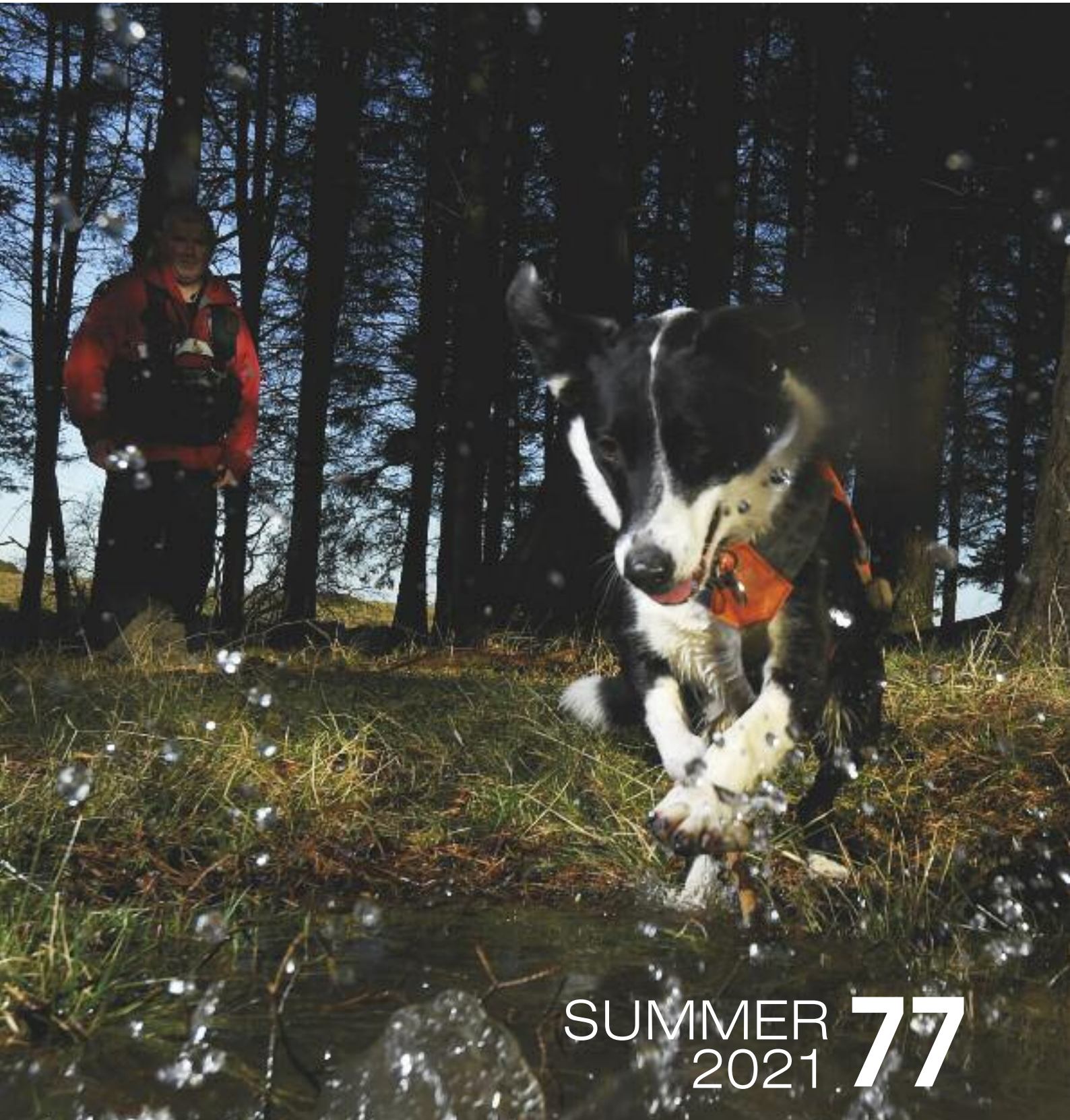


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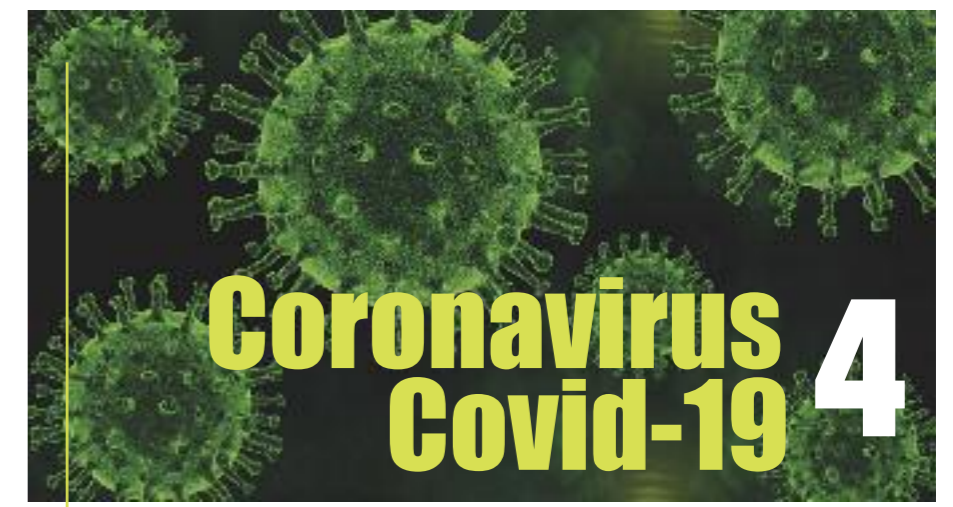
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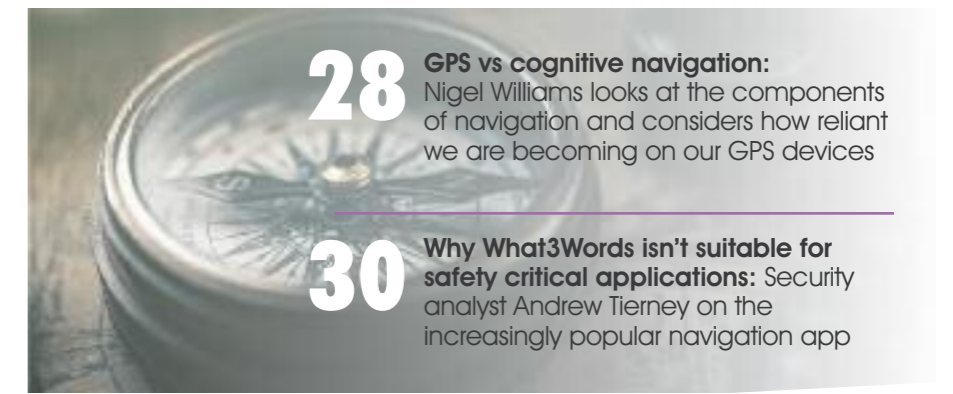
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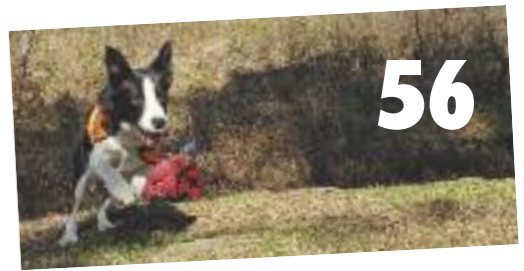


A collection of guidelines and information
 for teams and team members

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 Editor Judy Whiteside chats to Mike Park MBE
 following his appointment to the 'big chair'



**Fifty year's worth of search
 dogs:** Celebrating fifty
 years of Mountain Rescue
 Search Dogs England

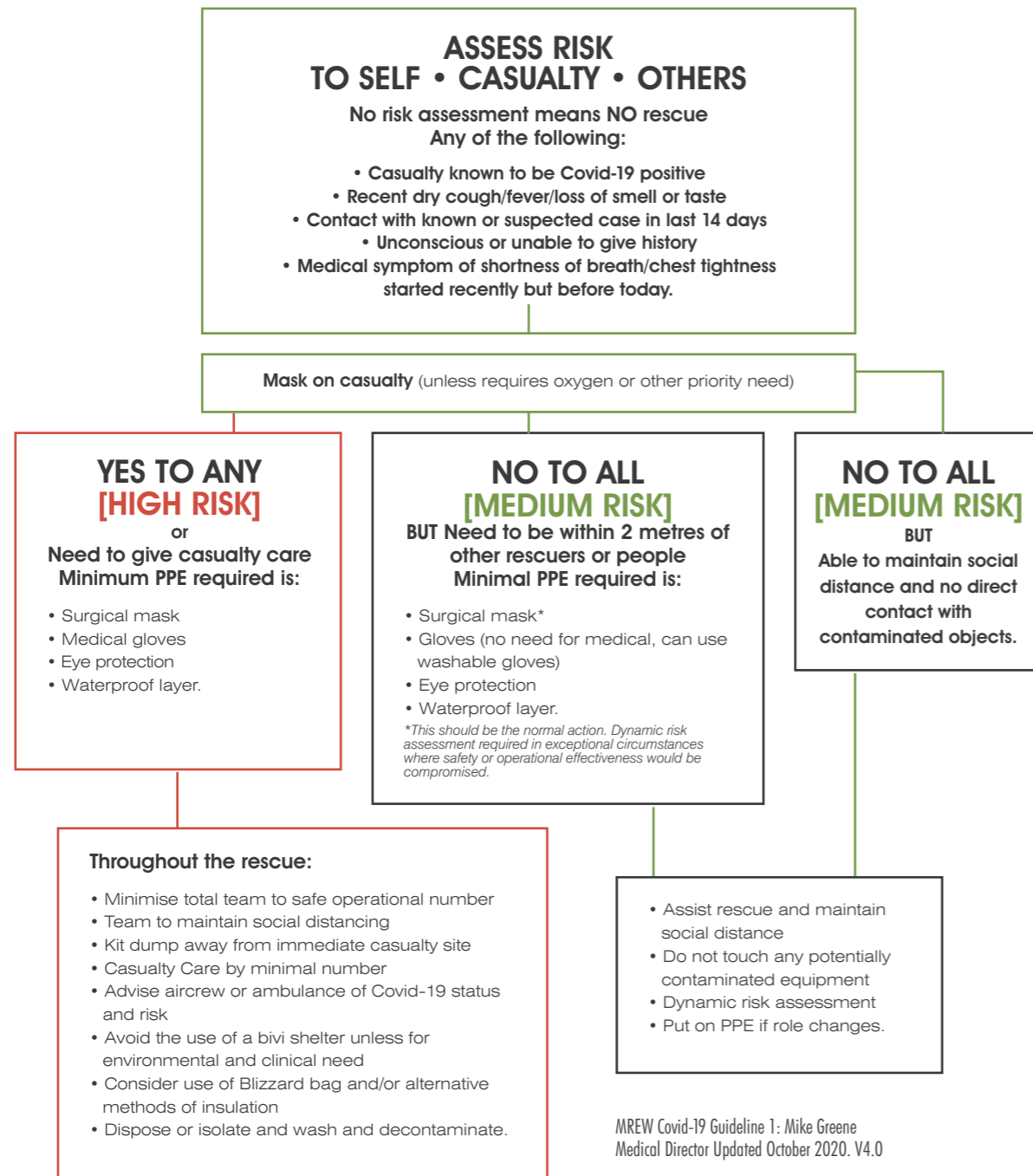


what's in at a glance

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MOUNTAIN RESCUE ENGLAND AND WALES SCOTTISH MOUNTAIN RESCUE: COVID-19 GUIDELINE 1

INITIAL APPROACH TO THE CASUALTY



Please note: These documents were updated in October 2020 to reflect UKSAR guidelines. These are guiding principles and will need to be implemented at a local level. This continues to be a fast-moving crisis and guidance can change. Further amendments will be posted in the MREW Moodle Covid-19 site.

MIKE GREENE

MOUNTAIN RESCUE ENGLAND AND WALES SCOTTISH MOUNTAIN RESCUE: COVID-19 GUIDELINE 2

CHANGES TO CASUALTY CARE ABCDE MANAGEMENT

You **MUST** have done your risk assessment and have appropriate PPE for this rescue.

- A** **Make a risk assessment – use MREW Airway and Breathing Risk Assessment**
- Turn a casualty with an 'airway at risk' into lateral position
 - Avoid use of suction — use positional drainage if possible
 - Use manual airway opening manoeuvres only after risk assessment
 - Only use airway adjuncts — OPA/NPA after risk assessment.
- B** **Make a risk assessment – use MREW Airway and Breathing Risk Assessment**
- Do **not** use a pocket mask or face shield
 - Only use a BVM with good fitting mask and filter after risk assessment
 - Use oxygen with a face mask according to clinical need. Avoid nasal delivery
 - Use pulse oximeter to guide oxygen use if possible
 - Use inhaler and spacer as first line (single use/dispose after use)
 - If required, use nebuliser — lowest functional flow (approx 6l/min), do not use in enclosed space, rescuers to remain upwind.
- C** **Cardiac arrest:**
- Use level 2 PPE (minimal requirement)
 - Check for signs of life but do not listen for breathing or get close to mouth or face
 - Cover casualty's mouth and nose with a face covering/mask
 - If AED is immediately available apply before chest compressions
 - Apply AED and follow instructions
 - Perform chest compression-only CPR as instructed by the AED
 - Do not ventilate or perform airway interventions (see MREW Airway and Breathing Risk Assessment)
 - Consider use of mechanical chest compression devices if available.
- D**
- No change — record conscious level
- E**
- Avoid use of bivi shelter unless environmental or clinical need. Keep warm using alternative methods of insulation if possible.

MREW Covid-19 Guideline 2: Mike Greene
Medical Director Updated October 2020. V4.0

Coronavirus Covid-19

MOUNTAIN RESCUE ENGLAND AND WALES AND SCOTTISH MOUNTAIN RESCUE COVID-19 GUIDELINE 3

EVACUATION AND END OF RESCUE

EVACUATION

Consider:

- Minimise members involved — but must be operationally appropriate
- Face mask on casualty to act as a barrier
- Sledging may create more distance between members than carrying
- Wheel may be less stressful and helps to reduce breathing rate/high intensity exercise whilst wearing face mask
- Gloves — use washable gloves — medical gloves not required
- Do not touch face
- PPE is hot — consider adjusting layers of clothing/regular change of personnel etc.

WORKING WITH OTHER AGENCIES

- Inform other agencies of your risk assessment.
- Maintain your PPE and social distance when working with other agencies
- If uncomfortable, ask other agencies to respect your PPE and distancing.

END OF RESCUE AT ROADSIDE AND AT BASE

Dispose. Isolate. Decontaminate.

At roadside:

- Consider: Decontaminate as much as possible before leaving roadhead, setting up a decontamination zone at roadhead. Use of a buddy system.

Removing personal clothing:

- Do not touch face. **Clean hands between each step.**
- Remove gloves — turn inside out — dispose/isolate (if washable)
- Remove waterproofs — turn inside out — isolate in bags — wash (follow manufacturer's instructions)
- Remove eye protection — isolate/decontaminate
- Remove helmet/headwear — isolate/clean (manufacturer's instructions)
- Remove face mask — dispose
- Clean hands.

At base:

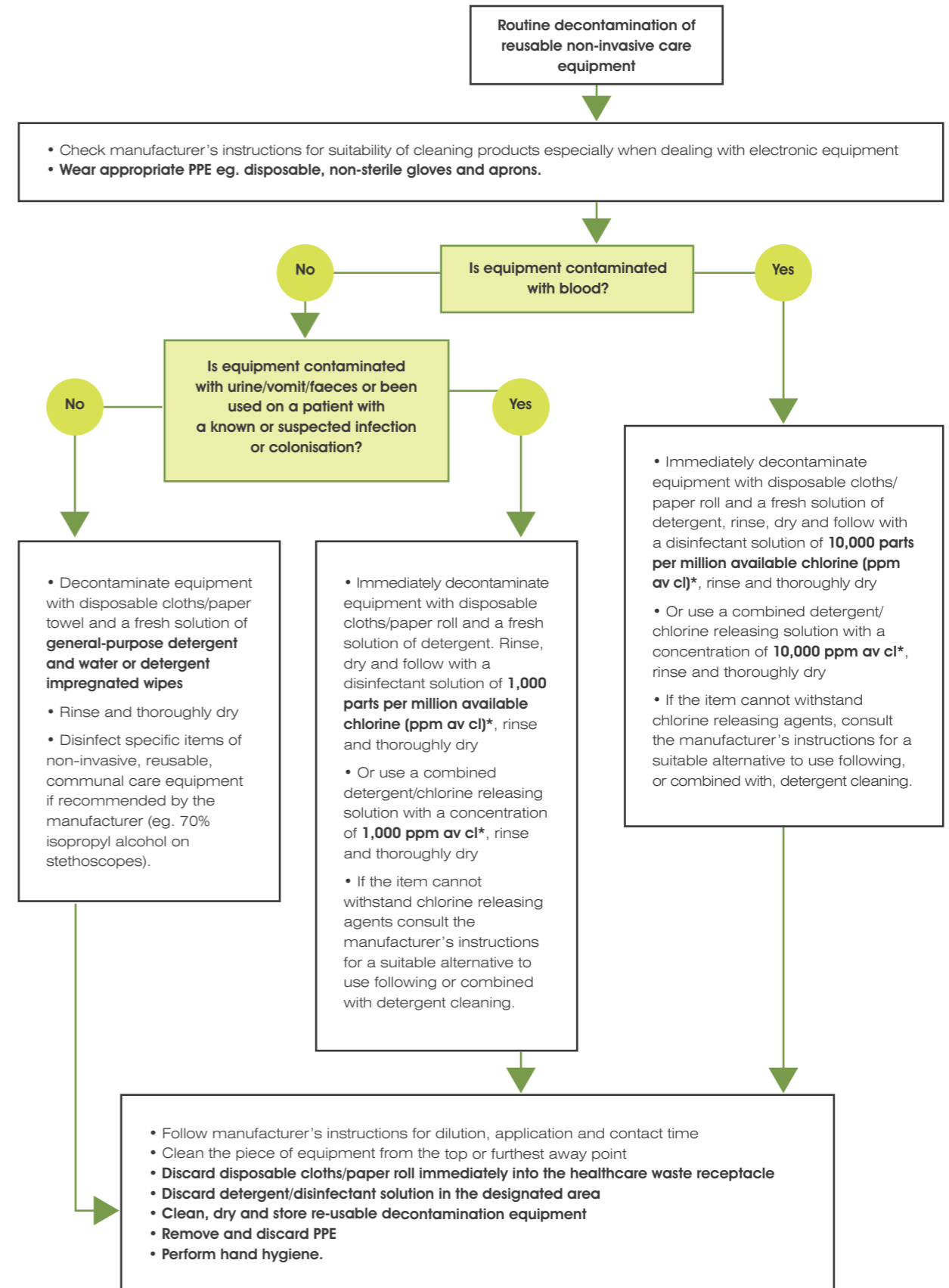
- Ensure you have a local procedure to decontaminate or isolate all equipment
- Refer to manufacturer's instructions as required
- Clean vehicles and base
- Ensure immediate access to hand sanitiser in base for all members.

DRUGS

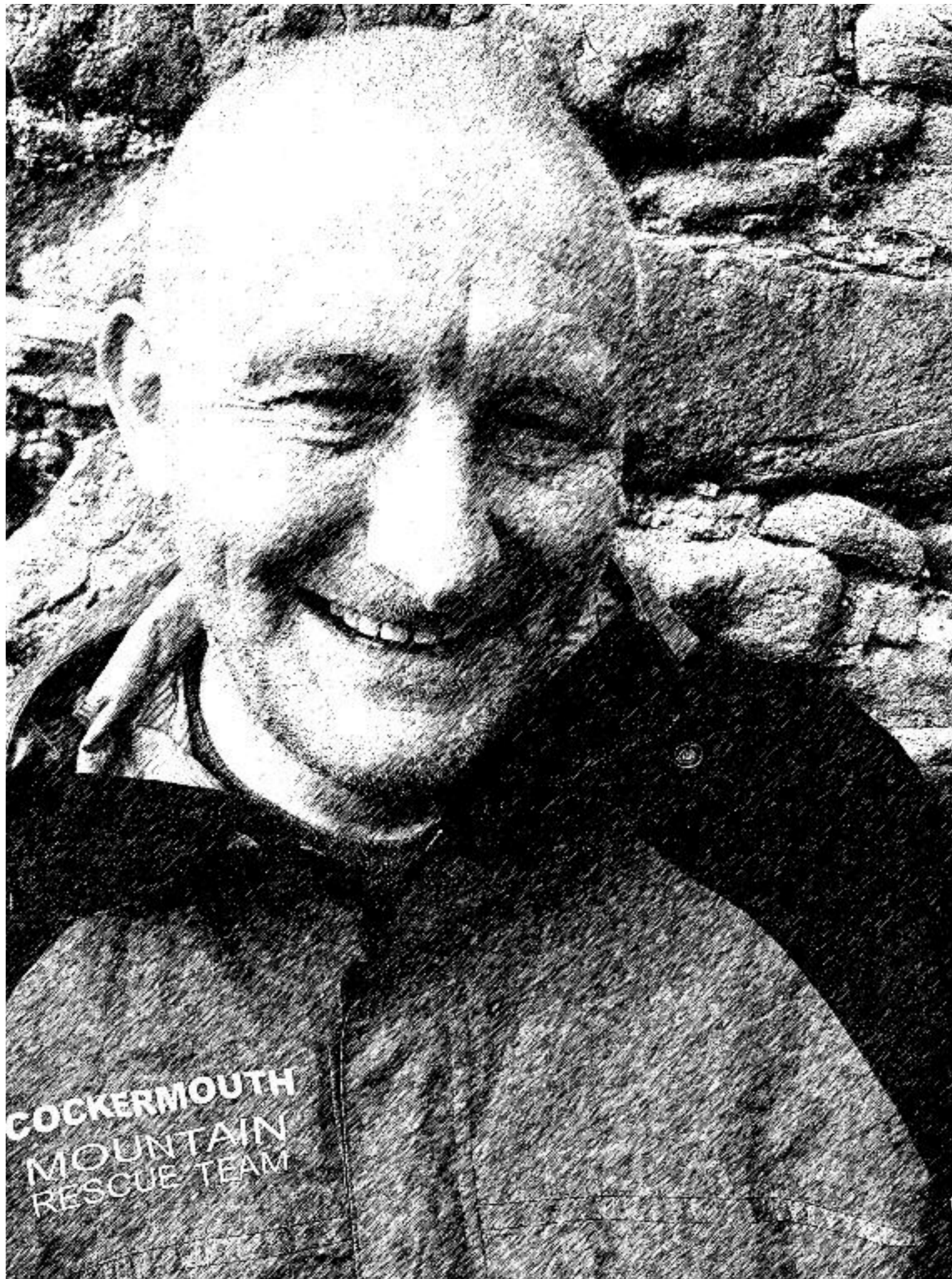
- There is no proven link between Ibuprofen and worsening of Covid-19. Ibuprofen can be used for analgesia in MR casualties
- Only use Entonox with a viral filter to protect the system from contamination
- In HIGH risk casualty avoid the use IND (risk of sneezing or coughing)
- Consider use of IM Morphine or Fentanyl Lozenge in these cases.

MREW Covid-19 Guideline 3: Mike Greene
Medical Director October 2020. V4.0

ROUTINE DECONTAMINATION OF REUSABLE NON-INVASIVE PATIENT CARE EQUIPMENT



* Scottish National Blood Transfusion service and Scottish Ambulance Service use products different from those stated in the National Infection Prevention and Control Manual



In conversation with Mike Park, the new man in the big chair at the MREW management table...

JUDY WHITESIDE

At the MREW AGM in May, after what frequently seemed an interminable, shifting sands of an election process, Mike Park MBE was duly elected as the Senior Executive Officer (SEO) of Mountain Rescue England and Wales.

It's customary for any new incumbent to introduce themselves with a flourish here in the magazine and customary too that the editor hardly dares interfere with the wordage, save for the odd edit of typos and such. It's also customary that every issue of the magazine carries a missive of some sort from the top. But, chatting to Mike soon after his election, it quickly became clear that this in itself was a concern to him. It's perhaps also indicative of his own managerial style.

The thing is, he suggests, however well-intentioned those pieces are, however packed with fact, they can fall on readers as 'messages from above', the 'top table' talking down to the 'factory floor' (a term Mike used once before, nine years ago, in reference to his own place in the perceived 'MR hierarchy', which I'll return to later). Indeed, when the magazine launched in February 2001, there it was, top of page two: 'a word from the top table', beautifully and eruditely written by the then chairman David Allan. And the sobriquet sort of stuck.

So, you may be pleased to hear, he has no plans to regale you quarterly with how he's doing. Or not doing, as the case may be. Or how much you've delighted or disappointed him. (Although we have discussed some sort of periodic diary or blog so you can see what he's getting up to, not just in his official MREW capacity, but in the wider world of mountain rescue and the mountains generally). But I did rather think — given that the final result was almost neck and neck between Alun Allcock and Mike and that a considerable number of you didn't vote for him — that we should at least find out who he is, what makes him tick, what his thoughts and plans might be for mountain rescue, and how he hopes to persuade you that he is, after all, the man for the job.

Full disclosure, however, lest you think an element of spin might creep in. I am not a Cocker-mouth team member myself, as is

often assumed. I may live in the same town as Mike. My husband may be a member of the same team as Mike (once his deputy leader). Mike may well be responsible for my meeting said husband (for which I am thankful). And we may well have sat round

A HUNDRED DAYS AND COUNTING...

Leading up to our interview, Mike himself alluded a number of times to the preceding few months as a 'presidential campaign'.



Opposite page: Mike in Cocker-mouth Mountain Rescue Team jacket (one of many). Above: Mike in 2011, around the time of his MBE, just hanging around at Wamscales. Images supplied by Mike Park.

the same restaurant table on occasion — usually when our mutual technical rope rescue friend Kirk Mauthner is visiting the UK. But if anyone thinks I have Mr Park's ear any more or less than any one else in mountain rescue, they'd be wrong. As might become clear. And, incidentally, neither was this article steered in any way from that mythical top table. I was as keen as you are to get to know Mike. So, for better or worse, here goes.

While it's not strictly true — we do after all have a perfectly good president in the form of Ray Griffiths, in a role not subjected to quite so turbulent and protracted a process as that for the 'big chair' at the management table — I think the analogy worth pursuing.

It was Franklin D Roosevelt, in March 1933, who kicked off his term as thirty-second president of the United States by signalling his intention to 'move with unprecedented speed to address the problems facing the

The soaring drone – to a soaring music track – took us up to Hopegill Head, in the heart of the Cockermouth team patch... the message was clear: this is my home. My environment. And let's be in no doubt about that. It is.

nation', adding that he was 'prepared to recommend the measures that a stricken nation in the midst of a stricken world may require'.

In very short order, he got passed 15 major bills and 76 laws, successes he detailed in a radio address which coined the term 'First Hundred Days'. Since then, those first days of a presidential term have taken on a symbolic significance, considered a benchmark to measure a president's early success — or otherwise — in the role.

President Obama moved the goalposts slightly, saying that while the first hundred days was going to be important, it was 'probably going to be the first thousand days that make the difference'.

I put this to Mike and, with his customary grin, he too prefers to adopt Obama's more measured pace. Which takes us to 25 February 2024, by my reckoning. So, if

who you're talking to, and on which particular hill they're prepared to die, on that particular day. Mike doesn't necessarily think we are, confident in the inherent commitment of the average rescuer — although not for the purely altruistic reasons we always like to hint at, more for the sheer selfish joy in seeing a job done well, getting out on a hill when other people wouldn't dream of it and 'doing a job I couldn't do on my own', then getting to the pub afterwards. Come on, admit it, that's you too. This, he believes, isn't about 'your MREW' or even 'our MREW', but the 'my MREW' that belongs to, and drives, each and every one

his familiarity with the mountains is partly thanks to an early involvement with cubs and scouts, but there's more to it than that. His dad, Jack Park, being a police officer, the family were obliged to live in a police house — this particular police house in the middle of a renowned council estate, amidst 'all the wrong 'uns'. From an early age, Mike and his brother knew they didn't quite fit in. At the time, police officers weren't allowed to own their own homes as the employment conditions required the ability to transfer to any far-flung end of Cumbria, so his parents set about buying and doing up a second house, in the middle of nowhere — which, unbelievably, they managed to keep secret from the police for eight years. From their early teens, Mike and his brother spent weekends two miles from the nearest road, 'helping' their parents renovate the property — clambering around roofs, climbing rocks and trees, and setting up climbing holds on barn walls. It was 'brilliant', he says, and 'definitely feral'.

In an effort to stop his son going completely wild, Jack packed him off to the cubs, then scouts, and himself became a scout leader, regularly bringing the scout troop to wild camp in the woods nearby. It's from here his love of the fells and climbing grew, although whether it curbed his feral instincts is debatable.

'You were basically feral with a crowd of other people. It wasn't uncommon to chuck four or five fourteen or fifteen-year-olds out of the back of a Scout van somewhere and say: We'll pick you up in three days.'

'There was this thing called Dragnet where they dropped three or four busloads of us off at Penrith and we had to walk to Barrow over two days and nights, fending for ourselves. The scout leaders and older Venture Scouts would be following on in cars and on foot, patrolling the fells and villages, chasing us down lanes!'

He recounts his first close encounter with a 'problem' when three of them set off on a 2-3 day expedition to Pillar and ended up in mist, coming down into Walker's Gully, a name which somewhat belies its nature. A 'walker's gully' it is most certainly not. The MVS 3-star rock route is a deep cleft in the rock for which helmets are strongly advised and 'the last pitch may be found harder by short people' (a fact noted in the Fell and Rock Climbing Guide to the English Lake District which has absolutely nothing to do with this tale but I have included simply because it made me smile). The three decided they needed to go back up into the mist and lived to tell the tale but many have not been so lucky. Mike has since attended a number of fatalities in that same location.

He credits his dad as his inspiration but reckons it was as much because Jack was

doing all this exploration of the outdoors stuff for the first time himself, alongside Mike. Life was an adventure. When Jack joined the Cockermouth Mountain Rescue Team, Mike watched impatiently from the sidelines. 'I was pulling on his boot strings from my early teens. I was desperate to get in'. Finally, in 1983, aged eighteen, that moment came.

What does Jack — and his mother, Paulyne — think now, I wonder, about their barely-feral son taking on this major national role? 'They haven't said a word,' says Mike. They're more bothered about their mates telling them they've 'seen Michael on the telly' and they missed it because I hadn't told them I was on. He thinks they're both very proud of him but 'you'd never get either of them to say that to you'.

During his 38 years as a team member, he's held various positions of responsibility including team leader for ten years. He led the team in that role during the major flooding incident in Cockermouth in early-November 2009 and has been a member of the Cumbria Local Resilience Forum (LRF), on behalf of the Lakes region, since then. He also led the MREW SAR-H group between 2018 and 2020.

When he received his MBE for 'services to mountain rescue', he remarked that 'every single member of the team deserves this honour and they have all put in equal amounts of effort', adding that it didn't come close to the smiles on the faces of the people the team rescue — the reason he 'will stay on the team for years to come', another salient point.

Those rescues haven't always resulted in a smiling face, it has to be said. He's seen his fair share of tragedy, not just in the mountains but closer to home too, around the streets of Cockermouth, the wider county and beyond.

GETTING TO GRIPS WITH LOCAL RESILIENCE... IN MORE WAYS THAN ONE

In February 2007, there was the Grayrigg train crash, at which several teams worked alongside each other after a Virgin train derailed from an embankment near Kendal. Two years later, successive weeks of unprecedented rainfall resulted in a ten-day involvement in a major incident for the Lakes teams, primarily focused on Cockermouth and Keswick, and the surrounding areas. Kendal and Ambleside were also dealing with local floods. Cockermouth Bronze Command was based in the team's HQ and team members played a key role initially in door-to-door checks and transport away from the area. This task wasn't without its difficulties, with locals doubting this was going to be any more of a risk than previous flooding.

'Some of those people had been flooded numerous times before and another flood wasn't going to shift them again! At least one in five were not going to leave their properties and those that did insisted on

bringing bags and suitcases full of possessions'.

As the waters began to rise past the knee, Mike gave a radio interview to a reporter 'dressed in her Uggs and long tweed jacket', before pushing her car back to dry land. Even as the River Cocker 'jumped' out of its bed and started hitting the streets, the water passing waist-high and thundering towards Main Street, residents continued to resist.

They're a hardy lot these Cumbrians. Whilst carrying one elderly lady from her living room, one team member asked whether she wanted to bring anything with her. 'Oh, you can bring me knitting if you wouldn't mind, love', came the reply. A woman after my own heart.

'The water level at its peak is no greater than 50cm,' wrote Mike, in a diary of the events in the January 2010 magazine, 'but because of the draw of water from Main Street, the flow around one junction banks the water with a difference in level of up to a metre. The sheer scouring effect creates a 1.5-metre-deep hole across the width of the street cutting rough tarmac and exposing gas, water and electricity lines. The force of the water bends concrete lampposts flat and tears garage doors from hinges'.

Towards the end of that first day, standing in the cockpit of the chopper, he describes finding the whole area below him totally unrecognisable, covered in dirty brown water, before 'a Belisha beacon comes into focus, still flashing away despite being up to

To those who say that's not what they joined MR for, I'd say 'unfortunately, this is what being an equal partner requires'.

its neck in river'. Not least of the challenges facing rescuers was the cat's cradle of wool beneath the surface, stock from the local wool shop unexpectedly released back into the wild.

Those ten days were a baptism of fire, his introduction to multi-agency work and the arguably still embryonic period for the Cumbria Resilience Forum — set up in 2005 under the requirements of the Civil Contingencies Act 2004 — where fire, police and ambulance services, multiple mountain rescue teams, the ARCC, the Red Cross, International Rescue, NHS, Lifeboats, RAF and RSPCA joined with the Environment Agency to find solutions to the problems they jointly faced. And it placed him firmly in front of the world's media.

Since then, alongside the growth in calls for more 'traditional' mountain rescue skills, there have been incidents such as the fatal Keswick school bus crash in May 2010 and the involvement with the aftermath of the gun rampage by Derrick Bird, the following month, which left twelve people dead and eleven injured.

In December 2010, the search for missing Deborah Pearson enabled LDSAMRA to

develop its inter-team operability and multi-agency working and, in October 2012, he and many team members across England and Wales were involved in providing the resilience and country-wide support in the search for April Jones, in North Wales, a major incident that attracted national interest and was arguably the start of 'true' multi-agency collaboration for mountain rescue. And then there was further major flooding for Cockermouth in December 2015, when Storm Desmond caused serious floods across the Lake District and northern England — an event which became a 'national major incident' requiring a national MREW response, the culmination of learning from all of the previous events.

These incidents were still far from the norm for mountain rescue, but his involvement in these multi-agency events, says Mike, has made him passionate about the importance of the local resilience forums and ensuring mountain rescue has a place at those tables.

'We're lucky in Cumbria because the mountain rescue region is essentially the same shape as the area covered by Cumbria Police so we're only speaking to one LRF, where some regions have several. Different LRFs behave differently across the country with varying degrees of involvement with mountain rescue. I believe we need to look to central government and ask (insistently!) that all LRFs get involved with the voluntary sector. Cumbria LRF

recognised that they couldn't actually do the job as well without us [LDSAMRA] and that should be the case across England and Wales. We need to encourage the partner organisations in the LRF regions where there is strong MR partnership, to speak to their counterparts in the LRF regions where there is weaker or no MR partnership and explain the benefits of getting mountain rescue involved — should regions and teams choose to sit and commit to being an equal partner, of course.'

Back in 2009, as team leader, he had no choice but to be involved with the flood response. 'Events like that don't happen every day. It was outside everyone's frame of reference so it was about everyone working together to do the job.'

'The other bit for me is that we want to be involved with the major incidents when they're happening but we don't want to put the homework in between times. To those who say that's not what they joined MR for, I'd say 'unfortunately, this is what being an equal partner requires'.

'More mountain rescue incidents ARE becoming major incidents now. When I joined Cockermouth team, we did rescues



Above: Mike and Trainee Search Dog Blu during training at Coniston Copper Mines.

anyone thinks this new broom is planning to turn the world upside down overnight, tearing down and kicking out the old, sweeping in the new in a blur of activity, they'd be wrong.

'Time will pass', he says, 'and change will happen. But there is no stopwatch being held inside or outside this organisation that says we must be here by then. My role is to ensure we all move forward together along a safe and enjoyable path. I will challenge the pace of progress, both fast and slow, but I am walking with you, not behind or in front. And it is very important to me that we are all grinning!'

But are we Roosevelt's 'stricken nation in a stricken world'? Well, that rather depends

of us, wherever we think we sit in the pecking order.

Anyone who watched Mike's campaign video will have been in no doubt he is a dyed-in-the-wool mountain man. The soaring drone — to a soaring music track — took us up to Hopegill Head, in the heart of the Cockermouth team patch and the middle of three fells (alongside Grisedale Pike and my namesake, Whiteside), on a ridge that starts at Braithwaite and goes west for eight kilometres to conclude at the northern end of Crummock Water. The message was clear: this is my home. My environment.

And let's be in no doubt about that. It is. Like many mountain rescuers before him,

on our patch, Keswick did rescues on their side of the hill and so on. We'd never meet. Not because we didn't like each other but there was no need. Every other rescue now has some involvement with other teams or partner Emergency Services and I expect it's the same around the country.'

But every mountain rescue a major incident? 'Yes. A major incident is when you can't cope on your own as a team, for whatever reason. There are more incidents now. We have to ask for help from our colleagues and across regional boundaries too. It's about prepping for the incident and bringing resilience as a national body to make sure the common things we need are in place — like cas care training and standards, insurance, radio systems.'

He's equally passionate about us not being too obsessed about our involvement with UKSAR.

'At my interview, I was asked how I thought we should maintain our seat around the table at UKSAR. My response is: If we didn't provide a unique service, we wouldn't have

what works, work better and we should be confident enough to do things our way.'

He mentioned in his 'acceptance speech' that if anyone had said six months ago that he'd be in the position he is in now, he'd have laughed. Certainly wouldn't have believed it possible. So what changed? What was the tipping point? He laughs and I suspect this might be one of those moments I end up writing something that someone somewhere isn't going to feel entirely comfortable with. But hey-ho. We're breaking a mould here.

'It's been at the back of my head for some time. I'd packed in the team leader job and started to get frustrated that I was seeing stuff I'd set up — locally and regionally — and someone else was doing it differently. I asked myself why I was getting so upset — you can't hang onto stuff.

'I got involved with SAR-H for a couple of years. We'd moved in the right direction, but then it became clear that wasn't working as it should. The Lakes teams weren't happy. Then there was stuff going on within the

came round. In Cocker-mouth's case, this was shared with the entire team and, as usual, prompted an internal outpouring of opinion. All the old favourites about MREW, what they would have done in their day. You know the stuff. So I challenged one of the protagonists to put in for the job themselves as they knew so much. Clearly this was not going to happen but I realised I couldn't just keep sitting on the sidelines. I'd done the same years before when I stuck myself forward for the team leadership. I had to have a go.'

FACING UP TO THOSE ELEPHANTS IN THE ROOM...

So, here he is now, sitting in a different chair, wearing a different hat — how is he going to deal with the challenging people, the ones who sit at the back of the lecture theatre or meeting room, who clearly don't really want to be there, but will keep lobbing hand grenades down at the 'top table'?

We both know I'm talking about the not-so-hidden elephant in the room — the apocryphal* 'Red Jacket Saga' — and he seems genuinely bemused that people see him as someone to tiptoe around, whose image needs softening.

'First off, Judy. It was never about the colour. It wasn't even about the issue of corporate branding for MREW. For me, it was the way it was being sold on that particular day. The message I heard was that we could get three and a half thousand jackets at this price and that's better than you can do for yourselves as a team so this is what we're going for. And they just happened to be red. At that point, it wasn't even clear we would ever be able to put our own team logos on the jackets.

'The first I'd heard about it was at the November meeting, fresh from ten days dealing with floods and it felt to me as if it had all been pushed through. It was branding by the back door. If it had been

We both know I'm talking about the not-so-hidden elephant in the room – the apocryphal 'Red Jacket Saga'...*

a seat. We need to get a mature enough relationship that we're treated as an equal partner to the extent we can respectfully say: No, we're not doing that.'

It harks back to his comments in an article in the October 2012 magazine, following the UK Mountain Rescue Conference. Keynote speaker Rory Stewart MP, had implored us not to 'become like other charities that can no longer do the task they were set up to do because they're wrapped up in bureaucracy and paid positions' — because it 'was what all the other sheep were doing'.

It clearly struck a chord with Mike and continues to do so. 'I think we've been too influenced in the past by what other charities are doing.'

This happens to resonate with me too, having regularly heard other charities cited as shining examples with reference to how our website should look and behave, whether we should sell a particular geegaw in the shop and how big a logo we should slap on it, for instance.

'We don't need to do that,' says Mike. 'That's not to say we shouldn't make changes to keep up with the times. We're not a threat to these other organisations and they shouldn't be seen as a threat to us. We need to put the mirror back to ourselves, focus on what is important for us, what matters to us as an organisation. I am a member of a truly unique organisation, populated with extremely dedicated people who know how to focus on the job in hand. We are good at knowing what works. We know how and where to adjust to make

region and the local resilience forum that I wasn't comfortable with.

'And you can't have people putting time and effort into sorting things out on your behalf and then turn up after a decision has been made and overturn it on a whim because you don't agree with it. That's not how democracy works.

'It was the same at national level. I didn't particularly want to go to the meetings, spend two days a year in a lecture theatre when I could be doing something else and I often didn't like what they were talking about, but if you choose to ignore it, to not

The other elephant in the room, of course, is the perception that the Lakes region will be pulling the strings...

speak up, you end up with an organisation you don't want to be involved with and the only option then is to leave. And sitting at the back throwing questions does have an impact — even if it's not always the outcome you want.'

I'm glad he's brought this up because a concern I heard voiced many times, around England and Wales, in the months leading up to the election, was whether this alleged 'troublemaker' — one from the Lakes to boot — would be the right person for the job. So hold that thought.

'Around Christmas, I heard the SEO role was coming up when the job description

more honest, I'd have happily gone along with it. But it didn't feel democratic. And I felt there were other things we should think about spending our national money on, like training.'

So how WILL he deal with the challenging people?

'I'm more worried about the silent majority. When people come back and query something you've sent out, it isn't necessarily an attack. It means they've actually read it, considered it. So I will encourage the difficult questions.'

Personally, I've always viewed Mike more as Devil's Advocate than mischief-making

grenade-lobber and I get the sense he will continue to be that. He's never shied away from asking those difficult questions and his intention now is to speak to as many people as he possibly can around England and Wales, asking the hard questions, listening to what might be hard answers, and working together to make difficult decisions.

He intends to work to his strengths and admits he might be seen as a forceful character, that his reputation as a terrier isn't entirely unfounded.

'During our talks with Bristow Helicopters and the MCA about SAR-H, I was definitely fielded as the bad cop. It was the same with NWAS, after [LDSAMRA went through the process of] Rescue 2020, when we told

Culturally and operationally, there is a huge and diverse degree of skill within the teams and this is a strength which needs to be preserved and continually developed.

so I doubt this, but what can he say to reassure teams that this won't happen? And, given that his was by no means a landslide win, to reassure the considerable number who voted for the other candidates?

'The Lakes is a strong region, for sure. But this isn't about the Lakes. I'm SEO of MREW, representing 47 teams across the country. The best way I can reassure them is to come and talk with and listen to them. We might not necessarily agree with each other, but until we understand each other's views, we're nowhere. Ideally, I think every team

team have not put themselves forward yet for peer review). He nods without comment either way, but there's a sense that everything is up for discussion. Anything is possible. I take it as a positive sign.

He stands by his campaign message (in the information which came out to teams about why he was standing for the role), that he feels it important 'to recognise that there is no standard operating procedure for mountain rescue. At a regional level, teams must operate in different ways shaped by their prevailing geography. Culturally and operationally, there is a huge and diverse degree of skill within the teams and this is a strength which needs to be preserved and continually developed.

'I believe MREW needs to develop a shared vision with all 47 teams to improve the services offered to its members.'

His plan is to meet teams on their home turf — an idea he freely admits he has 'nicked' from his predecessors — but this is something he has first-hand experience of doing from his time working with the SAR-H group, when he spoke to every team about the different requirements they each have from the SAR-H service.

He knows he'll have a different sort of conversation with a bunch of people busy enjoying their native environment than facing a serried crowd of blank faces wishing they were somewhere else, so he'll be heading out on the hill with as many of you as he can. I guess there's nothing in the job description that says you can't enjoy yourself at the same time, so why not? And he's a firm believer in the need to laugh at ourselves from time to time, given our propensity for navel-gazing.

Does he know who voted for him and who didn't? 'Not a clue, it was kept secret, but I think it would be useful to know, for instance, whether the vote was split along geographical or regional boundaries, or something else entirely. I need to know what people's concerns were so I can address them.' And, who might be hostile towards him, I venture. He nods again.

...AND THEN THERE'S THAT 'COMMUNICATIONS PROBLEM'

Coming back to that article in the October 2012 magazine, Mike was writing about communications — specifically, that 'MREW has a communications problem' — going on to share his thoughts 'from the factory floor'. It stung a little at the time, as one of the team who were doing their damndest to improve communications. Nine years on, does he think we still have a communications problem? He takes time to consider this, perhaps understandably. Only when the answer comes do I realise I've been holding my breath.

'No, I don't think we do. Back then we



Above: Mike during the aftermath to the Cocker-mouth floods in 2009, directing operations to remove an uprooted tree.

them they needed to treat us more as an equal partner agency.'

The other elephant in the room, of course, is the perception that the Lakes region will be pulling the strings. Mike is most definitely his own man — if you haven't yet picked up on that — and he's not afraid to hold those within his own team and region to account

should visit every other team — that way we'd really start to understand the issues we all face and see that actually we're more alike than we think.'

Seems to me this latter thought is pretty much what has begun to happen with peer review so hopefully that will continue to flourish (although, noticeably, Cocker-mouth

* Dictionary definition of 'apocryphal': (of a story or statement) of doubtful authenticity, although widely circulated as being true.



Above: Left to right: Mike in various guises: Extremely tired during the Cocker mouth floods in 2009; happier water-based adventures; with new puppy Blu at the Cocker mouth Show in 2018; in full operational flow on the hill in 2016; with teammates Neale Connolly, Richard Greenwood, Bob Lidell and John Bulman during the Three Peaks Yacht Race in 2015. Images courtesy of Cocker mouth MRT Facebook photo collection.

needed a two-way dialogue across the organisation and we physically didn't have the means. We've improved that dramatically with a number of media we can communicate through.

'I do think there's sometimes too much information coming out of 'head office', so stuff can drop through the cracks, but I think team members have a better understanding of what a region is, what MREW is.

'What we need now is to trust each other. You can't just come along and say that bit's not for us. If we don't like something we have to work together to change it. We can't just sit in our silos. The national body — and every team — needs to continually step back and look at what we're doing, ask whether what we were doing five or ten years ago is still appropriate for today. Will it still be appropriate in five or ten years' time?'

We talked about the potential for a membership booklet to be given to ALL team members, not just new recruits, outlining what mountain rescue is all about, what might be expected of them, and what they can expect from the wider mountain rescue community and the national body in terms of support, be that equipment, training, insurance, wellbeing and links to the Rescue Benevolent Fund. Whatever is important. He wishes there had been a publication such as this available at the time of Chris Lewis's accident, offering guidelines for what to do next and who to contact. We will be talking about this again over the coming months and also seeking feedback from teams in the process.

He cites the late Stewart Hulse as being an inspiration. We should always pay attention to the people our leaders admire. Younger, or more recently joined, team members may not know the name but those who knew Stewart knew he was a character. A founder member of the Ambleside Fell Rescue Team and then leader of Langdale

Ambleside, the 'larger than life' Stewart had a vision for mountain rescue, sometimes at odds with those around him, but he got things done. Thanks to his campaigning, mountain rescue benefits from VAT relief and he was instrumental in establishing the working relationship between mountain rescue and the RAF helicopters.

When Stewart died in 2013, Richard Warren, chairman of LDSAMRA, described him as being recognisable as soon as he walked in the room: 'energetic, forceful but also caring... someone who never suffered fools gladly and spoke his mind'. Sounds familiar.

I wonder how Mike will cope, in terms of time, in what is viewed in some quarters as so large a job that only a retired person could reasonably do it. He's still in his mid-fifties and in full employment, working as 'spatial planning lead' for Sellafield Limited (the body responsible for the safe and secure operation and clean-up of the Sellafield nuclear site, in Cumbria). He has family responsibilities in the form of daughters, Millie and Bramble, both in full-time education, and his partner, Julia, and

juggle all those balls,' he says. 'But there's no way I'm dropping my involvement with the team. It's important to me to be at the sharp end and that would be a measure of failure to me.

'To be honest, as far as the job description was concerned, it would have been easier if it listed what I wasn't expected to do! It's not a *fait accompli* that I will give x number of hours a week simply because I'm SEO. For me, it's not measured in the hours you put in but what you do, so it's about looking at what's important.

'I've accepted a job and I'm accountable, but I also need the mountain rescue community to commit to me. Part of that will be having an open and frank debate, reaching a consensus, then sticking to it.'

I have so many more questions but we're four hours in now, the sun is shining and Chris has just wandered through the kitchen and out to the car, armed with ropes, rucksack and rock shoes, heading for his Wednesday evening rock fix.

Mike is due to join him and I sense a quickening of pace so we touch briefly on the 'paid positions' in Rory Stewart's

I've accepted a job and I'm accountable, but I also need the mountain rescue community to commit to me. Part of that will be having an open and frank debate, reaching a consensus, then sticking to it.'

he's also training his first search dog, a 'lively' black Labrador called Blu (without the 'e', as he is quick to point out), 'who is fascinated by his toy duck' according to his profile on the Lake District Mountain Rescue Search Dogs website.

'I still have to work out how I'm going to

comment. He definitely doesn't see people at the sharp end being paid but recognises that our current model of a team leader might be unsustainable.

'There just aren't enough hours in the day any more. I've seen team leaders doing the job, the effort and the sacrifices they make,

the things they've not done in their lives because of it but then there's the camaraderie, the satisfaction of the job done. I've been through it myself and seen the negative stuff too so I can see how it's got to be about adjusting to circumstances.

'I think that MR as an organisation is only just beginning to recognise that it has to help everyone in the organisation to balance our commitment to mountain rescue with our lives. If money helps that balance then so be it, but the reward still has to be the satisfaction of doing a job well — and feeling that only we could have done it so well. As long as that's there, it doesn't really matter whether money's involved or not.'

The word 'mature' crops up frequently throughout our conversation and it's one he used in his CV when presenting his 'notable contributions' to mountain rescue to date. Some of these points we've already covered, but it's worth a summary here. Contributions such as the introduction of planned spending into his own team, moving from hand-to-mouth financial control, and raising the team's public profile through active media engagement to promote what mountain rescue does. This, he says, 'led to a maturity of relationships with partner organisations and subsequently increased funding into the team, followed by further development into the regional and national arenas'.

He helped introduce the Fatality Protocol in Cumbria, has regularly engaged with government — primarily through dealings with Lord Alf Dubbs and Rory Stewart OBE — as well as UKSAR, the MCA and Bristow Helicopters. He was instrumental in the common call-out protocol adopted across LDSAMRA with the police, which led onto the development and adoption of SARCALL within the Lakes.

He pushed for Cocker mouth team to use mobile phones, replacing the pager system within the call-out process, and introduced Swiftwater Rescue to meet call-out requirements. In a nutshell, he's had an influential hand in just about every aspect of mountain rescue work, through finances to technology, communications, fundraising, logistics and planning and a diversity of operational matters.

By now, Chris has long since left to meet their usual band of climbing buddies, and my interviewee is perched restlessly on the

edge of the sofa. The mountains are definitely calling and I feel it best to release him back into his natural habitat. So, with that, he's off. Into the evening sunshine. Rock shoes at the ready.

RISING TO THE CHALLENGE

Challenging times ahead then, between now and 24 February 2024, but Mike is no stranger to challenge. Or controversy.

He's completed the Bob Graham Round¹ three times, once in summer, once on the winter solstice, and once completely unsupported. He attempted the Lakeland Classic Rock Challenge² but, he says, only a tad self-deprecatingly, he 'only completed it the once — in 27 hours'. With Cocker mouth teammates, led by skipper Bob Lidell, he took part in the Three Peaks Yacht Race.³ (As an aside, he tells me later that during a first face-to-face meeting with Alistair Morris, MREW Medical Director, enjoying a walk in the South Lakes, he discovers that Alistair also competed in this race. He and his team were the overall winners and, says Mike 'thoroughly whooped the new SEO's a***e'!)

He's an experienced winter mountaineer, regularly heading off to Norway, Canada and the Alps for ice climbing and ski touring. And in October 2008, he was competing in the ill-fated OMM⁴ which caused controversy in the media when the organisers called a halt due to heavy rain and floods.

Mark Weir, owner of Honister Slate Mine, claimed that the floods could have turned the Lake District mountains into a 'morgue', a comment Mike called out to the national press as 'not helpful', having himself helped coordinate the mission to account for everyone stranded on the mountain and provide assistance if needed.

Closer to home, he's followed in his father's footsteps, taking on a cottage renovation in a village just outside Cocker mouth during which he lived for a year in a wooden hut in his back garden. A sizeable one, but a wooden hut nevertheless. So please do not think that this is a man who runs from a challenge, literally or metaphorically. Or gives up easily. Or that you might be able to shape him to your will.

But, d'you know what, you might just have some fun with him along the way, whilst you set about trying. ☺

¹ The Bob Graham Round is a fell running challenge named after Bob Graham (1889–1966), a Keswick guest-house owner, who in June 1932 broke the Lakeland Fell record by traversing 42 fells in 24 hours. The challenge begins and ends at Keswick Moot Hall and involves 66 miles (106 km) with 26,900 feet (8,200 m) of ascent.

² All the rock climbs in the Lakes listed in Ken Wilson's 'Classic Rock' book, climbed within 24 hours, on foot.

³ The Three Peaks Yacht Race sails from Barmouth to Fort William, up the wild west coast, taking in a run to the summits of Snowdon, Scafell Pike and Ben Nevis on the way. It has been the classic adventure race for teams of runners and sailors since 1977.

⁴ The Original Mountain Marathon (OMM), formerly the Karmimor International Mountain Marathon (or KIMM), and initially simply the Karmimor, is a two-day mountain event, held in a different region across the UK every year.



APRIL: MREW ANNUAL REVIEW 2021 PUBLISHED

With a foreword from MREW patron, HRH The Duke of Cambridge, the review covers the period up to April 2021, with statistics for the twelve months of 2020 — a year in which, despite the heavy restrictions in place, calls for mountain rescue assistance remained high.

There was, however, a significant increase in visitors to the more easily accessible locations close to centres of population, as the hill, reservoir and country park-going public largely obeyed the 'stay local' pleas for their lockdown exercise routines. The most noticeable drop in numbers was in April 2020, during the first lockdown, with just 72 incidents recorded.

It is also increasingly evident just how involved mountain rescue teams are around the country in supporting their local communities beyond the hills and mountains, with call-outs to floods and moorland fires featuring regularly now. Team members provided vital support for their local NHS (assisting with the transportation of staff during heavy snow in the earlier part of the year and then working as vaccination volunteers as the roll-out began). There was even an unexploded WWII bomb to deal with in March, with team members helping evacuate residents from the identified risk zone.

Teams featured heavily on our TV screens too, with regular appearances on BBC's Countryfile and Real Rescues, More 4's Emergency Rescue: Air, Land and Sea and the still-regular BBC ident featuring Central Beacons team members and dog assembling in front of a team vehicle. On a different note, there was also sustained coverage following Patterdale team member Chris Lewis's accident in February, which resulted in huge support for the fund set up in his name and raised public awareness of the nature of mountain rescue work considerably.

The annual review is available at <https://tinyurl.com/sapzbnwr>



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Update from **Mike Margeson** on operational matters for teams in England and Wales

I'm happy to report that both the operations group and the medical subcommittee are reviewing the operational PPE guidance – particularly the challenges that warmer summer weather and the current guidance present. The ops group will also be reviewing whether there is a continued need for the monthly submission of data and the national Covid meetings as it is now 'business as usual' for most teams. I'd like particularly to thank those at regional level who have collated and submitted the data which has been of significant value at UKSAR and with the National Police Chiefs' Council (NPCC).

We have seen call-out activity return to normal for many teams and above normal for some teams and regions. There is clearly anticipation of significant strain on the teams during what is predicted to be a very busy summer period.

Many team members are now vaccinated, and lateral flow testing is being conducted by team members. However, perhaps the biggest risk to teams is the potential strain on team numbers caused by possible isolation of team members even though they are not actually poorly. Alistair and I would therefore still highlight the increased risks to members of inside spaces such as bases and vehicles etc.

Face-to-face training across the regions has been carefully restarted and, with the more infectious Delta Covid variant now spreading, many teams have gone back to training in bubbles to protect team resilience. One side outcome reported over the last year of these policies has been more hands-on training due to smaller group number training events.

Our national training programme is planned to restart and roll out during autumn. SAR asset training is still not looking likely to restart till then but it is critical that your ISAR 1a is kept up to date. One for the diary: We've booked our next conference, first weekend in September 2022, once again at Leeds Beckett University.

There are two significant matters regarding equipment. Firstly, Paul Smith, the MREW Equipment Officer, has circulated an email about

stretcher service and load certification with a reminder to book these well in advance of expiry. Lyon Equipment is working its hardest to facilitate the present backlog of requirements. I would just remind teams that it is both a requirement of SAR-H assets and of our insurance that stretchers are load certified and service records are up to date.

The second issue is around UIAA-CEN-UKCA which some of you may have heard about and is another trade issue resulting from Brexit that we were not aware of. We all assumed the CE-marked PPE equipment from Europe would just continue as normal but this is not the case. Any CE item from Europe to be legally sold must have a UKCA stamp label indicating it has had separate approval by a UK-approved test centre. At present there are only six of these in the country. The legislation comes into force on 1 January 2022 and it is likely that the industry and approved test houses will not be ready for that date. Some European manufacturers may decide just not to sell into the UK market. We are working with BMC, and through any influence that UKSAR and NPCC may have, to seek an extension to the transition period to January 2023.

Lastly, we were invited to attend, give evidence and answer questions by a government select committee looking into risk assessment and emergency planning. This is off the back of the Risk Assessment submission we made earlier in the year led by Al Read, MREW Training Officer who will be attending the select committee on our behalf. ☺

IN CASE YOU MISSED IT LAST TIME:

Julian Walden on how to access the teams-only area of the MREW shop

Over the last few months, we have been working on updating the MREW shop to allow better access for all teams to purchase selected merchandise at a reduced cost as well as team member-specific items such as car stickers. We have also taken this opportunity to incorporate the Covid-specific PPE items that are currently available to all MREW member teams upon request.

These items can now be ordered/requested free of charge through the online shop and we would like to ask that all future PPE requests are submitted this way. As part of this process, we are updating team accounts to ensure that all teams have access to this area and that we have the correct shipping information.

To register your team, please email office@mountain.rescue.org.uk and include the details listed below for your team's designated purchaser, using an official team email address. An account will then be created for your team and any further information regarding the setting up of this account sent directly to the shop user. Information we will need is as follows:

- Full name of proposed team purchaser + Team name
- Email (must be a team-specific address)
- Postal address (must be able to receive post/parcels during the normal working day).

ANY QUERIES OR HELP REQUIRED, EMAIL OFFICE@MOUNTAIN.RESCUE.ORG.UK OR CALL 0330 043 9101 BETWEEN 08.30-17.30, MONDAY TO FRIDAY (PLEASE LEAVE A MESSAGE IF CALLING OUT OF THESE HOURS).



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Introducing the new MREW trustees

At the MREW AGM in May, there were a few changes to the Trustees and Management team. Mike Park was elected into the role of CEO (see page 8 for an interview with Mike), and two new independent trustees were appointed in the form of Vicky Pickles and Hannah Halliday. Jake Bharier, who has been chair of trustees for the last year, resigned for personal reasons. Matt Dooley, currently regional chairs representative to the trustees, will take on the chair's role. So who are the new trustees and what skills are they likely to bring to the mountain rescue mix?

In her professional life, **Vicky Pickles** is an NHS senior leader, currently Director of Corporate Affairs and Group Company Secretary at the Airedale NHS Foundation Trust, a 400-bed acute hospital trust in West Yorkshire. She is also a trustee and vice chair of Overgate Hospice in Elland. Besides her management and strategic skills, she brings with her a background in public relations and communications, brand management and fundraising.



'I am absolutely delighted to join MREW,' says Vicky. 'The mountains are where I go to recharge my batteries and one of the hardest bits of the last eighteen months has been how limited my opportunities to be in the mountains have been. I love walking and scrambling among the fells in the Lake District, North Wales, the Alps and the Dolomites. But I absolutely appreciate that it is "so much more than mountains".'

'I am lucky enough to work at a hospital on the edge of the Yorkshire Dales and live in amongst the Pennine landscape

of the Calder Valley, with the Peak District a short drive away. I have seen at first hand the difference that mountain rescue teams make to keeping people safe. And working in the health service I also know that the skills and knowledge the team members have are vital. I am not fit enough or skilled enough to rescue, but wanted to show my support and appreciation for the work of teams in some way and I was delighted to be appointed as an independent trustee. I look forward to meeting as many teams as possible over the coming months and years as restrictions lift.'

Hannah Halliday may be familiar to regular readers of the magazine and those of you who attended the 2019 Conference in Leeds, where she spoke about the importance of respecting brand identity, her area of expertise. Currently the course leader and senior lecturer on the BA (Hons) Graphic Design at Nottingham Trent University (NTU), her key responsibility is to provide academic leadership and course management, and to maintain quality assurance across the course.

'I joined NTU direct from industry in 2016 having worked at various leading agencies, specialising in branding, most recently as a design director at The One Off, a design agency based in London and Melbourne, helping clients understand the potential of their brands and develop and implement their strategic goals.'

'It was during those two days at your conference in Leeds that I began to broaden my awareness, hear the stories and see the personalities of the teams. My mind was opened to the work that you do, and I decided then that I would like to contribute with my expertise if I can be useful. I was delighted to be considered and appointed to the Board of Trustees and I can't wait to work alongside you all.'

Top: Vicky Pickles.
Right: Hannah Halliday.
Images supplied.



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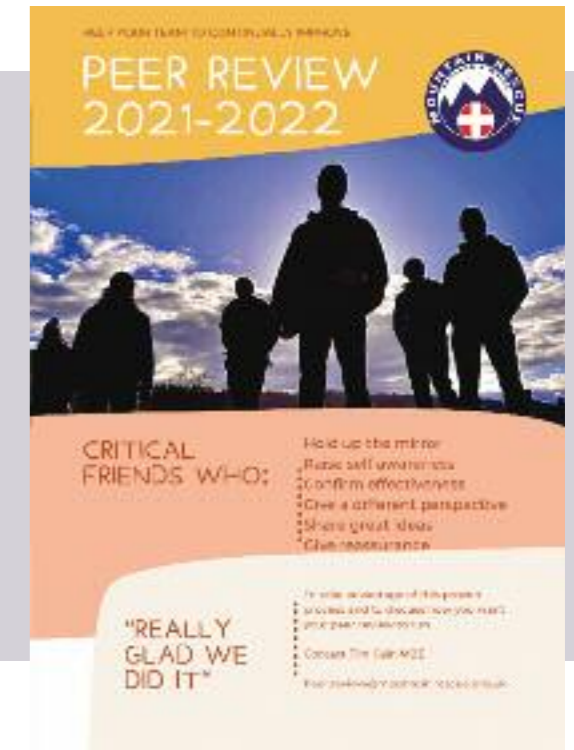


Help your team continually improve with Peer Review...

TIM CAIN

As we emerge from the pandemic, teams are awakening to a 'new normal'. There's no getting away from the fact that things have changed. The question is: How has the pandemic effected our operational performance? Peer Review restarts in September and provides an excellent opportunity to take stock of where your team is operationally. The process is owned by the team, supported by 'Critical Friends' who help hold up the mirror, and allows the team to gain greater self awareness.

FOR A CONVERSATION ABOUT HOW PEER REVIEW MIGHT BE USEFUL FOR YOUR TEAM, CONTACT ME VIA PEER.REVIEW@MOUNTAIN.RESCUE.ORG.UK



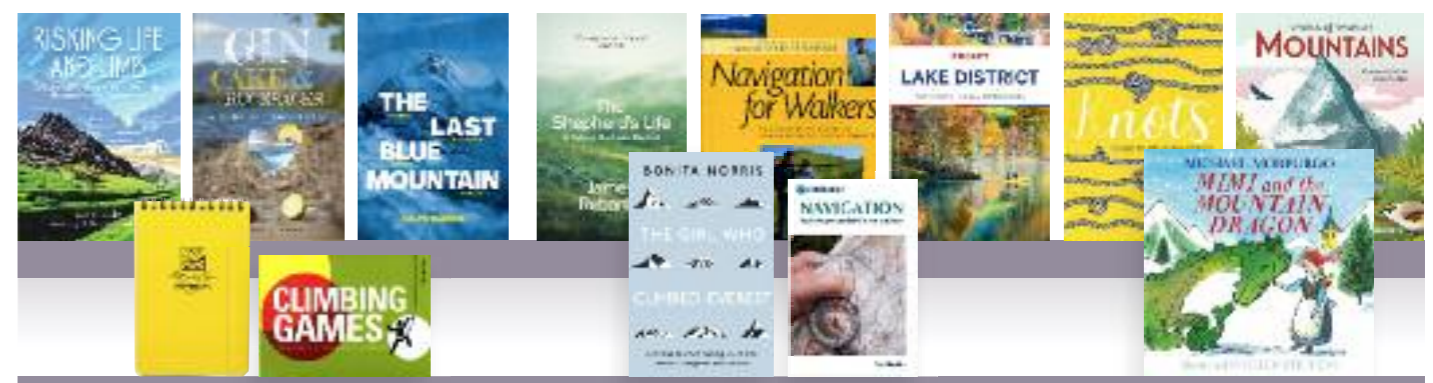
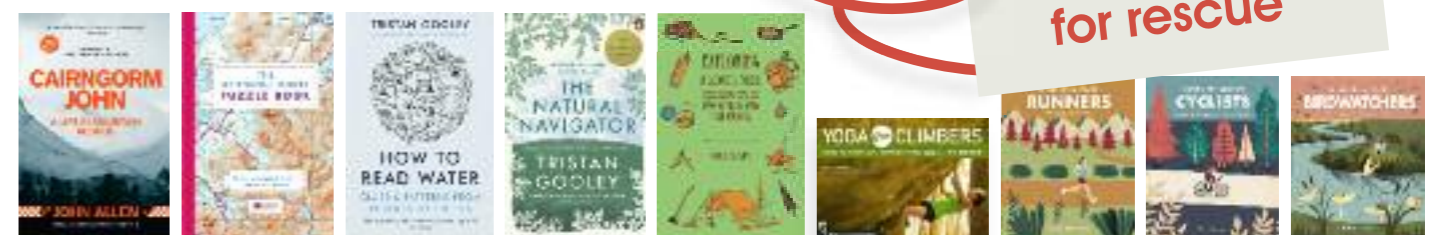
NEW Titles this month

CHECK OUT OUR GROWING BOOKSHOP...

We continue to restock and expand the bookshelves so here are just a few of the titles currently available in our bookshop. If you fancy stepping away from Amazon for your reading material, you'll be making a donation of around 30-40% of the cover price, each time you buy. We promise. Check it out at shop.mountain.rescue.org.uk



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Ogwen team helps develop bespoke SAR Medical Pack for mountain rescue

Team member **Sally Armond** explains how she and OVMRO worked with Alpkit to design, test and manufacture a compact, lightweight solution to carrying medical kit for mountain rescue.

How first responders comfortably cover steep ground over long distances whilst carrying the additional bulk and weight of a comprehensive medical kit, plus their personal protective equipment and rope rescue kit, can be a problematic issue.

Every team has its own approach. For example OVMRO used to split medical kit into separate units to be shared amongst several team members. However, from experience, this can create a problem when those rescuers become separated by the terrain on which they are working. For example, where a casualty lying on a small ledge allows only one rescuer to approach, it can be tricky to rapidly regroup the required medical kit.

Three years ago, I started researching the market for a lightweight medical pack that would enable our team casualty carers to travel 'faster and lighter' to an incident. I was seeking a solution that would carry everything required for a small hasty party to stabilise a casualty prior to the arrival of supporting team members and evacuation kit. I was also keen to standardise all our medical packs so the contents and layout of hill kits, vehicle kits and casualty care training kits were all identical. I felt this standardised approach would aid effective kit familiarisation for team members thus facilitating rapid access to medical equipment when urgently needed.

Having already streamlined the medical equipment OVMRO carry, I struggled to find a suitable low volume, lightweight and

compact 'off-the-shelf' solution that would be compatible with mountain rescue activities.

I was already aware of the high quality of Alpkit's light but robust mountaineering and bike-packing gear, so I approached them to ask whether they would be interested in custom building a medical pack specifically for mountain rescue. They responded with a resounding 'Yes!'. I provided Alpkit with a detailed brief of the required features, a mock-up of the pack design and the exact weight and volume of medical equipment to be carried.

The prototype 'SAR Medical Pack' was shortly delivered to OVMRO ready for its first trial deployment. Over 250 mountain rescue incidents and one pandemic later, the original pack is still in excellent condition. OVMRO has now purchased additional packs for training and deployment purposes and our team members have found them to be an extremely fit-for purpose and suitably robust approach to carrying a comprehensive medical kit. The cherry on the cake is that it looks great too!

FEATURES OF THE SAR MEDICAL PACK:

- Compact, low-profile 25 Litre pack; Size 500mm x 320mm x 150mm, weighing less than 1.5kg unpacked.
- Fully packed, the unit weighs less than 6kg fitting the 'fast and light' brief.
- Hard -wearing 1100D Cordura outer,

fastened with a heavy duty YKK zip and baffle for added water resistance and abrasion protection.

- Upper and lower double-stitched reinforced side straps allow the SAR Medical Pack to be easily piggy-backed onto a mountain rescue rucksack.
- Daisy-chain webbing provides additional attachment points.
- Encapsulated reflective 'MEDICAL' badge.
- Transparent ID badge holder allows labelling of individual SAR Medical Packs as separately identifiable units.
- Simple clam-shell design allows the pack to be fully opened enabling easy access to modular cells when laid on the ground or suspended from a rock anchor.
- Transparent cell lid design enables easy visual access to contents whilst providing generous insertion points for clear contents labelling.
- Detachable modular cell system allows drugs pouch removal for secure controlled drugs storage.
- Cell system comprises six rectangular cells: 310mm x 120mm x 70mm and one double cell: 310mm x 260mm x 70mm.
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- Generous top-mounted reinforced grab-loop allows easy clipping in to helicopter grab-hook or rope-rescue anchor system.

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Left to right: SAR Medical Pack piggy-backed onto a mountain rescue rucksack © Sally Armond/OVMRO; SAR Medical Pack carried as a standalone rucksack © Sally Armond/OVMRO; Shows the open SAR Medical Pack with easy-to-access contents ready for use © Rob Bradley/OVMRO.

Getting to know our Scottish Mountain Rescue colleagues...

smr

Assynt MRT



Assynt MRT covers all of Caithness and Sutherland in north west Scotland, an area of approx 6,850km² which includes popular mountains such as Suilven, Cul Mor, Ben More Assynt and Conival, Ben Klibreck, Ben Hope and Ben Loyal as well as remote coastlines, lochans and bothies. The 32-strong team have their main rescue post at Inchnadamph and a mobile unit at Thurso.

Sue Agnew, team leader for the past eight years, stood down at the recent AGM, and Tim Hamlet, previously deputy leader, has taken up the mantle.

'Sue has been an excellent leader,' says Tim. 'She has guided the team through some very challenging times, dealing calmly and professionally with numerous difficult call-outs. As the only female team leader in Scottish mountain rescue, she's also been a fantastic role model, encouraging many other women into the team.'

Sue plans to continue to volunteer on both a local level, as an active team member and

team treasurer, and at a national level as a trustee of the SMR Benevolent Scheme and member of the SMR executive.

Originally a member of Ochils MRT, Tim has been with Assynt since relocating north six years ago. Having grown up in Nepal for much of his childhood, the mountains were in his blood from an early age. He was lucky enough to trek to Everest base camp at the age of ten and decided to join mountain rescue to give something back, having been rescued, aged seventeen, after an unfortunate accident during a winter climb. It brought home to him the great work the

rescue teams do, making a difference to each and every person they attend. He runs his own small outdoor guiding business in the North West Highlands.

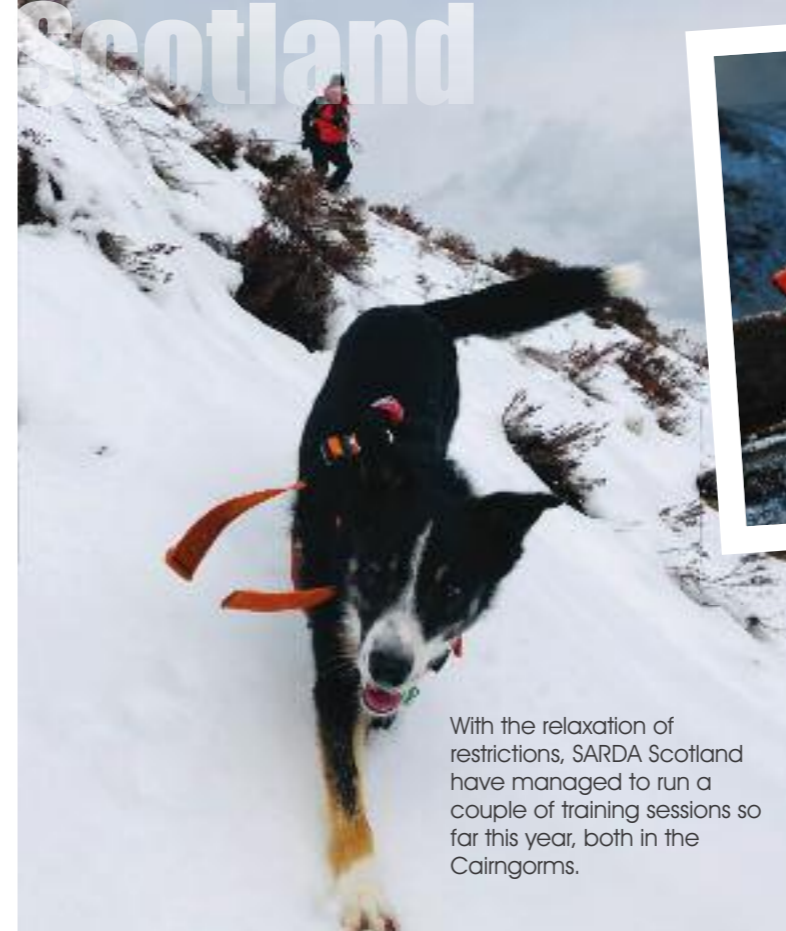
He recounts one of the highlights with the team was taking part in a fundraising relay event with other team members across a section of the Cape Wrath Trail. Having run across Sandwood Bay on the way to Cape Wrath at 1 o'clock in the morning, in poor weather, they reached the lighthouse to be met by the lighthouse keeper with a much-needed cup of tea.

Asked about a notable call-out, he recalls the time he had to call his own team out. 'Walking across Conival to Ben More Assynt with two clients, one of them sat down heavily, slipping on a snow-covered block of quartzite, injuring himself. We hunkered down in a bivvy shelter (pre-Covid) and called 999. The operator asked for the postcode (!) and I replied that we were on Ben More Assynt. The operator heard 'Ben More' and I reiterated that it was the one north of Ullapool, not on Mull. Next thing I know, the local policeman from Ullapool is on the phone, swiftly followed by Assynt TL Sue. Not long after, coastguard helicopter Rescue 948 showed up and out came the winch man with an "Oh, hi Tim!" Needless to say, there was much laughter at the next team training night!

As for the future, the team will be working on the redevelopment of their post at Inchnadamph, creating a more functional building rather than simply a garage for the Land Rover. 'So watch this space for a flushing toilet in the future. I know, high hopes!'

FIND ASSYNT MRT ON FACEBOOK AT
[FACEBOOK.COM/ASSYNTMOUNTAINRESCUE](https://www.facebook.com/assyntmountainrescue)

SARDA Scotland



With the relaxation of restrictions, SARDA Scotland have managed to run a couple of training sessions so far this year, both in the Cairngorms.

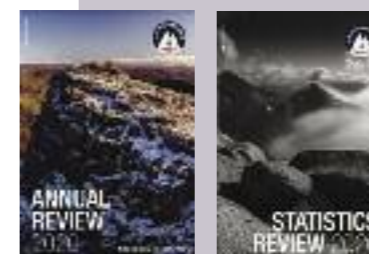


April's session saw mixed weather, giving the dogs and handlers the challenge of working in varied conditions. May wasn't quite the weather they were expecting (lots of snow!), so the bodies had to stay tucked up in their bivvy bags awaiting discovery. Six dog teams worked full areas and six puppies started their journey to become search dogs. Over the weekend, Stu McIntyre (a member of RAF Kinloss MRT before his retirement), and search dog Pippa, passed their assessment for Full Search Dog status. Well done Pippa!

FIND SARDA SCOTLAND ON FACEBOOK AT
[FACEBOOK.COM/SEARCHRESCUEDOGASSOCIATIONSCOTLAND](https://www.facebook.com/searchrescuedogassociationscotland)

Opposite page. Top: New Assynt TL Tim Hamlet, front row, second from right © Assynt MRT. **Below:** Five new team members for Arran MRT © Arran MRT.

Above: SARDA Scotland Search Dog Meg © Charlie McIntyre. **Right:** Stu McIntyre and newly graded SARDA Scotland Search Dog Pippa © Murdo MacLeod.



SMR 2020 ANNUAL REVIEW AND STATISTICS REVIEW PUBLISHED

The principal theme of this year's review is 'adaptability' and resilience. Its sister publication, the SMR Statistics Review provides a more in-depth look at the numbers behind the organisation. Both are available to view via [scottishmountainrescue.org](https://www.scottishmountainrescue.org). Paper copies of the Annual Review are available on request from info@scottishmountainrescue.org.

Arran MRT



The Isle of Arran sits in the Firth of Clyde off the west coast of Scotland, an area of 432km², and the 30-strong team provides search and rescue assistance across the island. Arran is only 56 miles round by road but its mountains in the north, although not quite Munro status, are some of the most rugged and beautiful in Scotland providing accessible challenge for walkers, hill runners and climbers, and making it one of the busiest island tourist destinations in the summer months.

As with all MR teams, 2020 proved particularly challenging with adaptations to call-out procedures having to be adopted. Although Arran MRT attended fewer call-outs over the year, the call-outs they did attend were concentrated in the three months following the first lockdown.

Recently, the team has been able to take advantage of the longer days to undertake some training, including working with the Arran summer police to demonstrate how the team

operates on a call-out. The policing on Arran is unique. Over summer, the population can swell from 4,800 to 25,000, with over quarter of a million visiting the island over the summer months, so additional officers join the regular members of the Arran Community Policing Team to provide increased local policing and help keep people safe. In addition to this, the team's dog handlers have been out working their dogs, and there's been Argo Cat training and drone flying in anticipation of an extremely busy summer.

In 2020, after eleven years as team leader, Alan McNicol stepped down and Ewan McKinnon, took on the role. The team has also recently welcomed five new full team members after a 12-month probationary

period, in the form of Suzie, Pete, Jamie, Robbie, Alastair and Neil: 'great additions to the team'.

With around 40,000 ascents per year, Goatfell accounts for around half of Arran's call-outs. The Rosa slabs to the west of the summit have become an accident blackspot in recent years, with walkers making a 180-degree navigational error and straying onto the treacherous ground, sometimes resulting in tragic outcomes.

A'chir ridge is often described as the finest ridge in Scotland outside of Skye and this was the scene of one of the more memorable call-outs in recent years. In July 2019 the team was called out to a 23-year-old who had not returned from a walking trip to the island two days earlier. From the

information available, A'chir ridge seemed to be the most likely place where he could have come to trouble and the search was focused there. After a couple of hours searching, Rescue 199 with two team members on board spotted the missing man who had fallen some 200 metres two days previously but, miraculously, was still alive. Team members along with the winchman treated the man for multiple major injuries and hypothermia before he was winched aboard 199 and flown to hospital. Needless to say, team members were delighted to hear that the man was expected to make a full recovery.

FIND ARRAN MRT ON FACEBOOK AT
[FACEBOOK.COM/ARRANMRTFUNDRAISING](https://www.facebook.com/arranmrtfundraising)



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Keeping it clean...

In April, **Alan Hinkes** talked about the importance of keeping cool under the most stressful mountain conditions and keeping warm in the coolest of temperatures. This issue, he shares his thoughts on how keeping our outdoor clothing clean and sweet-smelling can help it perform better, keeping you warm and dry – so you can perform better too.

In these Covid times we've all become more aware of cleanliness, and clothing worn as PPE has had to be washed after potentially being infected on a rescue, but don't be frightened that washing your expensive shell garment will damage it. Quite the opposite: washing it correctly will help enhance its performance and longevity.

Some people think you have to carefully handwash a shell garment but this isn't necessary – modern washing machines have Delicate and even Down wash cycles. And I still hear people say they've never washed their Gore-Tex or other shell jacket – sometimes for years. I know they cost a lot of money and you may think washing might damage it but washing will help it work better. The breathable membrane needs to be kept clean from dirt and sweat to work properly and the outer durable water repellent (DWR) proofing which causes the

water to bead into droplets needs to be replenished. Generally, shell garments are tough enough to withstand a washing machine cycle.

The Gore-Tex membrane is a thin coating of PTFE – the same as a non-stick frying pan or the heat shield on a spacecraft for re-entry – so a hot wash should not damage it. However, other components such as zips, face fabrics and liners might not be as robust and require a lower temperature: 40°C or even 30°C should be enough to adequately clean a garment.

Specialist cleaning products such as Storm, NikWax or Grangers are good or you can use an ordinary detergent for really dirty garments. Rinse thoroughly then use a specialist product to restore the DWR and avoid fabric conditioners or softeners. You can also spray a shell garment after washing to restore the water repellency that creates the beading effect. Paramo garments are a special case and need to be washed in NikWax products.

The waterproofness in a membrane garment such as Gore-Tex or Event is the membrane not the face fabric, but water repellency on the face fabric will help to lessen the stress on the waterproof breathable membrane. If a garment's face fabric wets out it doesn't mean it will leak, but it may not breath as well. The latest DWRs are more environmentally friendly but not as effective as the old ones which contained chloroflouro carbons, which are more damaging for the planet. So our garments wet out more easily and the shell face fabric needs to be kept cleaner and the DWR reapplied more often.

Make sure your washing machine is clean, especially the detergent drawer. These get clogged up with detergent and fabric conditioners, creating black fungus and mould, which then wash into your clothes as the last rinse goes through the drawer. Fabric conditioners, softeners and fragrances are not good for outdoor clothing, especially technical garments treated with a DWR.

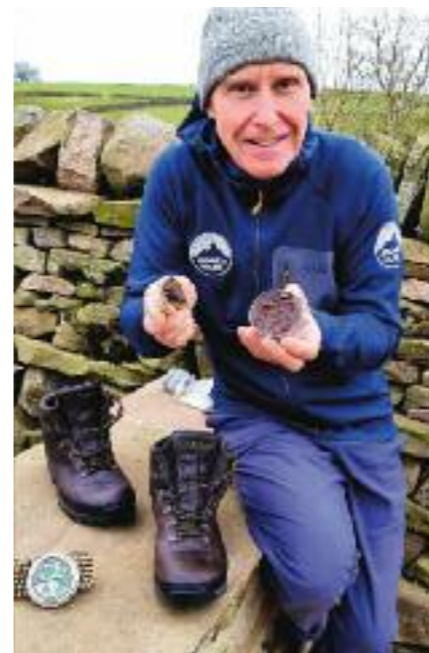
Generally most clothing should be washed inside out, especially socks. Down needs

extra care: a gentle cycle and tumble drying to restore loft. Shell garments are best tumble dried to restore the DWR or possibly a light-temperature iron. Don't forget to check pockets for tissues or your fleece jacket will be coated in paper and inside-out socks can shed fluff onto fleeces. So be prepared to split washing loads. If you get a fluff-coated fleece, clean off with sellotape and wash again.

Boots can also get ignored and left dirty and muddy. I always try to clean mine in a stream if one is near the car and then when I get back to base. Leather boots should be treated regularly with a wax for protection and water repellency. Sometimes you may need to rub the wax in with your fingers, just like good old Dubbin, which was leather treatment many years ago. Fabric boots can be treated with various sprays. Boots also need checking for wear; having a sole come off on a hill walk can be very inconvenient. Consider a resole on a good pair of boots – cheaper than buying a new pair and more environmentally friendly.

Rock shoes also need cleaning. Technical, sticky rubber should be kept clean from mud and chalk to obtain the best friction on the rock. Climbing ropes can also get dirty in some situations and should be washed to remove any grit particles.

Essentially, keeping your kit clean helps it last longer, work better and smell better. So if your technical kit is dirty and smelly or hasn't been washed for a few months it is bound to have oils in it from sweat, reducing its performance, so get it in the washing machine. ☺



Above: Keeping leather boots clean of mud and suitably waxed will help keep them water repellent and prevent degradation © Alan Hinkes.

'8000 METRES: CLIMBING THE WORLD'S HIGHEST MOUNTAINS', ABOUT ALAN'S EXPERIENCE IN THE MOST CHALLENGING OF COLD CLIMATES, IS AVAILABLE TO BUY FROM THE MREW ONLINE SHOP: MOUNTAIN.RESCUE.ORG.UK/SHOP/BOOKS



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MREW PR consultant and media trainer, **Sally Seed**, looks at an aspect of publicity and PR and suggests ideas to build on for the future. This time: **Bringing it all together.**

The column is going to be fairly short and sweet this time as Bolton MRT have recently brought together a few useful lessons for MR communications that I'd like to explore.

If you follow Bolton MRT on social media, you'll have seen its 'half and half' faces campaign during National Volunteering Week (NVW) in June. On each day, social media lead, Becky Royce, posted two halves of a picture showing one of the Bolton volunteers in MR mode on one half and dressed for work in the other. The words of the post focused on team members all being volunteers and the celebration of their commitment to service.

The posts appeared on Facebook, Instagram and Twitter and, finishing off with a short video on 7 June, the campaign had a reach of over 30,000 people.

I spoke to Becky and I think there are a few things that I've covered in the past in this column that are brought together by the Bolton campaign.

1. There's nothing new under the sun – but you can refresh it

The campaign was inspired by advertising that the RNLI did three or four years ago. Becky made a note of it, used a similar approach in 2019 for NVW and refreshed it with new faces for 2021. It's not easy to come up with completely original ideas for things like this and there is nothing wrong with adapting something used elsewhere and applying it to MR. And your followers are highly unlikely to remember all your past posts in the ways that you do.

2. Visual communication is key for social media

Basing a comms campaign around images is ideal but, as so often, getting people to take those pictures in a form that can then work for communications is never as easy as it looks. Thanks to Diane, Ryan, Kev, Andy and the others for following Becky's brief and making the concept of the campaign work. Showing that team members have day jobs is a simple way of saying you're all volunteers — pictures really do tell the story.



3. Moving visual communication is even better

The video that rounded off the Bolton MRT campaign got more shares on Facebook

than any of the individual photo posts and, more importantly, seems to have been the main post to generate donations. Pictures are worth 1000 words but video seems to be worth a fair few pictures!

4. Tag along with hashtags and national campaigns

#NationalVolunteerWeek was trending all over UK social media between 1-7 June and using this as an opportunity to broaden the reach of the team's channels made sense. Add to that the fact that more traditional media such as local radio and newspapers were looking for a local angle on the national story and Bolton MRT members were giving themselves a good chance of broader coverage.

Becky and the social media team at Bolton (there are eight of them working together to come up with ideas) already have plans for 2022 so look out for their posts next year — maybe even share a few or pinch this year's idea and adapt it for your team.

Next time: Sally will be writing about how best to manage unusual media opportunities. If you've had experience of featuring in a drama series, contributing to a radio panel or debate or doing something wacky for a reality TV show, please let her know via sally@stoneleighcomms.co.uk or via the editor or the MREW Facebook Group. Thanks. ☺



UPDATE FROM **ALISTAIR MORRIS**
MREW MEDICAL DIRECTOR

It has now been six months since I was appointed MREW Medical Director and it has been a busy time picking up all the strands of the role. Many thanks go to Mike Greene for his comprehensive handover and the management group for settling me into the role.

Covid-19 continues and is becoming more business-as-usual for teams and team members. I have worked with Paul Smith and the Equipment group to look at the decontamination guidance in light of less evidence around surface transmission. Following feedback from team members, I am reviewing our PPE guidance in the MR environment to ensure that the PPE we are wearing does not become more of a risk than the chances of catching the virus, especially now team members are vaccinated. I hope to have this out to teams shortly.

As promised I have started my visits to teams, currently in the north west and north east but should be heading to Wales in July. These are primarily to introduce myself and to hear from team

leaders, medical officers and team members around the medical aspects of our organisation. Many thanks go to the teams who have hosted me so far and made me feel very welcomed — I have had much food for thought from our discussions. I look forward to meeting other teams over the next six months or so.

My first Medical subcommittee meeting was a bit of a marathon at three hours so I will be looking to have shorter, more frequent meetings, but there was a lot of good discussion. We have a number of working groups now looking at a range of areas within the medical arena, including mental capacity in MR, casualty card design, analgesics and an exam working group getting ready for the 2022 papers. ☺

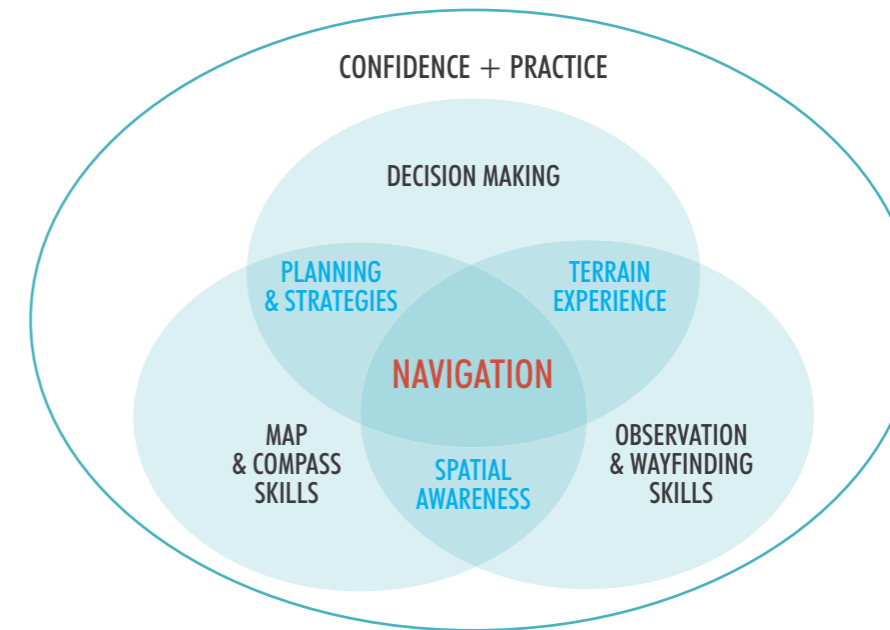
navigation

GPS vs Cognitive Navigation

NIGEL WILLIAMS



NIGEL WILLIAMS IS A FREELANCE INSTRUCTOR, AND FORMER HEAD OF TRAINING AT GLENMORE LODGE. HIS BOOK 'TEACHING NAVIGATION' IS AVAILABLE ONLINE AT THE MREW BOOKSHOP



COMPONENTS OF NAVIGATION

Rescue teams know all too well the issues of walkers being over reliant on the GPS/digital maps and the obvious pitfalls and advantages of their use. The ability to navigate requires the development of a range of complex cognitive processes from spatial awareness to map memory and the integration of navigation tools, primarily map and compass. Virtually all the scientific papers acknowledge that it is a complex process which is only really starting to be understood as science has become able to monitor individual neurons in different parts of the brain, observing how they function and interact with each other.



Main image via Pixabay. Above: GPS devices vs traditional map © Nigel Williams

In order to navigate with a map and compass we need to develop our cognitive navigation capacity, be able to create a 'bird's-eye view' map in our minds. A map of the countryside would be a meaningless document if we had never been outside. We develop spatial awareness through experience of the environment/terrain that we explore, knowing roughly where we are in relation to various landmarks and the positional relationships between them. There appear to be four parts of the brain that do this together and the hippocampus is the part of the brain that stores this information as a mental map. We know that smells, sights and sounds often take us to places in that mental map.

Developing these cognitive pathways is one of many good arguments for the value of outdoor education and why online learning to navigate is not a practical option.

Lockdown boredom research into this subject led me to doodle a simple model to try to illustrate this complexity. It's a work in progress. All these elements are interlinked: key to teaching navigation is trying to get these appropriately matched and having a toolbox of ideas for progressions across the different elements.

Fundamentally, navigation is decision making and there is a lot in that, from planning to terrain experience, judgement and even heuristic biases.

Observation and wayfinding are all the navigational skills humans developed before maps and compasses. Spatial awareness and terrain confidence help us create cognitive or mental maps. Maps and compasses are the tools that interlink with and support the other two main elements.

In the diagram, the three elements in blue

are the underpinning knowledge and cognitive pathways and processes that link the adjacent elements.

These processes have developed with human (and animal) evolution over many thousands of years. What seems astonishing is that, within the space of just thirty years, the increasing availability of and reliance on GPS systems appears to be eroding many thousands of years of cognitive pathway development.

Don't get me wrong — the GPS is a fantastic tool especially combined with digital mapping — I use it regularly professionally and recreationally, but it is the how and when that is significant. For many of us older readers we came to using the GPS after having developed our cognitive navigation functions and learned to navigate with map and compass.

The study of Alzheimer's disease has been a major catalyst for understanding how we navigate as this ability seems to decline with age as the hippocampus reduces in mass.

Recent studies from the early 2000s have demonstrated that habitual use of the GPS fails to develop our spatial awareness and cognitive navigation processes. Furthermore it appears that the part of the brain required to interact with the GPS, the caudate

nucleus, is the same part of the brain that works when interacting with video games. When the caudate nucleus is engaged it appears to block the cognitive pathways, development and use of the hippocampus.

There appear to be two incompatible navigational process available to us. 'Spatial learning', the relationship between landmarks uses areas of the prefrontal cortex which organises information into a cognitive map in the Hippocampus. The other process is 'Response learning', in effect responding to simple directional information which uses the caudate nucleus. Some studies have even suggested that there is a discernable sliding scale illustrating that increased GPS reliance correlates with decline in the development cognitive navigation functions and vice versa.

One experiment asked two sets of people to navigate a route through a built-up area to an end point. One set with maps and compasses, the other following the route on a GPS. On arrival at the destination point, the navigation tools were removed and they were asked to backtrack the route. The map and compass users managed the task quickly with few mistakes and could describe detailed aspects of the route. The GPS users had great difficulty in achieving the task. We've probably all experienced this when using satnav in the car.

Following the dot or arrow on the screen meant that the GPS users had barely observed any landmarks around them or were particularly conscious of key decision making points along the route. They didn't engage spatial awareness or engage the hippocampus to create a cognitive map.

On the hill there is a choice as to how we interact with our GPS/phone. There is a continuum — at one end we can just follow the dot and let the GPS control us. At the other end we can integrate map and compass with our observation and make a route choice decision then just use the GPS to confirm the decision after it has been made — that way we control it.

In between those two ends of the

spectrum is a range of levels of integration of the GPS with our decision making including using the map on the screen with just the map setting function on, the ability to enlarge and quickly change scale, and other functions such as altimeter, time and distance information etc. Ultimately, it is about using all the information and tools available to us for efficient and accurate navigation but avoiding erosion of the cognitive pathways and development of the hippocampus.

Ideas are being developed around augmenting digital maps with small images coming up on the screen of what should be visible landmarks as the user follows their GPS directions. However, it will still largely maintain reliance on the device.

How reliant should we be on our GPS? GPS vulnerability is near the top of the geopolitical risk register of all the major world powers hence the rapid development of space warfare capabilities. Back in the cold-war era we had a nuclear policy of Mutually Assured Destruction (MAD) — this is now becoming the GPS satellite strategy whether by jamming, spoofing or destruction. GPS nations are developing ways of taking out each other's systems. Military exercises increasingly practise operating in a compromised GPS environment and solar storms are of concern.

Garmin being hacked and held to ransom recently perhaps indicates a potential for hackers to hack deeper into the inner workings of a GPS system and hold countries to ransom. Although it occurs to me they might end up jamming their own computers.

Having left the European Union, Britain is planning its own GPS system as well as ground-based systems such as eLoren. The vulnerability is only likely to increase so we need to promote sound reasons for people to engage with the traditional navigation methods and make the teaching more relevant to people's terrain experience. 🗺️

navigation

Why What3Words is not suitable for safety critical applications

This article was first posted in an online blog by **Andrew Tierney** (AKA cybergibbons.com) and republished here with kind permission.

What3Words is a widely promoted system for sharing a location using just three words. For example, `///wedge.drill.mess` is located in Hyde Park. The globe is divided into three-metre squares, each of which has a unique three-word address to identify it.

Many UK police, ambulance and fire services advocate the use of What3Words to report your location in an emergency. The idea is that it is easier to communicate three words than it is to read out a grid reference, and that a position is more helpful than an address in many situations.

However, due to a series of design flaws in What3Words, I do not believe it is adequate for use in safety-critical applications.

I initially believed that What3Words prevented simple mistakes causing errors. It wasn't until a friend found two addresses under ten miles apart that I considered that this might not be true and decided to look into it.

So how bad is the problem? Pretty bad.

EASILY CONFUSED WORDS

The What3Words word list is 40,000 words long. It is important that words in this list cannot be confused, otherwise they may be communicated incorrectly. For example `band/banned`, `bare/bear`, `beat/beet` are easily confused.

What3Words acknowledge this themselves and say that they have done their 'best' to remove homophones and spelling variations. The problem is that their 'best' doesn't appear to be very good.

Q: How do you take into account words that sounds the same or can be spelled in different ways?

A: When we select the words to be used in each language, we do our best to remove homophones and spelling variations. Molly Macgregor

A quick inspection of their word list finds the following words that sound very, very similar to one another:

wants	once
recede	reseed
census	senses
choral	cord
incite	insight
liable	libel
ordinance	ordnance
overdo	overdue
picture	pitcher
verses	versus
secretary	secretory
assets	acids
arrows	arose
clairvoyance	clairvoyants
collard	collared
confectionary	confectionery
disburse	disperse
equivalence	equivalents
incidence	incidents
incite	insight
incompetence	incompetents
independence	independents
innocence	innocents
instance	instants
intense	intents
lightening	lightning
ordinance	ordnance
parse	pass
pokey	poky
precedence	precedents
purest	purist
variance	variants

There are also a huge number of plurals. Out of the 40,000 words, 7,697 also exist in their plural form. That means that 15,924 out of the 40,000 can be confused by misreading, mishearing, or mistyping a single letter 's'. That's 40% of the available words!

Out of all the three-word addresses globally, 75% of them contain words that can be confused in this way.

What3Words themselves said that 'people confuse plurals only about 5% of the time when hearing them read out loud'. That

gives an overall chance that a What3Words address is confused 1 in 27 times!

Even if these errors are later detected, they will result in having to ask for the location a second time, wasting vital time.

BROKEN ALGORITHM

What3Words acknowledge that two locations with similar addresses being confused is a problem. Indeed, if `///limit.broom.flip` and `///limit.broom.slip` were in the same town, that would lead to confusion.

They state that their solution is to space these confusing addresses 'as far apart as possible'.

Q: How are the words assigned?

A: The words are assigned by a mathematical algorithm. It has placed simpler and more commonly-used words in each language in the areas where the language is spoken. Similar what3words addresses are spaced as far apart as possible to avoid confusion. For example, `///limitbroom.flip` is in London, UK while `///limit.broom.slip` is in Washington, USA. Molly Macgregor

As far apart as possible turns out to not be very far.

In the small blue area in Screenshot 1 (opposite top), there 255 confusing address that result in another location less than 5km away. If we increase the error to 20km (Screenshot 2), the situation gets far, far worse. There are now 3,268 locations that can be confused, just by adding or removing a character 's' to one of the words.

To put this into perspective, we can calculate the odds that you land on one such square. There are 1,456,332 individual



Screenshot 1



Screenshot 2

three-metre squares in that blue box. With an error of 5km, that means there is a 1 in 5712 chance you land on one of these squares. With an error of 20km, that means there is a 1 in 446 chance you land on one of these squares.

These odds vary depending on where you are, but in most urban areas of the UK that I have checked, there is a better than 1 in 1000 chance that a square has an address that can be confused with another under 20km away.

For several areas in London, there is a better than 1 in 25 chance you find a confusing pair located within the M25.

Thankfully, perhaps, the odds are lower in rural areas of the UK.

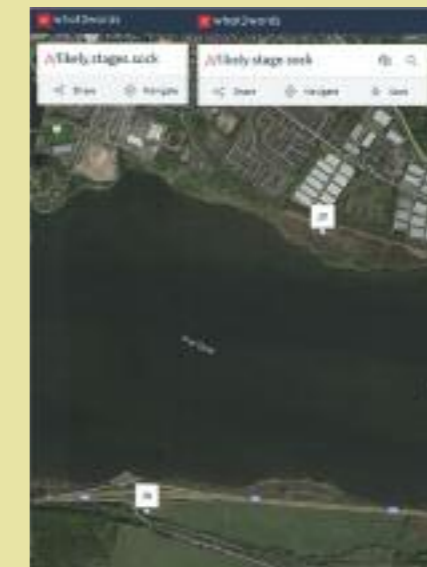
What3Words implied the odds were closer to 1 in 2.5 million (see quote below). There's a very big difference between what I've seen and what they are saying.

The error when you make a mistake can range from as little as 10m to as much as 20,000km. There is no way to determine how far away the confused address is.

It is a matter of opinion as to what an acceptable level of error is, but there are examples of mountain rescue being sent to a location almost 40km away because of a single character confusion — 20km may not be an issue in a city, but it certainly is for an accident in the mountains. This issue is inherent in the way the What3Words algorithm was designed and built.

EXAMPLES OF HOW BADLY THIS COULD GO WRONG

Without significant additional information, you cannot determine which of the two addresses is correct. If contact has been lost, this could be a serious issue.



'There's been a train derailment, on the Clyde' - 1.54km

`what3words.com/likely.stage.sock`
OR `what3words.com/likely.stages.sock`



'One of our party has fallen to the west of the ridge on the way up to Beinn Maol Chaluum, visibility is poor': 1.83km

`what3words.com/reworked.sheets.lions`
OR `what3words.com/reworked.sheet.lions`



Just to give you an idea of the terrain around here — that short distance could be a serious delay.



'I think I'm having a heart attack. I'm walking at North Mountain Park. Deep Pinks Start': 1053m

(Try reading both out)
`what3words.com/deep.pink.start`
OR `what3words.com/deep.pinks.start`

CONCLUSION

By making a single character error in a What3Words address, there is a significant chance that the location will change to another that is less than 5km away. This level of error is dangerous and difficult to detect. In my opinion, this makes it unsuitable for use in emergency situations.

Even What3Words themselves have identified that confusing pairs would be an issue, and have stated, tens of times, that they designed the system so that they were not close together. This is simply not the case — confusing pairs frequently exist in close proximity.

It can sound like a large number for thousands of three-word addresses across the UK to be found where similar sounding ones are close to each other but it's worth keeping in mind the orders of magnitude mentioned above. Let's say there are 10,000 potentially confusable combinations ambiguously close to each other in the UK. That is 1 in 2.5 million (0.00004%) overall chance of hitting a square that could be considered to have a nearby square with a confusably similar address. (It is easy to do the maths to see that the probabilities are still very low even if you broaden the definitions to increase the number of potentially confusable combinations by a factor of 5 or 10 or even 100).
<https://tinyurl.com/3an4c4fp>

NEWS ROUND

APRIL > JUNE

JUNE: CONISTON TEAM'S JANICE AND HARLIE WALK THE PENNINE WAY TO RAISE FUNDS

An assistant leader with the team, Janice decided to take on the challenge to help raise funds towards a new base. She also wanted to include a local animal charity, in the form of Animal Rescue Cumbria. The pair completed their walk in mid-June, raising £4,140.

'To summarise', says Janice, 'I thoroughly enjoyed the Pennine Way. Did I feel challenged? Not really other than putting up with the discomfort of my knee at times. The walking was easy and I didn't feel tired at the end of the day so I think all the hard training paid off. I walked about 95% of the time on my own and really only got rained on during two days and it was intermittent. Not bad for 25 days' walking!

'Highs were walking along Saddleworth and Marsden moors, thick mist at times, the walk from Malham to Hawes, the waterfalls from Middleton in Teesdale, followed by the remote walk to High Cup Nick. Then over the Dun Fells to Cross Fell and on to Garrigill. Finally, the Cheviots have won a place in my heart. Big round lumps with moorland in between and no one around!! Why? All days have usually brought me company in the form of curlews, lapwings and grouse and a lot of larks too. Lows have been very few.

'I've never felt fed up or wishing the day was over. Perhaps the walk from Keld to Pasture End near Bowes, was my most frustrating day. Motorbikes on the road which runs parallel to the moors upset Harlie as she hates them, whilst I negotiated the only boggy moor which wasn't paved. It was grim, but I'm so chuffed with my boots as my feet stayed dry. In fact they never did get wet throughout the whole of the walk, and they did get the chance to get soaked on several occasions! The only other low was when a taxi didn't turn up in the middle of nowhere. It was a six-mile walk from where I was and I had no signal. He'd parked up about three miles down the fell thinking he was in the right place! Bless him for waiting over an hour for me.

'I suppose the biggest low is the fact it has finished. I could have turned around and walked back. Harlie has been up for the walk each morning and led the way, even though she's eleven years old — the perfect walking companion. She even chose the right path when we had a choice. She went one way and I went the other and it was the wrong way!

'I have met some very kind people: other walkers, strangers in my B&Bs, and accommodation hosts. I'd like to thank them and everyone who has supported me with their words of encouragement and donations. For those who weren't sure Harlie and I would make it, well we did — so if you were waiting for this outcome before you donated, please feel free to put your hand in your pocket now. Every penny counts!

Top: Janice and Harlie © Coniston MRT.



APRIL: COOP COMMUNITY FUND BOOSTS WASDALE FUNDS

The cheque for £2433.15 was presented to team members by staff at the local store in Egremont. The team sent thanks to 'the customers who have nominated the team as their good cause this year', adding that the donation would be used 'to provide essential equipment and training to our new probationers'.



Photo © Wasdale MRT.

MAY: TEAM SAYS GOODBYE TO CHERISHED VEHICLE

Twelve years ago Woodhead MRT upgraded their control vehicle and Oldham team bought their old one. It was to become their third vehicle and was known as 'OM3'.

It arrived in time for the severe winter of 2009/2010 and since then has been a regular sight around the area and attended the majority of the team's incidents. In May, the new OM3 arrived and the old one set off on the long journey towards a new life with the East Cornwall SRT, based in Bodmin. The vehicle was donated with all its specialist electrical and electronic equipment — which has kept the team's electronics expert busy and everyone else baffled — still in place.

Below: Oldham team leader Rob Tortoiseshell hands the keys to Mike Eslick of the Cornish team © Oldham MRT.



APRIL: BRAEMAR PAY TRIBUTE TO THEIR PATRON HRH PRINCE PHILIP



The Duke of Edinburgh had been the team's patron since 1966. He always took a keen interest in the work of the Braemar Mountain Rescue Association and was generous with his time and support for the activities of his local mountain rescue team.

Image © Braemar MRT.



MREW HUMAN FACTORS + PERFORMANCE UNDER PRESSURE ONLINE COURSE

PLEASE NOTE: This course is available to ALL TEAM MEMBERS, not just those with leadership or officer roles.

We've secured a number of places on the Core Cognition online course, Performance Under Pressure with Dr Stephen Hearn. All participants will receive a copy of Dr Hearn's book, 'Peak Performance Under Pressure' and an option to attend a live-streamed session that will include the opportunity for Q & A (these will be booked on a first-come, first-served basis).

The course aims to develop participants' awareness of, and skills to deal with, some of the human factors that affect mountain rescue operations and to develop participants' ability to perform at their best under the pressures experienced in mountain rescue training and rescues. Topics covered will include the beneficial and harmful effects of pressure on personal and team performance, and how cognitive overload can affect performance; the nature of the pressures in mountain rescue and how to own it; making decisions in high pressure situations and regaining composure and situational control; training for rescue — drilling, deliberate practice, mental rehearsal, simulation, coaching, stress inoculation and cognitive aids in both mountain rescue and casualty care such as checklists, action cards and guidelines; the challenges and techniques of communication under pressure; how to deal with fatigue and the environment on performance; debriefing, significant event management; reflective practice and operational leadership during rescues.

The cost of this course to teams is £15 per attendee.

If you have further questions, email humanfactors@mountain.rescue.org.uk. To book onto the course, please complete the Google form for each attendee at <https://forms.gle/M2x9CbNVLsdTabbu6> using the email address you are registered with on Moodle. If you aren't yet registered with Moodle, Go to <http://tiny.cc/Moodle4MR> and use a team email address to register, but NOT a role-specific one! Any queries regarding registration, please email moodlesupport@mountain.rescue.org.uk.



The final piece of the What3Words puzzle is ensuring that similar sounding words are placed as far apart as possible, which avoids the sorts of problems that can arise when using GPS coordinates. 'If I make an error with GPS coordinates, and I mix up two of the numbers, I still end up on a hillside in Rome. I'm just 20 minutes north of Rome instead of 20 minutes south. But I don't realise that,' says Jones. 'With our system, if you make just a tiny error, it says, *Hold on a sec, that's in Australia. This one is five minutes away. I think you mean this one.*' He gives the examples of `table.chair.lamp` and `table.chair.damp` which are located in Connecticut and New South Wales respectively.

You need to ask yourself why What3Words pitch their system in this way. Why state that their system doesn't suffer from these issues, when it does? OSGB may not be perfect, but at least it is completely transparent and understandable. ☺

ANDREW TIERNEY DESCRIBES HIMSELF AS 'REVERSE ENGINEER, HARDWARE HACKER, SECURITY ANALYST, LOCK PICKER, HEIST PLANNER. DEFINITELY NOT INVOLVED IN THE HATTON GARDEN JOB'.

APRIL: AVON & SOMERSET CALLED TO RESCUE PAIR OF CRAGFAST GOATS

Team members waited until after midday on 1 April to share this particular story, given the mountain rescue penchant for spoof stories.

Officials at Cheddar Gorge and the RSPCA were concerned about two goats which had been stuck on a ledge above the road for a number of days. In the interests of animal welfare and public safety, ahead of what promised to be a busy Bank Holiday weekend, team members headed to the crag first thing to rescue the 'very vocal' goats.

Images © Avon & Somerset SAR.

Raising funds for rescue



Raising funds for rescue

JUNE: CLACKS QUINTET COME TOGETHER TO 'BREAK THE LAW' FOR CHARITY

Five 'Wee County' men 'Broke the Law' recently in aid of Alloa Rotary Club, based in Clackmannanshire in the Central Lowlands of Scotland, for their two chosen charities – one of them local, in Ochils MRT, and one international, in Global Sight Solutions. Rotarian Scott Doyle and his four teammates, Graham McGirr, Iain Pryde, Ramsay Blair and Dougie Johnson completed their challenge in early June.

The Law they 'broke' is the steep and rocky hill rising at the head of Tillicoultry Glen to its 638m summit in the Ochils but, not content with conquering the summit once, the men climbed it five times in succession. The challenge they set themselves was to climb 3,485m, the equivalent height of the trek from Everest Base Camp (5,364m) to the summit of the world's highest peak (8,849m). And they achieved this remarkable feat in under ten hours, raising over £4500 in the process.

'This has been a really difficult year for the club, with most fundraising activities being curtailed by the pandemic,' says Scott. 'Usually at this time of the year, we get lots of local groups involved in raising their own funds via the Rotary Nebit Walk and the Look About Ye Challenge — but neither is possible this year — so we decided to Break the Law instead.'

Due to Covid restrictions, the event wasn't open to the public but visitors passed by the base camp throughout the day. Jason Frew of the Exotic Planet Pet Store in Tilly's Sterling Mills sponsored the Rotary comfort station for the guys as they returned each time to base camp across the day.

Ross MacIntyre, Ochils team secretary, said the team were very grateful for the continued support of the Rotary Club. 'We've missed supporting their sponsored walk due to the pandemic and would like to say a huge thank you to the Breaking the Law team for their efforts on the day. A very tough challenge and a huge amount of effort in organising and fundraising.'

Global Sight Solutions is working with the Alloa club to spearhead the drive for the district to support the building of a Rotary eye hospital in Bihar State, India. 'We want to use our international Rotary links to help this amazing cause where a modest donation can achieve so much,' says Alloa Rotarian Alun Morgan, who is leading on this effort. 'Specifically, we're looking forward to showing folks in Clackmannanshire photographs of our Rotary-funded eye hospital in Bihar State, and Scott and his team are making a big contribution to making this dream a reality.'

The fundraising link is currently still open to donate. Visit tinyurl.com/25f4p4z to donate.

The fundraising link is currently still open to donate. Visit tinyurl.com/25f4p4z to donate.

Top: The Clacks Quintet. Left: Ochils team members at their base. Images © Alun Morgan.



APRIL: LOUIS THE SPRINGER SPANIEL PUPPY FALLS 300 FEET

Police Scotland asked for the assistance of the Moffat team to find the 15-month-old Springer Spaniel after his fall in the Grey Mares Tail waterfall near Moffat. The puppy had slipped his lead and fallen below the main path.

Two teams were dispatched on either side of the waterfall to try and locate the pup who could be heard whining but was very difficult to find. After about 45 minutes of searching he was spotted on a small ledge, having fallen over 300 feet – and there was still another 300 foot of vertical drop below that.

Team members set up a technical lower with ground anchors to lower a team member down to the very frightened dog. Perhaps understandably, it took some time to calm Louis down and coax him into a rucksack. Meanwhile, the team above changed the lower into the technical raise with a pulley system to bring the pair back up to safety. Unbelievably Louis was uninjured and able to walk off the hill to be reunited with his extremely grateful and excited owners, about five hours after the incident occurred.

'All in all,' they report, 'a very satisfying day's rescue for the team'. The whole of the team wished Louis well and hoped he got a good supper that night!

Top: Louis the Springer Spaniel puppy, safe again thanks to Moffat team © Moffat MRT.



JUNE: PLYMOUTH TEAM CALLED TO ASSIST THREE RIDERS AND HORSES STUCK IN BOGGY GROUND



Above: Western Beacons team members. Right: North of Tyne team members. Images supplied by Helly Hansen.

JUNE: HELLY HANSEN ANNOUNCES FOUR NEW MOUNTAIN RESCUE PARTNERSHIPS ACROSS ENGLAND, WALES AND SCOTLAND

Working together with Mountain Rescue England and Wales (MREW) and Scottish Mountain Rescue (SMR), Helly Hansen has signed partnerships with four teams from across the UK: Assynt and Arrochar in Scotland, North of Tyne in England, and Western Beacons in Wales. The partnerships are set to run for three years.

Founded in Norway in 1877, Helly Hansen has continued to develop professional-grade apparel that helps people stay and feel alive. Through insights drawn from living and working in the world's harshest environments, the company has developed a long list of first-to-market innovations, including the first supple waterproof fabrics more than 140 years ago, the first fleece fabrics in the 1960s and the first technical base layers in the 1970s. They have now directed that expertise to developing a bespoke, best-in-class 'Mountain Rescue Responder Uniform' with the aim of protecting team members against the UK's unique temperate weather conditions and varied landscapes. In addition, Helly Hansen will be working with each team to educate outdoor enthusiasts on mountain safety.

Over the past year, the four teams have been vigorously testing products from Helly Hansen's Mountain Collection and providing the valuable first-hand feedback and insights which have helped develop the full 3-layer system. Arrochar, Assynt, North of Tyne and Western Beacons now join Helly Hansen's 55,000 global professionals, from Olympic athletes to search and rescue professionals such as the RNLI, and our colleagues across the water in Dublin Wicklow Mountain Rescue Team in Ireland.

'As a brand that defines itself through its work with professionals for over 140 years, Helly Hansen has a tremendous amount of respect for mountain rescue teams and their volunteers,' says Piers Barnes, Helly Hansen UK and Ireland General Manager. 'We know that it is trust that makes saving lives possible: trust in your team, your environment and in your kit. We are proud to be part of that and to be supporting those who willingly risk their own lives to help others.'

'Our teams are delighted to partner with Helly Hansen,' says Mike Park, MREW Senior Executive Officer. 'Combining almost 230 years of rich heritage, innovation and expertise, MREW and Helly Hansen share core brand values, history and experience. This is the perfect partnership to build public awareness, generate vital income and funding, give our teams some of the best kit possible, and ultimately help us to keep people safe on the mountains.'

Damon Powell, SMR Chair was similarly delighted to see the Arrochar and Assynt teams partner up with Helly Hansen noting that 'given the nature, the terrain and the unpredictable weather in the Scottish mountains, having bespoke clothing is vital to ensure team members have the best possible environment to be able to safely and efficiently conduct rescues. We'd like to send a special thank you to Helly Hansen and look forward to working together to raise awareness and support our work to keep people safe in the mountains.'

The riders and horses were experiencing difficulties in boggy ground near Caters Beam. Ten team members made the journey down to the RV at Peat Cott, seven of them setting off to find and assist the riders. They were also in contact with a member of their sister team in Tavistock and with their help, the party was soon located, tired and in need of guidance on a safe route off the moor. After a health and safety check of riders and horses by the team leader, the party started the journey back to the safety of the horse trailers.

As the team duly noted on their social media – and becomes clear throughout this issue, what with the array of dogs, goats, sheep, ravens, ducklings and horses we have recently rescued – it would seem we truly are about **#SoMuchMoreThanMountains!**



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NEWS ROUND
APRIL > JUNE

APRIL: CLEVELAND TEAM PICKS UP ON £5000+ IN MISSED GIFT AID CLAIMS

The Gift Aid and GASDS claims went back a few years, bringing in a real boost to team funds, following the fundraising constrictions of this last year. 'It's a bit of a dry subject,' says the team's **Gary Clarke**, 'and this may be of use to some – especially the ability to claim Gift Aid on bucket collections which was news to us.'

'In 2020, after reviewing, analysing and updating our accounting and donation recording systems, we discovered inconsistent recording of donation/donor details and it was likely a number of potential Gift Aid claims had been missed. One of our support members took on the challenge, initially looking at the parameters of what exactly could be claimed from HMRC. She soon found that the system allows for claims to be made up to four years from the end of the financial (accounting) period in which a donation was received. Also, there was scope to claim a Gift Aid top-up on collection tin/bucket donations.'

'Gift Aid is a UK Government scheme enabling UK-registered charities to reclaim tax on a donation made by a UK taxpayer, increasing the amount of the donation by an extra 25% — 25p for every £1 donated — as long as certain conditions are met. (Further information is available on gov.uk via <https://tinyurl.com/5hczphc4>).

Jo asked other team members to help in tracing donors by establishing their contact details. Some were relatively quick to find in the team's accounts and correspondence files, but others were frustratingly difficult. One donor had made quarterly donations of £25, by BACS, since 2011 and was very difficult to track down. But with some detective work by Jo and the team's treasurer via a local hospital, a newspaper article from 2004 and a local dance group's website, Jo eventually found contact details for the donor and sent them a thank you letter and Gift Aid declaration form. Within a few days she received the completed Gift Aid form and a letter of appreciation for the voluntary work of the team. From that one donor the team received an additional £100 in Gift Aid income.

'We also found we could claim an additional Gift Aid top-up payment from collection tin/bucket donations under the Gift Aid Small Donations Scheme (GASDS). Through GASDS, a charity can claim Gift Aid on cash donations of £30 or less without needing a Gift Aid declaration. Claims must be made on a tax year basis (not the accounting period) and within two years of the end of the tax year in which the donation is received. (For more information on GASDS visit Chapter 8: The Gift Aid Small Donations Scheme from 6 April 2017 on gov.uk via <https://tinyurl.com/zsv5vk>).

'In total for the period 2017-19 we've now received £5089.84 in previously unclaimed Gift Aid (including GASDS claims). Once the 2020 accounts have been audited a further claim for approximately £2000 in Gift Aid for that year will be made. Obviously, going forward the team is now in a far better position to manage future Gift Aid claims and we've formalised our internal processes to encourage every team member to play their part by ensuring appropriate details are recorded at the time donations are received. This means we could raise a few extra thousand pounds in Gift Aid each year. Given the fundraising challenges since 2020 this 'additional' income is very welcome. It just goes to show that reviewing internal procedures can have significant benefits.'

Top: It was a busy April/May for Cleveland. In this incident, team members were already en route to an injured walker towards the western end of their area when they were flagged down by staff from a riding centre who thought they were responding to a 999 call they'd made in relation to a woman who'd been thrown from a horse. The rider had sustained potential spinal injuries so an air ambulance was called and, once she was safely dispatched, team members were able to join their colleagues dealing with the original call-out. Image © Cleveland MRT.



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Raising funds for rescue

JUNE: KINDER MRT LAUNCHES NEW VEHICLE FUNDRAISER

The team currently has three vehicles with 4X4 capability, although only two of them are capable of traversing the worst terrain, such as the old drover's track from Hayfield up to Edale Cross, or entirely off-road. Those Land Rover Defenders are now getting very long in the tooth, having been first registered in 2000 and 2004 respectively.

The Replacement Vehicle Fundraising Campaign aims to raise enough money to substantially, or entirely, pay for a replacement vehicle when the time comes and the team invites friends, followers and supporters to be part of the journey 'in this enormous task'. They are welcoming individual donations, ideas for fundraising, group donations or specific fundraising campaigns or even corporate sponsorship. Anyone reading this who happens to be part of a large organisation based in Stockport, Marple, Macclesfield, Poynton or surrounding area, please get in touch via the team secretary via secretary@kmrt.org.uk to discuss sponsorship opportunities. And watch this space!



Above: One of the team's current Land Rover Defenders © Kinder MRT.



VULCAN MRT WOMEN'S JACKET

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MADE WITH



NEWS ROUND

APRIL > JUNE



Top: SMRT members assemble with Venetia Wrigley DL. **Inset:** Support member and 'tea boy' Sandy © SRMRT.

APRIL: TEAM WELCOMES HIGH SHERIFF OF NORTH YORKSHIRE

A handful of Scarborough & Ryedale team members met with Venetia Wrigley DL at their Snaiton base and the glorious weather meant they could show the team off at its best in the spring sunshine.

The well-rehearsed programme very quickly dissolved into a very informal and relaxed chat, helped by Venetia's knowledge of the team's work and her enquiring questions. She was particularly impressed by support member Sandy's self-given job title, proudly worn on his high visibility tabard! Towards the end of the visit, Venetia presented MREW Module 2 Water First Responder certificates to Jessica and Adam in reflection of their success on a recent course, and the High Sheriff of North Yorkshire Award to team member Ian Hugill.

'It was a fascinating visit,' says Venetia. 'I was incredibly impressed by the sophisticated rescue equipment, the medical kit and the recently-acquired multi-purpose vehicle. It is very apparent that the standard of training required to operate all the equipment is supremely high and the commitment by the team to the organisation is second to none. I was also very honoured to present Ian with a High Sheriff's Award in recognition of going above and beyond the call of duty over the last fifteen months of the pandemic.'

Venetia herself knows a thing or two about life in the mountains. A Yorkshire girl, she spent her time after school travelling and working around the world culminating in spending three years running a remote Jungle Lodge in Nepal.



Image © Cockermouth MRT.

JUNE: RESCUE HELICOPTER NARROWLY AVOIDS COLLISION WITH DRONE

Cockermouth team members said it was a 'scary moment' which could have ended in disaster when a drone was spotted in the vicinity, just as the casualty – with a serious medical condition – was about to be winched off the mountain.

The crew was alerted via radio and thankfully nobody was harmed. The team urged drone enthusiasts to fly within the CAA guidelines, especially Article 240 regarding endangering safety of an aircraft — 'a person must not recklessly or negligently act in a manner likely to endanger an aircraft, or any person in an aircraft' — advising that the sensible thing to do, 'even if the helicopter is on the other side of the valley, is to land your drone as soon as possible, as the aircraft's planned flight path might take them in your general direction'.

JUNE: NEW 'TAP TO DONATE' HELPING SAVE LIVES

Covid has heralded many changes, not least of all in the way people can donate to or fundraise for their favourite mountain rescue team.

Edale team has launched contactless giving at the Alpkit and Outside Hathersage stores. Alpkit is also stocking the team's thermal mugs and Giraffe neckwear, modelled here by deputy manager Jack. On the way are new collecting boxes with a QR code which takes donors straight to a donation site for the team.



Raising funds for rescue



APRIL: FIRST RESPONSE 4X4 FOR AMBLESIDE

Langdale Ambleside MRT has welcomed a new addition to their fleet in the form of a 4x4 response vehicle, thanks to Bluelight UK and Lakeland. The new vehicle will be based in Windermere and used to assist getting team members to rescues.





wellbeing

TEN THINGS YOU CAN DO RIGHT NOW TO IMPROVE YOUR MOOD

THE FIRE FIGHTERS CHARITY

Are you feeling particularly down at the moment and can't seem to pick yourself up out of a rut? The Fire Fighters Charity Psychological Services Lead **Jane Rosso** shares ten tips for enhancing your wellbeing.

While feelings of depression aren't limited to any one time in the calendar, there's no doubt that the last year has had a major impact on many people's mental health.

So, if you're feeling low, we thought we'd bring you ten things you can do right now to improve your mood and enhance your wellbeing.

1 Connect with loved one: As restrictions begin to ease, there's never been a better time to reconnect with those closest to you. And, if you'd prefer to stay indoors a while longer, we can still connect with friends and family online, over the phone, by text, or maybe even with a more

retro approach, such as sending them a surprise in the post. Making a social connection can help to combat some of the feelings of loneliness you may be experiencing. Why not get creative and make them a nice card or postcard, then tell them how much they mean to you inside?

2 Be kind to yourself: Take time to breathe, stop, relax and nourish your soul. Do nothing except count your breaths. Tomorrow is another day. If work is not going so well today, take a break, talk about the difficulty you're facing, try a different approach and start the new day with a fresh outlook.

3 Help someone else: Helping others makes us happy by developing connections and feelings of confidence, control and optimism. What can you do to help someone else right now? Could you collect donations for a food bank or one of our clothing banks? Or could you just don a pair of rubber gloves and head out to do a litter pick in your nearby area?

4 Be joyful: What could you do that would make you smile? Laughter and smiling lift your mood, decreasing stress hormones and helping you to overcome feelings of anger. Laughter also increases feel-good endorphins and

releases physical tension. So put on your favourite comedy or look up a comedian you like on YouTube and enjoy. You could even try experimenting with laughter yoga.

5 Do something different: When you feel like you're in a rut, it can be beneficial to do something to break up the possible monotony you feel with your routine. Get up earlier to do a short yoga workout, meditation or tai chi before you start your day. Take a mindful walk while there's still daylight, paying attention to your senses and noticing your surroundings. If you're working from home, consider setting an alarm every two hours to get up and do star jumps, heel raises, lunges or running on the spot for thirty seconds, just to get your blood pumping.

6 Drink less alcohol: We drink for many reasons: boredom, relaxation, to unwind after a hard day, because we feel we deserve it, for fun, celebration, anxiety, habit, or, well, just because. But that extra glass of wine or pint of beer may actually be having a detrimental effect on your wellbeing, aggravating pre-existing conditions or disrupting your sleep. Try alcohol-free drinks or replacing the desire to drink with a tip from this list.

7 Shift your focus: Focus on what you can do rather than what you can't do, trying to develop a positive mindset. Rethink difficult thoughts, such as 'I'm bored', and make that 'I'm going to use this time to learn a new skill'. Use your time deliberately, put down your phone, take up a new hobby, reach out to someone, read a book, decorate your house or do something creative.

8 Boost your immune system: Living a healthy lifestyle has so many benefits for both your physical and mental wellbeing, not to mention giving you a better chance of being able to fight off any nasty bugs you might be vulnerable to. Look into healthier food or drink options and take steps to improve your sleep hygiene.

9 Explore: Develop a curious mind for the world around you. This could be from your armchair through enjoying new sights via YouTube, Google Earth or museums and galleries that have gone digital, or by going for a walk on a new route in your local area. Research local community groups for activities you can do, such as a community litter picks, book swaps, art classes or a choir. If events aren't happening right now, register for future face-to-face meetings to give yourself something to look forward to.

10 Be grateful: Research shows that practicing gratitude can have many positive implications in a person's life, improving your physical and psychological health, enhancing your ability to feel empathy, improving your sleep, opening the door for new relationships, increasing mental strength and resilience and generally making you feel more optimistic. So take a few minutes each day to reflect on what you feel grateful for, and see the difference it can have on your life in the long term. What will you do to improve your mood?

You can find other health and wellbeing resources via The Fire Fighters Charity online library, where there's all sorts of things to help you engage with your own sense of personal wellbeing. Enjoy! 🧡



TO FIND OUT MORE ABOUT THE CHARITY, GO TO [FIREFIGHTERSCHARITY.ORG.UK](https://firefighterscharity.org.uk)

Both in-house and online, physical and psychological, rehabilitation programmes with **The Fire Fighters Charity** are accessible to mountain and cave rescue team members, via the **Rescue Benevolent Fund**. Email secretary@rescuebenevolent.fund for details and a confidential chat.



ELLIOT BROWN CONTINUES RAISING FUNDS FOR RESCUE

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NEWS ROUND

APRIL > JUNE

MAY: KIRKBY STEPHEN TEAM ASSISTS CUMBRIA WILDLIFE TRUST WITH RESCUE OF FLEDGLING RAVEN

The unusual rescue came after the Trust requested assistance to free the baby raven, trapped in its nest under the iconic Smardale Gill Viaduct. The unfortunate bird's parents had used a large quantity of bailing twine in the nest, and it had become entangled.

After ensuring all the necessary permissions were in place, a team member was lowered down to free the bird. The location was quite difficult to reach as it was under the main viaduct bed, so some careful manoeuvring and ropework was required to gain safe access. The raven seemed uninjured but a little weak after its ordeal. Hopefully by now it has been able to leave the nest and enjoy the beautiful Smardale Nature Reserve.



Images © Kirkby Stephen MRT.

APRIL: DUCKLINGS RESCUED BY HOLME VALLEY TEAM

Meanwhile... over in Holme Valley, three team members helped rescue twelve ducklings left to fend for themselves when mother duck was killed by a dog. After getting some advice and gathering water equipment, all the ducklings were located and handed over to the safe care of Meltham Wildlife Rescue. All in a day's work for the mountain rescue community.



JUNE: QUEEN'S BIRTHDAY HONOUR FOR COCKERMOUTH TEAM MEMBER CAROLYN

Above: Carolyn Otley MBE
© Cockermonth MRT.

An initial search of the Queen's Birthday Honours List this year suggests that mountain rescue didn't feature, but dig down a little deeper and you'll find Cockermonth team member Carolyn Otley who was awarded the MBE 'for services to the community in Cumbria during Covid-19'.

'What's that got to do with mountain rescue?' you might ask. Well, as it happens, quite a lot, because it was way back during the Cockermonth floods of 2009 when Carolyn first got involved, as a mountain rescue volunteer, in the coordination of a county-wide effort to respond to a major incident, before playing a significant role during Storm Desmond in 2015. Cumbria Police recognised the great job mountain rescue had done in both those incidents and, realising that those communities with strong community groups fared better during flooding, were keen to find ways to build their relationship with communities they didn't know so well. Carolyn's job as the Community Resilience Coordinator for Cumbria Local Resilience Forum grew out of that work. 'At the time,' she says, 'no one had a clue what community resilience was. Now it's a term that's everywhere.'

Carolyn chaired the Community Resilience Group set up as part of Cumbria's multi-agency coordination of the response to the pandemic, designing and implementing a county-wide structure to connect over 200 new and informal community groups, along with local voluntary sector organisations, to a helpline and network of six community hubs run by Cumbria's local authorities. This structure delivered food and prescriptions to homes across Cumbria – as well as helping with dog walking and a wide range of other tasks. A major challenge was finding ways to support those groups without taking over, providing them with information and helping troubleshooting difficulties, whilst ensuring their knowledge was used to inform decision making at strategic coordinating group meetings.

She was also involved in launching the Support Cumbria website, which went live as we went into the first lockdown. The site was used to recruit over 2300 volunteers, who were matched to organisations including mutual aid groups, food banks and the local NHS.

Carolyn joined Cockermonth team soon after moving to the area in 2001. She hasn't held any formal position within the team tending, she says, 'to spend more time in the control room', but she is also a key member of the LDSAMRA Major Incident Silver Group so the links between mountain rescue, both locally and regionally, and any local resilience work is well established. Husband Simon Woodbury is also a Cockermonth team member.

'The great thing is we can see in SARCALL what things are developing and the Silver group can spot in advance where support might be needed and get the background stuff worked out, think about bringing additional teams in to support, prepare press releases, anticipate social media responses and so on, so it takes the pressure of the teams.'

Mike Park said, 'This is exactly what I'm talking about when I talk about mountain rescue getting more involved and coordinated with the local resilience forums – a classic example of cross-pollination of learning across organisations with mutual respect. It's worked well for us in Cumbria and much of that is thanks to Carolyn's dedication and commitment to the cause. She well and truly deserves this honour!'

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PARANORMAL INVESTIGATORS TO ATTEMPT YORKSHIRE 3 PEAKS CHALLENGE ON FRIDAY 13TH IN AID OF MREW

'In fact we like to seek out rational explanations for unusual events and give some reassurance to people who have had an odd experience that they can't seem to explain. Sometimes all that is needed is for someone to listen without judgement. We also, during normal times, put on an annual conference on the Fylde Coast, where guests can hear presentations on a wide range of subjects such as UFO sightings, local folklore and ghosts, stories of witchcraft and other strange experiences.'

One of their activities as a group is to visit mysterious sites like stone circles and megaliths, or places where strange events have occurred, to experience the atmosphere and see the location for themselves.

'After a year in which we attempted to get out and enjoy life as much as we could, this being stopped occasionally by lockdowns and other restrictions, we still managed to visit the Yorkshire Dales National Park several times. We found walking the Three Peaks individually was enjoyable, and we even wild camped for the first time on top of Whernside in sub-zero temperatures, so it was a natural progression to think of the Three Peaks Challenge.'

'Once that decision was made, we initially thought we'd do it for our own enjoyment, but this seemed to be a waste of an opportunity. Although not a big challenge to some, 24 miles over three sizeable hills, and a total of 1585m of ascent is a big day out for us, and we realised some of our friends may be happy to donate to a charity on our behalf. The obvious choice considering the nature of the challenge was mountain rescue.'

'Rather than single out a specific team, we decided to choose Mountain Rescue England and Wales.'

Not being a superstitious pair, they are attempting the challenge on Friday 13 August 2021. Wishing them good luck!

TO SUPPORT JANET AND PAUL, GO TO [JUSTGIVING.COM/FUNDRAISING/JANETANDPAULS3PEAKSCHALLENGE](https://www.justgiving.com/fundraising/janetandpauls3peakschallenge)

Raising funds for rescue

By day Janet Walkey and Paul Pearson work in Social Care and CCTV Security respectively, but out of hours they enjoy camping and walking, and generally spending time out in the great outdoors. They are also part of the Lancashire Anomalous Phenomena Investigation Society (LAPIS), a social group with a shared interest in anomalous phenomena — not to be confused with 'ghosthunters'.

Top: Paul Pearson and Janet Walkey.



MARIO DI MAIO MARKS HIS FIFTY YEARS WITH THE ABERDEEN TEAM

Last year marked an amazing fifty years for Aberdeen MRT's Mario Di Maio having started out as the youngest team member in 1970 and eventually leading the team for nineteen years between 1993 and 2012.

'It wouldn't be an exaggeration to say my life has been shaped by my involvement with the team,' says Mario. 'Fundamentally, I really enjoy the satisfaction of making a difference and participating in a successful rescue, and my 50 years with the team has been one of the most rewarding experiences of my life.'

'As I approached retirement and my 60th birthday, I decided 2012 would be the right time to step down as team leader and offer the opportunity to someone else in the team. After stepping down, I'd planned to stay on as an operational member for another year to offer support to the next leader but being part of the team kept me fit and healthy and I enjoyed the camaraderie. At the time I thought my rescue career was coming to an end but I'm fortunate to still be an operational team member eight years later, as well as part of the SMR Executive.'

During his 50 years with the team, Mario has been involved in more than 400 call-outs, the majority of which have had overwhelmingly positive outcomes. But team membership has also had its challenges. 'There have been a few traumatic rescues that stick in my mind, in particular the Cairngorm Disaster of 1971 which was one of my first call-outs, and the crash of two F15 fighter jets on Ben Macdui in 2001. The Cairngorms plateau is particularly tough terrain but we're fortunate that the majority of our call-outs result in successful rescues, mainly due to improved communication technology that makes it much easier for us to determine the location of a casualty.'

'As team leader I was always acutely aware of my responsibility to lead the team on challenging call-outs. It's a difficult thing to do, asking volunteers to risk their own safety and wellbeing, but it takes a special kind of person to join a mountain rescue team and I knew that every team member would accept the risks and be willing to do whatever it took to ensure a safe and successful rescue.'



JUNE: FUNDRAISING SUPPORT FOR CHRIS LEWIS FUND CONTINUES

Patterdale team members were delighted to receive a visit from Andy Nuttall of ULTRA Magazine recently, bearing a substantial donation towards the Chris Lewis Support Fund, set up following Chris's accident earlier this year.

They would like to thank everyone who contributed to this: the 400 or so people who bought tickets for the online ULTRA festival, all the speakers and Andy, Robin, Sarah, Amy, Stuart, Chloe and Paul, the ULTRA team who donated all the proceeds. An additional thanks also to the passersby who added to the amount on the cheque while the photo was being taken with on-the-spot donations to Andy and to Stuart Smith of the team.

'It's been our pleasure in so many ways,' said Andy, 'and we hope the money goes in some way to make Chris more comfortable. Our hearts go out to him, his colleagues, his family and friends.'

Above: Andy Nuttall with Stuart Smith and the cheque for £2150 © Patterdale MRT.

JUNE: LDSAMRA DISTINGUISHED SERVICE AWARD FOR DR PAULA COOK

At their quarterly meeting in June, leaders and officers of the Lake District's twelve teams surprised Dr Paula Cook, LDSAMRA Medical Officer, with a Distinguished Service Award for her outstanding contribution to the region's teams during the Covid-19 pandemic.

'2020 was tough for everyone,' says regional chairman Richard Warren, 'but for Paula, as a local GP in Ambleside, juggling her professional role alongside being one of the doctors in the very busy Langdale and Ambleside team, the year brought very considerable pressures. These included being our medical lead at Cumbria's weekly Local Resilience SCG chaired by Cumbria Police, the implementation of Covid practices and PPE protection for team members during rescues, securing vast quantities of PPE, arrangements for the early vaccination of our 400 team members and currently overseeing the weekly lateral flow testing — all taken in her stride. On behalf of our 400 volunteer team members we thank you for continuing to keep us safe from the virus.'



Above: Paula Cook with her LDSAMRA Distinguished Service Award © LDSAMRA.

CPR AIRWAY MANAGEMENT IS HIGH RISK, WITH PERSONNEL EXPOSED TO AEROSOLS, BLOOD AND MORE: INTRODUCING SARUS HOOD

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FOR MORE DETAILS OR A LIVE ONLINE DEMO OF THE HOOD, CONTACT US AT ENQUIRIES@SARUSHOOD.COM OR DISCOVER MORE ABOUT IT AT [SARUSHOOD.COM](https://www.sarushood.com)



Image © Jon Gill.



MAY: ONE HUNDRED AND FORTY YEARS' SERVICE

Four members of Keswick MRT have been recognised for their service after clocking up a combined 140 years' volunteering.

Former chairman Malcolm Miller has been with the team for 50 years, in the chair the from 2013 to 2015, and currently acts as collection boxes coordinator. Andy Jones, who was treasurer between 1995 and 2000, has been with the team for 40 years, while Chris Higgins and Dr Tim Hooper received awards for 25 years' service. Chris has served as equipment officer and was deputy leader of the Keswick team from 2000 to 2014, before taking over as leader. Tim continues to provide medical training and expertise to the team.

The awards were made at the Keswick MRT quarterly meeting in May. Malcolm wrote about his 50 years in the team for the 2021 rescue report explaining that for him the overriding benefit of being a team member is the long-lasting friendships he'd formed. He talks about the two-way relationship with team members' efforts being more than repaid with companionship, shared adventures and experiences both on and of the hills.

The team sent a huge thanks to Laura at Cakes from the Lakes for donating a specially made cake to mark the occasion.

Left to right: Keswick MRT's Chris Higgins, Malcolm Miller and Andy Jones preparing to cake © Keswick MRT.

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JUNE: LAKES TEAMS COMPLETE SWIFT WATER RESCUE TECHNICIAN CERTIFICATE WITH VEHICLES IN FLOOD WATER COURSE

Teams from across the Lakes and Yorkshire completed their Rescue 3 Europe SRT certificate by completing the Rescue From Vehicles in Flood Water course, demonstrating 'excellent team work from across all the teams'. Lakes team members from Wasdale, Penrith, Coniston, Duddon & Furness and Cockermouth were joined in the water by members of the Upper Wharfedale Fell Rescue Association in Yorkshire.

NEWS ROUND

APRIL > JUNE



JUNE: LIONS CLUB HELPS SHED LIGHT ON FUTURE INCIDENT SITES

Scarborough & Ryedale team members were delighted to receive a donation of £500 from Malton & Norton Lions Club in recognition of their work at the Malton and Norton Floods back in January.

On the night of the floods the team was able to provide dedicated mobile scene lighting which was essential in improving the safety of team members and those working near the potential breach in the flood defences. However, given the size of the area involved, they quickly identified they could really have done with more lighting. Thanks to the Lions' donation, they've now purchased very portable, dedicated USB LED lighting for all four vehicles, which will help in any future major incident and at any find sites. The team would also like to thank Unilite for their kind offer of very competitive pricing to the team.



Images © Scarborough & Ryedale MKR.

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MIKE HAMMOND EDALE MRT

It was with great sadness that Edale team reported that their ex-team leader and chairman had passed away in March, aged 83. **Mick Blood**, one of the team's honorary life members who knew Mike for the best part of 50 years, paid tribute.

Mike and his family moved from Glencoe to the Peak District in December 1969 for him to take on the role as District Ranger for the Eastern area of the Peak District National Park. He had served in Glencoe MRT with Hamish McInnes and, with Hamish, been involved in the early days of using search dogs in mountain rescue within the UK, resulting in Mike training his own dog, Tess, a pup from Hamish's dogs Rangy and Tikki.

Soon after his arrival in the Peak District, Mike became a member of Edale Mountain Rescue Team, then a Ranger Service only team, and he became team leader in 1971. As leader, he introduced many new techniques to the team including the rapid rope-rescue techniques (the Hammond Lift) still in use today. He was a founding member of SARDA England and he and Tess became the first search dog team in the Peak District. Tess went on to have a litter of pups, two of which — Che, trained by Mike's wife Avril and Kim, trained by Jack Lees, went on to become Edale team's second and third search dogs.

He stepped down as team leader in October 1977, serving as chairman until September 1985, and remained a part of the Peak District Mountain Rescue Organisation well into the 1990s, mainly as a regional controller but also through his role in the Ranger Service where he was frequently at the sharp end of rescues.

In 1977 he formed the Polar Exploration Group that involved both Edale and Derby teams. Under Mike's leadership, the group undertook a number of expeditions to Svalbard (Spitsbergen) involving both scientific research and mountaineering adventures, later becoming a Fellow of the Royal Geographical Society.

Talking about Mike to people since has reinforced to me just how much of an inspiration he has been to so many. His approach to people, his belief in them, and his support and encouragement in helping them achieve great things was immeasurable. You will be greatly missed Mike, rest in peace. 🙏

Images: Edale MRT.



JUNE: ROCK CLIMBERS PAY TRIBUTE TO COLLEAGUE WHO TOOK A FATAL FALL IN BORROWDALE

Kong Adventure Centre in Keswick is a regular gathering place for local team members wishing to keep their climbing skills up, particularly during the wet and winter months when the crags and weather conditions might not be quite so inviting. So it was with great sorrow they heard the news that one of the climbing instructors at the wall had lost his life at Quayfoot Buttress in Borrowdale — another popular climbing spot.

Sam Pilcher was out climbing with a friend when he took a leader fall, sustaining very serious injuries. The incident was witnessed by someone in the car park below and they called 999. Keswick team members responded quickly with two vehicles heading up valley. A small team went on up to the top of the crag to perform a roped rescue, lowering a team paramedic down to the casualty. That team member then attached the casualty to himself and the ropes for a lower off to a reception party of team members and air ambulance paramedics who assessed and did some initial treatment.

The casualty was stretchered down to the car park to an ambulance before being transferred to the Great North Air Ambulance for onward transfer to the Royal Victoria Infirmary in Newcastle. The team also thanked the Coastguard helicopter crew who had been called in case a winch evacuation was necessary.

In their statement to social media, Kong Adventure said that 'Sam had joined their team in February 2020 and instantly brought enthusiasm, drive and passion to his job. He was exceptionally hard working and was extremely popular with all of our staff and customers and quickly bonded with all of those he taught. He recently set up the Home-School group climbing sessions that were particularly well attended.'

'He had also recently joined the Langdale Ambleside Mountain Rescue Team and was excited and looking forward to helping out on many rescues. Sam was passionate about helping out others who were vulnerable or having difficulties in their life. Recently, he paired up with another of our instructors, Steve Chadwick, to climb eighteen of the oldest routes in the Lake District in the footwear that was available at the time: 'Old routes in old boots'.

'Sam wanted to raise awareness and support the group Dewolf bushcraft which offers sanctuary and support for emergency service workers, NHS staff and veterans. Steve is going to continue this challenge as a tribute to Sam and is looking for climbing partners to hold his ropes. If anyone is interested in supporting this challenge in memory of Sam, please contact Steve at our centre. We would like to thank Keswick Mountain Rescue Team, his climbing partner Jamie and all of those involved in his rescue and for the superb care he received at Newcastle Hospital. Our thoughts are with his family and friends.'

Top: Keswick team members at Quayfoot Buttress © Keswick MRT.



APRIL: MOUNTAIN RESCUERS LINE UP TO SAY FAREWELL TO NEV SHARP BEM

A heart-warming and emotional day, one Wednesday in April, as family and friends were joined by fellow members of mountain rescue, Mountain Rescue Search Dogs England and colleagues from West Yorkshire Police to say a very fond farewell to Neville 'K9 Nev' Sharp. Rest in peace Nev.

And, in a fitting end to the guard of honour for Nev, Calder Valley team members were called upon to assist Yorkshire Ambulance Service NHS Trust and Yorkshire Air Ambulance.

Above: Mountain rescue lines up to say goodbye © Calder Valley SRT. Inset: Neville Sharp BEM with Search Dog Jan © Nev Sharp.



APRIL: OGWEN TEAM AND SARDA WALES SAY SAD GOODBYE TO SPIN

Ogwen team reported that 'team members Sally and Anne had sadly lost their fellow teammate Spin'. Search Dog Spin had been a regular face around the team since 2008 and many team members had bodied for her and Sally while they were in training to join SARDA Wales.

During their time as a search dog team, Sally and Spin found eight missing people and deployed to too many call-outs for Sally to remember. Spin retired in January last year to enjoy some time with her family, helping with the lambing, pottering around the mountains and playing a bit of football. She had an amazing life achieving so much, helping so many, and she most definitely won't be forgotten. Spin is now resting, keeping a watchful eye over the mountains of North Wales.



Search Dog Spin with handler Sally Armond © Sally Armond.

NEWS ROUND

APRIL > JUNE

Call-outs in the time of COVID



Image © Oldham MRT.

APRIL: QUARRY FALL CASUALTY SUFFERS MULTIPLE INJURIES

Oldham team worked with Greater Manchester Police and the North West Ambulance Service (NWS) to attend a 35-year-old man who'd fallen in a quarry.

Team members accessed the quarry from the bottom and, after a brief search, located the casualty at the bottom of the quarry face. He was stabilised and treated by NWS paramedics and the team's casualty carers, before being packaged and carried the short distance to the NWS ambulance for onward transport to hospital.

The team's social media report commended the 'great inter-agency work, including teams from NWS, HART, GMFRS as well as mountain rescue' and wished the casualty all the best for a speedy recovery. They also took the opportunity to nip in the bud any negative comments below the line, emphasising that 'as a rescue service we are happy to assist anyone in distress. We don't judge our casualties and respectfully ask our followers to act in a similar manner. Let's keep it positive folks!'

APRIL: DERBY TEAM MEMBERS REMEMBER ROLY

It was with great sadness that Derby team learned of the death of a former team member, Roland Arthur Wood (Roly).

Roly was one of the early team members joining the Derby Scout Mountain Rescue Team some time in 1965 when the 51st Derby Rover Scouts widened the membership to all Derby Scout groups. He was a leader in the 4th Derby Scouts and served as Derby team chairman from 1969 to 1972. 'We understand that Roly passed away peacefully on 20 February 2021, at home, at the age of 96. Our thoughts are with his family and friends. The family have asked that any donations be given to Derby Mountain Rescue Team.'

Right: Roly (circled) at Drum Hill Scout Camp, year and occasion unknown. Photo supplied by Derby MRT.





Call-outs
in the time of
COVID



MAY: BUXTON TEAM DRONE FLIES INTO ACTION FOR MISSING DOG AT MILLER'S DALE

Buxton team were pleased to be able to deploy their drone when an overly-adventurous dog disappeared during a walk with a local resident, had clearly stayed into very steep ground and wasn't responding to calls.

The dog owner was out walking in the Monsal Trail area with two dogs when the intrepid pair followed an animal trail away from the path. One of the dogs had turned back but the spirit of adventure took the other across the river and up a steep slope towards the limestone cliffs where it disappeared from view. A friend was enlisted to take the other dog home so the dog owner could begin the search for the missing dog, but despite help from a local landowner it was clear the dog was on dangerous steep ground.

Realising that professional help was required, the dog walker dialled 999 and asked for Police and Mountain Rescue. Very quickly, team members arrived on scene to begin the rescue, which first required identification of the dog's location. A team drone was launched to get an overview of the site, including the best place to wade across the river. As light was fading, the animal was found in a gully and made safe by team member Mark who reported that the dog was shaking, and his heartbeat could be felt as he was carried down the slope. After calming the dog, the next task was to wade back across the river by torchlight, with safety cover provided by a member of the swiftwater rescue team.

Once on the safety of the river bank, the dog was reunited with its owner to be walked back to the trail and the team vehicles. 'A great outcome for a situation that could easily have gone differently. The owner very sensibly realised the terrain was potentially dangerous so called for help, which the team was delighted to provide'.

Images © Buxton MRT.

MAY: A TALE OF TWO SHEEP FOR CRO

Sadly not all attempted sheep rescue tales have happy outcomes – but they do seem to be a stock-in-trade for many teams, not least the Cave Rescue Organisation (CRO) in Clapham.

In May, the team was asked to rescue a sheep that, having spent five days on a ledge, appeared to be cragfast in Mealbank Quarry, Ingleton. Armed with a bag of sheep nuts and the team's 'animal sack', a team member was lowered down to the ledge. But, tempting as the sound of the feed was, the sheep was not convinced by the sight of its would-be rescuer, or the sack it was expected to get in to, and chose instead to scramble back up to the field and resume grazing with the rest of the flock: happy outcome.

Sadly, back in March, a pregnant ewe had not been so lucky. Seen on a ledge on the former quarry at Mealbank, it had been left for a day or two to find its own way off when it became hungry. When this didn't happen, the farmer asked for the team's help. Unfortunately, the sheep was more frightened of its rescuer than the drop from high on the quarry face and leapt off, as he abseiled over the top edge. Sadly, the ewe did not survive the landing.

Left: The location of the sheep in Mealbank Quarry, in May © CRO.



APRIL: EXCITING COMMERCIAL PARTNERSHIP ANNOUNCED IN EDALE

Not to be outdone by their drone-deploying Peak District colleagues in Buxton, Edale MRT went live with their 'Drone+' project early in the morning of 1 April, in partnership with Starlink satellites and an innovative local remote CCTV company.

The system provides the ability to livestream from busy areas of the Peak District National Park, and even track the progress of ongoing rescues. A team spokesman Miss Per (strangely unavailable since midday on launch day), said 'this technology will revolutionise both rescue, and the search aspects of operation for Edale MRT. Many teams now operate drones, but with our commercial relationships we've been able to go one step further.' They are still working on the thermal imaging capabilities, but hope to have that up and running for winter 2021.

Above: The Starlink/EMRT branded satellite and the team's upgraded control room © Edale MRT.

APRIL: SWALEDALE TEAM LAUNCHES COLOURFUL WHEEZE TO HELP WALKERS NAVIGATE SAFELY THROUGH THEIR PATCH

Meanwhile... continuing the sheep theme... Swaledale team members launched the somewhat short-lived plan in early April as part of their mountain safety education programme.

They have collaborated with local farmers to colour code the sheep which were set to graze in colour order from 1 April: red ones at the 300m contour, green at 400m, blue at 500m etc. Oddly, further details are yet to follow.

Right: The innovative Swaledale sheep, colour-coded according to contours, and ready to graze © Swaledale Snaps.



NEWS ROUND

APRIL > JUNE



JUNE: CONGRATULATIONS TO MARK HODGSON ON COVID-19 COMMENDATION

The former team leader of Keswick MRT and leading member of the LDSAMRA Silver group was commended for providing support to teams in the event of a major incident within Cumbria.

Since the start of the pandemic, he has religiously attended the weekly and sometimes twice or thrice-weekly Strategic Coordinating Group (SCG) meetings chaired mainly by Assistant Chief Constable Andrew Slattery but also Cumbria's Chief Constable – meetings that were also attended by all the senior leaders from Cumbria's partner agencies via video link.

'Mark has attended 79 SCG meetings since the start of the pandemic,' says Richard Warren, LDSAMRA chairman. 'It must be a record that we hope we never have to repeat or break! The SCG has now been stood down and replaced by a Covid Strategic Recovery Group'.

'Many thanks for all the likes and the comments,' said Mark, responding to the posting on social media. 'LDSAMRA's response and input to the Cumbria LRF included a lot of work and input at many levels and in many different areas by many members of LDSAMRA. As with all things mountain rescue, this was a team response – what we do best!'

Above: Mark Hodgson pictured whilst still Keswick MRT team leader © Keswick MRT.



JUNE: QUEEN'S VOLUNTARY AWARD FOR BRECON

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JUNE: RAF LEEMING SUPPORT JACOB THE PILOT IN HIS FUNDRAISING CHALLENGE

A heart-warming story from RAF Leeming as team members were proud to support seven-year-old 'Jacob the Pilot', in his RAF flying suit, as he and dad Andrew completed the Yorkshire Three Peaks in three days in memory of his mum, raising funds in the process.

Aspirant RAF pilot Jacob Newson lost his mother in December after an 18-month battle with cancer. St Gemma's Hospice in Leeds supported the family during the final stages of her cancer journey and helped them spend their last few days together over Christmas at home. Still today, the hospice continues to provide support for the family as they come to terms with the loss of – in Jacob's words – 'the most amazing mummy who gave so much to me, her family, her friends and others with her 20 year career in the NHS'.

The family decided to do one of Jacob's 'special challenges' to raise some money to help St Gemma's continue to provide palliative care to people and support 'other mummies, daddies and boys and girls just like me and my daddy' says Jacob. The challenge raised an impressive £44,520, well above Jacob's target of £32,500. Well done Jacob!

And it could be that Jacob's aspirations may be fulfilled. 'Jacob is very fast on the hill,' said one of the RAF team. 'We might have a future RAF MRS troop here!'

Top: Jacob with his dad and the RAF team members who supported his challenge © SAC Gareth McGarvie.

FOLLOW RAF LEEMING AT [FACEBOOK.COM/RAFLEEMING](https://www.facebook.com/rafleeming)

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NEWS ROUND

APRIL > JUNE



MAY: SCOTTISH MOUNTAIN RESCUE LAUNCHES 'MILES FOR SMR' CAMPAIGN

This first-ever virtual challenge created by SMR ran throughout the month of June to raise funds for Scottish Mountain Rescue. Fundraisers could choose whether to undertake the challenge as part of a team or independently, the means used to cover the miles (walking, running, biking, swimming, kayaking or a mix), and how far they wanted to aim for – making it a truly flexible and fun challenge.

The targets were based on the number of call-outs: 12 miles (a mile for every rescue call-out in week, 56 miles (representing one mile for every rescue call-out in a month), 168 miles (a mile for every rescue call-out in a quarter), and these figures were taken from our 2020 stats. By the end of the challenge, 83 individuals had signed up, raising £9,093 between them, with 8,158 miles completed. Not a bad effort!

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JUNE: HAPPY 90TH BIRTHDAY TO MRS DE DOGSBODY JOAN

Mountain Rescue Search Dogs England took to social media to wish Joan Weedon – aka 'Superwoman' – a very happy 90th birthday.

This amazing lady, we hear, has 'lived through World War II, some serious medical stuff, a pandemic and also lost her soulmate 21 months ago after 67 years of marriage, and still she gives her all to everything she does', including bodying for Trainee Search Dog Bracken and handler Claire Starkey. 'Her face just lights up when she sees us', says Claire, who is currently unable to train due to injury. Wishing a belated birthday to Joan and a speedy recovery to Claire.

Photos: Joan with Trainee Search Dog Bracken © Claire Starkey/MRSDE Archive.

NEWS ROUND

DECEMBER > JUNE



DECEMBER 2020: LAKE DISTRICT MOUNTAIN RESCUE SEARCH DOG BRACKEN RETIRES

ELLY WHITEFORD

Time flies and it doesn't seem five minutes since I picked up Bracken, a dark brown fluffy tri-colour collie with a striking white blaze up his face, from a farm at eighteen months old. We went for a walk then he jumped into the boot of my car with Mac and Meg, my other two collies like he belonged there and home he came.

He spent the first week living in the porch and peeping round the door into the kitchen before finding the courage to come into the house, and spent a lot of the time on walks behind my legs. His confidence soon grew with the patience and bonding with Mac and Meg, especially Meg as they would chase and play with each other.

Initially, I wasn't going to train him for search work but Meg had developed a recurring leg injury and Bracken had already taken to the short exercises I tasked them with, running to find hidden articles and picking up quickly on the indication. When I tried him on his own, he searched, found and indicated by barking with no problems and this transferred easily to finding people.

Bracken passed his obedience test in May

2012 and training began. Training a dog is exciting and Bracken was my third to train — all individuals and it was for me to learn and form a working bond, finding out what excited him for reward. Turned out this was tuggy games with rings and plastic sticks.

He was a pleasure to train and work and responded well to encouragement and reward so progressed well, though not without a few hiccups.

We graded as a fully trained search team in July 2014 following a gruelling final assessment that took us from the valley bottom to the summit ridges of the Conistone fells, working for over 4.5 hours though steep scree, crags, boulder fields and steep grass and bracken. From this point on I'd work Bracken on his own or as a team with Meg.

In 2015 we travelled to Killarney in southern Ireland with several other Lakes search dogs to attend the International Congress of Alpine Rescue (ICAR) where mountain rescue representatives from all over the world gather to discuss advances in technology, medical treatment, avalanche and wilderness rescue and produce guidelines of best practice that can be used in all countries.

We worked with the Irish search dogs and met handlers from many countries to discuss how we train and learn from each other. We set up demonstrations to show how our dogs search the ground and indicate back to us when they find a casualty and took us to them. We were even filmed as part of the conference and appeared on Irish TV!

In spring 2016 Bracken suffered a serious leg injury during training while on a strike to a body. His foreleg went down a hole while running and he suffered ligament and bone damage to his wrist. This resulted in the joint being fused and I thought that was the end of his career as a search dog. His leg healed well and he coped amazingly so, following discussions with the vets I decided to see how he coped on the fell. Being a big, strong,

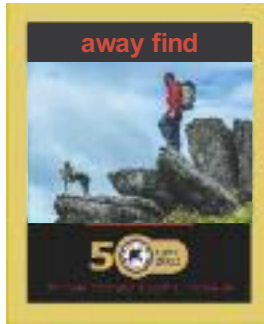
fit, dog he came back to search work following an assessment and attended his first call-out in December 2016. Two days later, on his second search after injury, he had a find on an elderly diabetic gentleman who'd been missing from home since the Friday lunchtime and out for two very cold nights. Despite the efforts of the police, team members and local people, he hadn't been found and the search dogs were called in on the Sunday morning to assist. We were searching fields in West Cumbria which were separated by deep tidal ditches and scrub. It was mid to late afternoon and we'd been searching for over five hours. Heading to investigate a black hat that some locals had told me about, Bracken found the gentleman in an area of rough ground in a field that had already been searched earlier that day.

I couldn't see him until Bracken barked and I saw the flash of his orange jacket. I ran towards him and saw a figure lying on the ground along the bottom of the fence, under some vegetation. As I approached, he moved and raised his arm — amazingly, he was alive though severely hypothermic.

It's hard to describe the emotions when

your dog finds a missing person. It doesn't feel quite real. The adrenaline rushes as you assess the casualty whilst getting on the radio to get information out about location and condition for assistance, then treating the casualty the best you can until more people and equipment arrive along with the medics. After they've been evacuated, there's your dog sitting, temporarily forgotten in amongst the contents of your rucksack that was dispersed in a hurry trying to find thermal blankets and a shelter to protect your casualty. You fuss and tell him what a good boy he is and feel proud of a job well done and that all that training finally paid off.

He has been a pleasure to work and be on the hill with in the worst weather conditions. Through Covid he has been my anchor, getting me through the low points. Although not as long a career as some search dogs, Bracken has attended nearly 50 call-outs — an effort to be proud of. He's earned his rest but I know he would always rather be out with me. Thank you to everyone who helped us succeed and thank you, Bracken. 🐾



Celebrating fifty years of Mountain Rescue Search Dogs England (SARDA England)

JUDY WHITESIDE

Over last year, Chris and Ellie (Dale) Sherwin and the late Neville Sharp worked together to compile 'Away Find', in celebration of the fiftieth anniversary of the association. The resulting booklet is now dedicated to Neville's memory.

Neville himself opens the proceedings recalling how he first volunteered to help out in the 1970s, acting as a dogsbody 'in the belief that helping to train a search dog might subsequently lead to the saving of life on the fells and in the mountains', reflecting that the 'sheer exuberance of being found by an excited and exhilarated search dog must be beyond words if you are a casualty'. He pays tribute to the many hours of dedicated service given by handlers and their canine companions, training in all weathers, day and night.

David Warden, current chair of MRSDE, also first became aware of the existence of mountain search dogs in the 1970s, when he

system of dogsbodies, instructors, assessors, supporters, sundry walkers, landowners, farmers, gamekeepers, sponsors and donors'.

The booklet tells the story of the organisation, from those early beginnings with Hamish (a story we covered here in the magazine in some detail in the January issue), working through the intervening years a decade at a time. Hamish, of course, was the golden thread which ran through the history of SARDA right up to his death last year, but many others have made their mark on the organisation.

People such as Geoff Reid, who got himself a Winston Churchill Fellowship award in 1973, enabling him to visit Europe and Scandinavia to research their dog training methods. During his time there he saw dogs wearing the high-visibility jackets which are now commonplace after he developed the idea back home. And, later in that decade,

between dog and handler, extending training into everyday life, and introduced 'directional control'. In the early days, the dogs had been taught to remain with the 'body' and simply 'bark' — now they were trained to return to their handler then lead the handler towards the 'find'. Stock testing also became standard practice.

Jim Coyle had been a SARDA member since 1969 and he advised on the training methods promoted by Hamish, working with Dave Riley to establish training standards for the association.

In the late 1980s, dog tags were introduced to identify fully-qualified and registered search dogs — 'the holy grail of all handlers to this day' — and the committee adopted a pilot logbook scheme, designed by Paddy Cummings, to record all training and provide uniformity for the training officer, a system which has continued to be used.

Any discussion of the 1980s would be incomplete without a mention of the fateful Lockerbie air crash, in the evening of 21 December, when Pan Am Flight 103 exploded over the quiet Scottish town. Dog handlers from across the UK travelled to Lockerbie to assist in the search and recovery, many forsaking their own family Christmas celebrations.

'The value of the dog teams on that first horrific night and throughout the following days was recognised by both the police and the Aircraft Accident Investigation Branch (AAIB). Their teamwork, their ability to integrate with other agencies and their steadfast professional approach made a substantial contribution in the quest to find possible survivors and the subsequent search for aircraft debris.' As the booklet says, it was a heavy burden of responsibility for a bunch of volunteers, one they bore with true spirit and compassion.

Perhaps the most notable find of the 1990s was that of Sir Fred Hoyle, on 24 November, 1997. The famous physicist — arguably the most important astronomer of the last century after Albert Einstein — had been out walking whilst visiting his childhood home near Eldwick, Bingley, when he was reported missing. Simon Adams and his dog Tip, along with Eleanor Dale with Bonnie, and Alasdair Earnshaw with Corrie, were tasked to search an area north of Eldwick, called Shipley Glen. Sir Fred was found in the darkness in the early hours of the following morning by Search Dog Tip. He was unconscious after falling a considerable distance down a very steep-sided gully in the woods of Shipley Glen. Some time later, after



Above: Clockwise: Malcolm Grindrod, Ian Wallace, Eric Kerr, Ann Batey, Jim Coyle, Dave Riley, Geoff Reid, Mike Turnbull and Tom Redfern © Jim Coyle. Malcolm Grindrod and Search Dog Jan in a Cairngorm white-out © Malcolm Grindrod. Jim Coyle and Search Dog Rock © Jim Coyle.

read the International Mountain Rescue Handbook, by Search and Rescue Dogs Association (SARDA) founder Hamish MacInnes. He notes that in the 50 years since the organisation took form, '238 handlers and 316 dogs have passed assessment and played their part in thousands of call-outs, with finds being in the hundreds — many of those being life-saving — a success only made possible by virtue of the often unsung and unseen support

in 1979, training officer Malcolm Grindrod, who took the complicated three-level grading system and honed it down to two: Novice Search Dog and Search Dog.

The 1980s are described as 'a game-changing decade' with characters such as Malcolm, Peter Durst and Neville Sharp taking key roles and hugely influencing the direction of the organisation. Working with Ken Saxby and Dave Riley, Neville introduced the early element of bonding



Above: Clockwise: Nev Sharp with Search Dog Gayle © Nev Sharp; Sergeant Les Bray and Hughean Findley at the first training course organised by Hamish MacInnes and Kenny McKenzie. Sergeant Bray was at that time in charge of the Dog Section in the West Riding of Yorkshire. Nev Sharp himself joined that section in 1966; Geoff Reid with Search Dog Cass; Ian Brown led to the casualty by Search Dog Rosca; Dogsbody in action; Dave Riley with Search Dog Loch. Remaining images taken from 'Away Find' supplied by Chris Sherwin/MRSDE Archive.

recovery in hospital, he visited Calder Valley SRT to say 'thank you', especially to dog Tip. Coincidentally both Simon and his navigator Martin Woodhead were physics teachers and very familiar with the name Fred Hoyle.

By this decade, training was taking place in five designated regions as well as nationally and, towards the end of 1999, it was agreed that the training stages of all dogs would be in three specific stage groups: Early Training, Search Training and Assessment Training.

The new millennium was marked by the arrival of Foot and Mouth Disease. Training stopped as the fells and mountains, and access to them, was forbidden — which perhaps also reduced the potential for search dog call-outs. It became noticeable only by the middle of the decade that the list of operational handlers had reduced, a reflection of how Foot and Mouth had impacted on training. Alongside this, however, came an uplift in the demand to support the police in more urban areas. Dogs and their handlers were really beginning to be recognised and appreciated as a proven resource and requests to assist the emergency services have continued to rise since.

Two of the most notable searches of the ten years came in 2011 and 2012. In the first, Dave Mason and Search Dog Megan, accompanied by Ian Burley and Search Dog Anya were deployed with the Derby team to search for a vulnerable missing person who had failed to return home from work. After a short but intense search through heavy

woodland, Megan found the body of a female, concealed under heavy logs and vegetation. The find led to a murder enquiry and the timely detection by the search dog assisted in the early apprehension of the offender. Both Dave and Megan received a Chief Constable's Commendation for their commitment and professionalism.

The second of these two incidents, in 2012, involved the search for April Jones, which coincided with the planned date for the normal national training weekend in South Wales. After two hard days of searching woodland, forest, open ground and water courses, the Welsh teams were grateful to receive the support of their colleagues from across the border. Dogs and handlers travelled daily from the weekend training base in Brecon, or their home address, to join the other teams and contribute to the major logistical effort. Sadly, as we know, the outcome was tragic, but there were many lessons learned from the experience, both individually and as organisations. Following a significant review, mountain rescue developed many new procedures and technology to assist with both the major and smaller-scale incidents — as Mike Park, the new MREW SEO refers to in his interview (see page 8).

2015 saw the fiftieth anniversary celebrations of the wider national association (SARDA) set up by Hamish. The association had long since fragmented into the regional organisations of England, Scotland, Wales and South Wales, with SARDA England

breaking away in 1971, and in 2018, after many months of deliberation, SARDA England changed its working name to Mountain Rescue Search Dogs England 'in order to reinforce the mountain rescue connection along with the responsibilities and purpose of the association'. This brought with it a redesigned logo (courtesy of Chris Sherwin), created to 'provide a fresh and attractive identity whilst clear branding aligned the association with the wider MR identity'.

The booklet also celebrates the commitment of the dedicated band of dogsbodies, recognising their inherent ingeniousness when it comes to hiding themselves, be that simply wearing a camouflage blanket or hiding up a tree. Anything goes apparently. There is mention of the helicopter training undergone by all dogs and handlers — often essential to their rapid delivery onto the mountain and closer to the identified search area. And there's also an overview of the way communications technology has aided and enhanced the handler's job.

Clearly there have been many more notable people, incidents and developments than we have space for here, so if you fancy reading a little bit more, and showing your support along the way, Away Find will be available to download from the MRSDE website. And if you'd like to get involved, either as a handler or dogsbody, or simply making a regular donation, head to mountainrescuesearchdogsgengland.org.uk to find out more. 🐾



'Suddenly from nowhere, this spaniel dog appeared, started barking and jumping all around. It was a great feeling of warmth and relief. Toby was my saviour and I owe my life to him that night'. Ivan Simcock recalling being found in a 'white out' by Toby on the summit of Bleaklow Stones in the Peak District, around 3.00am on 4 February 2012. From 'Away Find'.




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Eponymous medical terms: Part 2: Battle's Sign to Cushing's Triad

In February 2012, we began a review of the many eponymous terms knocking around in the world of medicine, casualty care and mountain rescue. So, for those who may not have been in mountain rescue at the time, here's **David Allan** with a recap...

BATTLE'S SIGN

This is an important clinical sign in the management of head injuries. It consists of bruising over the mastoid behind the ear (Figure 1: Battle's Sign: 1) and requires careful inspection to detect in the early stages and is easily obscured by hair etc.

It results from and indicates a fracture of the base of the skull (Figure 2: Battle's Sign: 2). A fracture of this nature is only produced by a blow of considerable violence to the head. It is therefore a confirmation of a serious head injury.

William Henry Battle was born in Lincoln in 1855 and lived until 1936. He became a surgeon at both St Thomas's and the Royal Free hospitals in London. In addition to leaving his name with this sign he described an incision for removing the appendix and an operation to deal with a femoral hernia.

BELL'S PALSY

This condition is an affliction of the VIIth cranial nerve which supplies the muscles of the face. If the nerve is not working properly the muscles are paralysed resulting in drooping of that half of the mouth with an inability to smile. Closure of the eye is compromised and in severe cases is impossible (Figure 3: Bell's Palsy).

Most cases are due to a virus infection or to auto-immune disease. It may, however, develop from exposure of the face to severe cold and is occasionally encountered as a complication of a head injury if the nerve is involved in a fracture of the skull. Rarely is it encountered as a result of wounds where the nerve is divided by a weapon. Except in the cases where the nerve is damaged by trauma, most patients recover albeit over a long period.

Sir Charles Bell was an outstanding Scottish anatomist and surgeon who lived

from 1774 to 1842. His brother, John Bell, was also an accomplished surgeon and artist. John was present at the battle of Waterloo on 15 June 1815, and it is recorded that he 'operated on the wounded until his clothes were stiff from blood'.

The success of both brothers took them to the Middlesex Hospital in London and thereafter they were banned from returning to their native Edinburgh to practise surgery!

BENNETT'S FRACTURE

A fracture, or fracture dislocation, at the base of the thumb which involves the metacarpo-phalangeal joint (Figure 4: Bennett's Fracture), this injury is produced by a longitudinal blow to the thumb with the thumb partly flexed. The usual mechanism of injury is from a fall onto the thumb or from a blow delivered by the hand. The alternative name for the injury is 'Boxer's fracture'. The injury is associated with immediate considerable pain and loss of use with the rapid development of bruising and swelling. Loss of use of the thumb will make gripping with the hand impossible. Immediate treatment requires simple padding and splinting to provide a degree of comfort.

If the fracture has little displacement it can be reduced and held in plaster but those

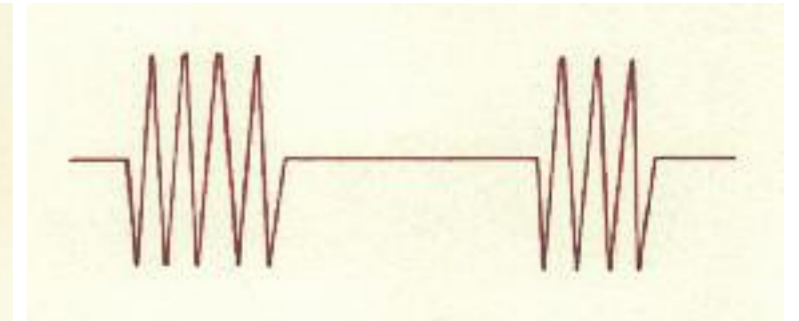
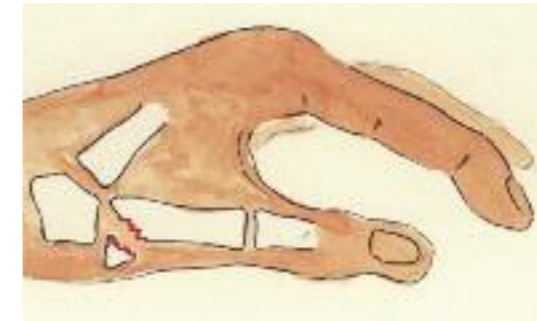


Figure 4: Bennett's Fracture. Figure 5: Cheyne-Stokes Respiration pattern.

with greater displacement require surgical reduction and pinning of the fracture. For an injury involving a joint there is surprisingly little long-term arthritis but some loss of mobility of the thumb is common. The injury almost always affects the dominant hand.

Edward Halloran Bennett was an Irish surgeon born in Cork in 1837. He studied medicine and then became a surgeon at Trinity College in Dublin. He described the fracture after sustaining the injury himself in a fall from his horse in 1882. He is also credited with carrying out innovative surgery for children with rickets and for introducing antiseptics into surgery in Ireland. He died in Dublin in 1907.

CHEYNE-STOKES RESPIRATION

Also known as periodic respiration this clinical picture is seen in a range of conditions. It is characterised by short episodes of rapid breathing followed by a period of complete apnoea (Figure 5: Cheyne-Stokes Respiration pattern).

It arises when there is disturbance of the respiratory centre in the brain. In mountaineering experience it is very

common in sleep at altitude when the periods of apnoea are often alarming to companions. In this situation the lowered partial pressure of oxygen affects the respiratory centre.

Head injuries may exhibit this, usually as a late and ominous sign as part of the Cushing triad. It is also encountered in carbon monoxide poisoning, morphine overdose, heart failure and following a CVA.

John Cheyne and William Stokes first described this picture. John Cheyne was born in Leith and graduated from Edinburgh Medical School at the age of 18! He served for several years with the Royal Artillery and then taught war surgery in Dublin. William Stokes lived from 1804 until 1878 and was Professor of Medicine in Dublin.

COLLES FRACTURE

This is possibly the most widely recognised fracture. It is certainly very common and a frosty morning may see an Accident and Emergency department dealing with several such injuries. The injury is caused by a fall on the outstretched hand (Figure 6: Colles: 1) and is a fracture of the distal radius. It

becomes commoner with advancing years, particularly in women with a degree of osteoporosis affecting the bone. The classical appearance is that of the 'dinner fork' deformity of the wrist (Figure 7: Colles: 2).

The severity of the bony injury varies. A simple fracture with little displacement may occur. More severe injury results in involvement of the joint and often an associated fracture of the ulnar styloid and displacement of the fracture may occur (Figure 8: Colles: A, B, C).

Simple splinting of the injury is the only on-scene treatment required. Almost all of the fractures will heal uneventfully but if the joint is involved, later pain and stiffness will almost certainly develop.

Abraham Colles was born in 1773 in Kilkenny and studied medicine in Edinburgh. He then spent time training with Sir Astley Cooper in London before returning to Ireland where he became Professor of Anatomy and Surgery in Dublin. Remarkably, his accurate description of the nature of this fracture was made some 100 years before X-rays were available. He died from gout in 1843.



Figure 1: Battle's Sign 1. Figure 2: Battle's sign 2. Figure 3: Bell's Palsy. Illustrations © David Allan.

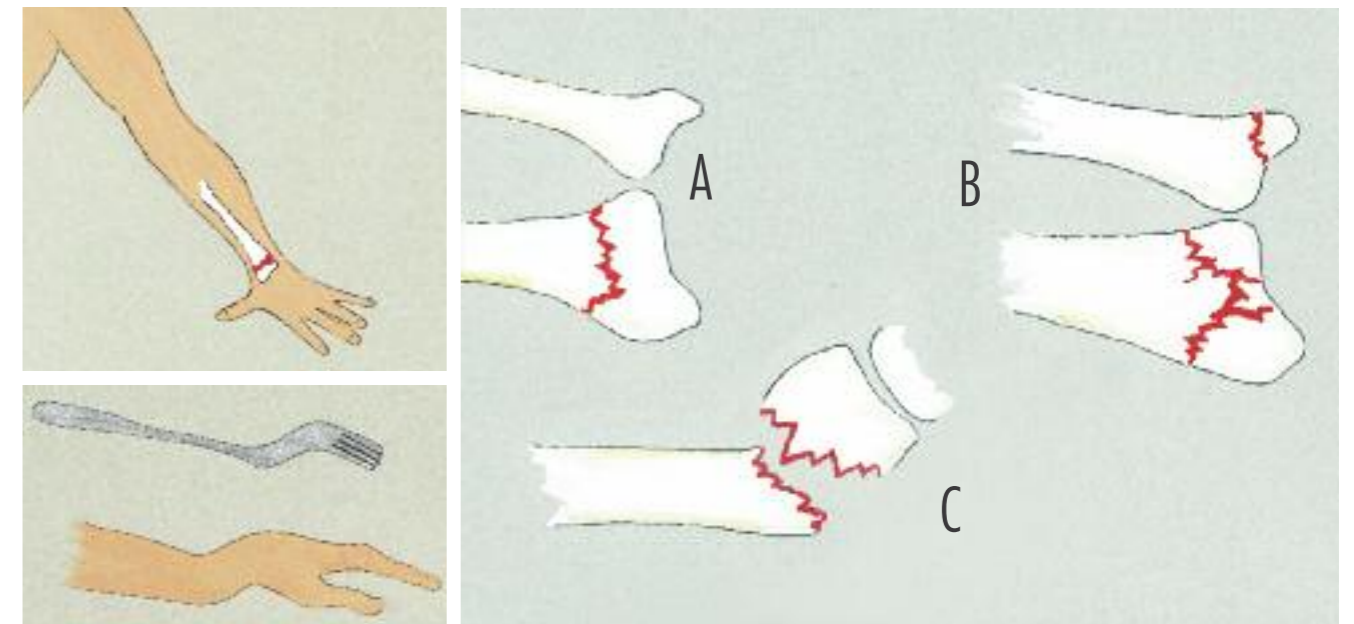


Figure 6 & 7: Colles Fracture 1 & 2. Figure 8: Colles A, B & C.

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61 EPONYMOUS TERMS CONTINUED...

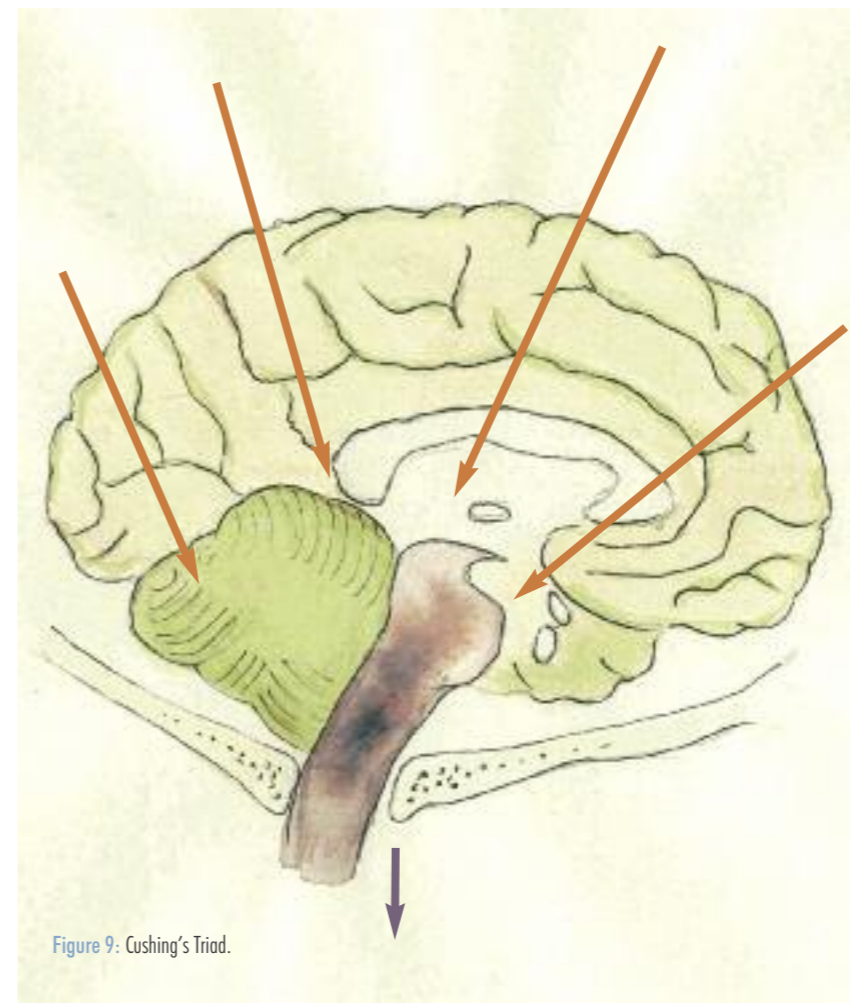


Figure 9: Cushing's Triad.

CUSHING'S TRIAD

This syndrome is also called Cushing's Reflex. It describes the three things that develop with an advanced stage of raised intra-cranial pressure. These consist of elevated blood pressure, raised pulse rate and slow, or Cheyne-Stokes, respiration.

Any condition causing raised ICP will eventually lead to this. In trauma, both cerebral oedema and intra-cranial bleeding may be responsible. Rapidly expanding brain tumours also produce the same picture.

The effects are the result of pressure being exerted on the mid-brain in the region of the foramen magnum at the base of the skull (Figure 9: Cushing's Triad). There will usually be a GCS recording of 3-5. Dilated pupils and some limb paralysis will also be present. The situation will quite quickly progress to respiratory and cardiac arrest.

Henry Williams Cushing was an American neurosurgeon, born the youngest of ten children in Cleveland. He studied medicine at Yale, then progressed to Harvard, the Massachusetts General Hospital and finally John's Hopkins in Baltimore. He served with the US Army Medical Corps during WW1. He also described Cushing's disease, a tumour of the pituitary gland which is also common in dogs and horses. He died in 1939 and was commemorated on a US postage stamp issue in 1988. ☺

NEXT ISSUE: EPONYMOUS TERMS TO BE CONTINUED, STARTING WITH EUSTACHIAN TUBE.

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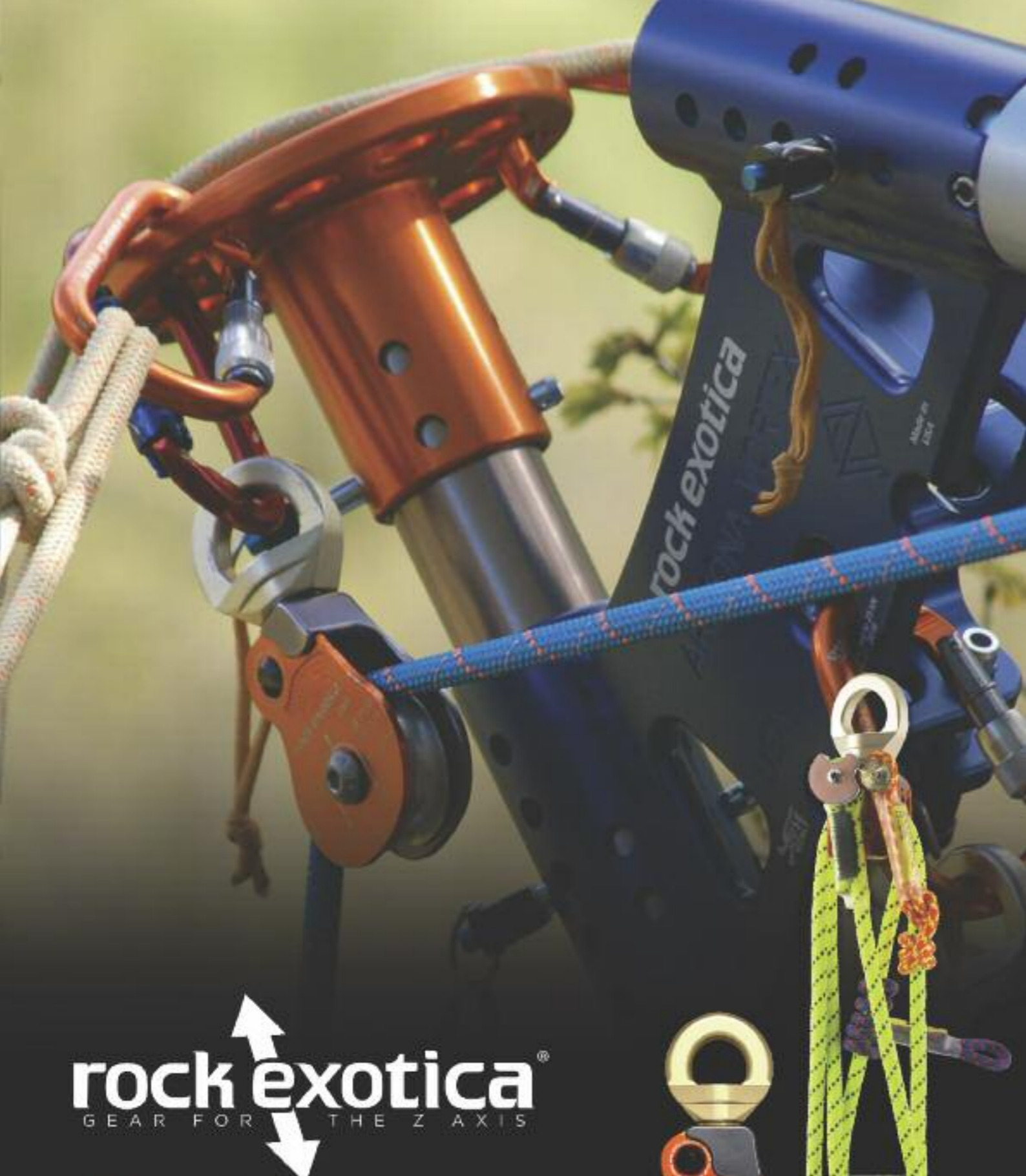
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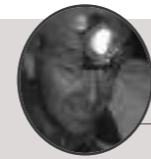
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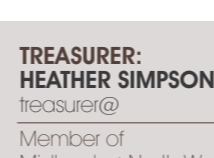
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