

Yorkshire Ambulance Service (YAS) NHS Trust is looking for volunteers to join their Community First Responder (CFR) schemes around Crofton/Walton and surrounding areas.

CFRs are volunteers who provide immediate life-saving care to members of their local communities in an emergency medical situation, such as heart attack, breathing difficulties or a collapse, in the vital minutes before the ambulance arrives.

They are trained in Cardio Pulmonary Resuscitation (CPR) and the use of an Automatic External Defibrillator (AED) which delivers a controlled electric shock to restart the heart. CFRs also carry portable oxygen.

Laura Williams, Community Defibrillation Trainer for YAS in West Yorkshire, said: "CFRs make a valuable contribution to their communities. We know that in many medical emergencies the first few minutes are critical. If effective treatment can be performed within those first minutes, lives can be saved and disability reduced.

"Volunteers come from all walks of life. Many volunteer as a CFR to gain experience, to help their local communities and some people have had personal experience of a loved one needing prompt medical attention and can see the value in this initiative. Being a CFR can be extremely rewarding and I would encourage anyone who may be interested in taking on the role to get in touch."

Full training is given to successful applicants who need to be over 18 years old, physically fit and hold a full driving licence having never been banned from driving with no more than three penalty points. Yorkshire Ambulance Service will also run Disclosure and Barring (DBS) checks on candidates.

Anyone interested can find out more by email: [yas.responders@nhs.net](mailto:yas.responders@nhs.net) or phone: 0333 1300516.