones that John Hall had persuaded to be a Kendal Mountain Hare or Kendal Mountain Tortoise for the recent Keswick-2-Barrow), there were a total of just two 'real' Team Members who managed to don shorts and trainers to undertake the race on this rather wet and windy day. Firstly, Stuart Bell was doing the race as part of his training regime to get ready for his sponsored climb up Kilimanjaro at the end of June; the sponsorship goes towards the Team's Wheels Appeal (see www.bellsofkendal.co.uk). Our second competitor was Stan Akrigg. Having given the K-2-B a miss for a couple of years, Stan has been tempted back (John H. please note) and has started training early for 2010. Stan has always been known as being fleet of foot, but the speed thing seems to run in the family – his daughter Annmarie recently gave birth to another grandchild for Stan; with just a two minute labour! (See the Westmorland Gazette of 5/6/9 for the full story.)

All the competitors seemed to enjoy the race; there was an acceptance that the choice of the shorter route was valid in view of the weather forecast (that was almost correct). Good times achieved by both our runners; Stuart finished in 1hr 52min 40sec, just behind Stan with 1hr 41min 58sec.

From Mintcake's Sports Correspondent

Funding MR

As the cost of operating Kendal Mountain Search & Rescue Team has increased over the years at the rate of “inflation + higher expectations” the fund raisers have responded well. In recent years the various Fund Raising Co-ordinators and their willing helpers have significantly pushed up the amount we raise at such events like bucket collecting. Only a few years ago we would be happy with a couple of hundred pounds for a day at supermarket and a thousand pounds from a Kendal town centre collection was a really good day. Now we sometimes achieve a thousand pounds at a motorway services in a day and are not surprised when a town centre collection heads towards two thousand pounds! But it all takes a fair bit of effort (and lots of time) by those doing the organising and is totally dependant on people being prepared to give up a couple of hours of their weekend to stand with a bucket and a smile.

Over recent years there has been increasing pressure on HM Government to come up with some funding for MR in England & Wales – be it VAT exemption or a grant (but, please, with minimal control over us by those in Westminster). Being rather cynical (“Not Barbellate surely!” I hear you cry) I had not expected any progress on this for years to come – but I was wrong. The House of Commons have found a way of funding MR which is both flexible (in that it does not have to be the same amount for each team) and has minimal scrutiny (i.e. none) from Westminster. The funding simply involves submitting invoices to their Fees Office and they cough up the cash – brilliant! There are certain rules:

- Cost of equipment is not expected to normally exceed a guide price (The Climber’s Shop List).
- ‘Gold plating’ is only allowed on essential items (such as krabs).
- Travel costs allow us to maintain a certain expectation level. For example we could not claim for our new Mobile 3 as it is based on a Land Rover Defender; however if it was to be a Range Rover conversion that would be acceptable
- Whilst we can only claim the running costs for one base, there is some flexibility by the use of ‘flipping’. This involves declaring the home of a Team Member as ‘the base’, they then have one week to claim a full year’s council tax, heating and decorating costs before another Team Member claims their house as ‘the base’. Obviously we will need to produce a flip chart to ensure 52 Team Members benefit each year – but it should be worth the effort.
- One-off items, such as clearing the moat around the heli-pad, are claimable.
- If a claim is within the Fees Office rules but may be considered (by someone outside MR that is) as extravagant, then you must publically declare “The claim was within the rules and guidance but I will pay the amount back anyway.” Then reclaim it the next week using the same invoice. (In fact you can reclaim it even if you have not got around to paying it back – just make sure you have plenty of copies of the invoices.)

So at long last MR funding is on a sound footing. What’s that you say? “Wake up, wake up.” Damn, it was all a dream; as if any responsible organisation working for the public good would carry on like that.

‘Barbellate’

Contacts

Kathryn Jackson

E-mail

editor.mintcake@virgin.net

or

Editor’s pigeonhole in base

or by post to:-

**Newsletter Editor
Kendal Mountain Rescue
Busher Walk
Kendal
Cumbria
LA9 4RH**

Copy deadline for next issue: Friday 3rd July 2009

E-mail recipients please remember to let me know if you change your e-mail address. Postal recipients if you do have an e-mail address and would be happy to receive your Mintcake in that form please do drop me an e-mail.