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WE MIGHT HAVE  
2 MINUTES,  
WE MIGHT HAVE  
20 SECONDS.

BUT SOMETIMES,  
THAT CAN BE ENOUGH.

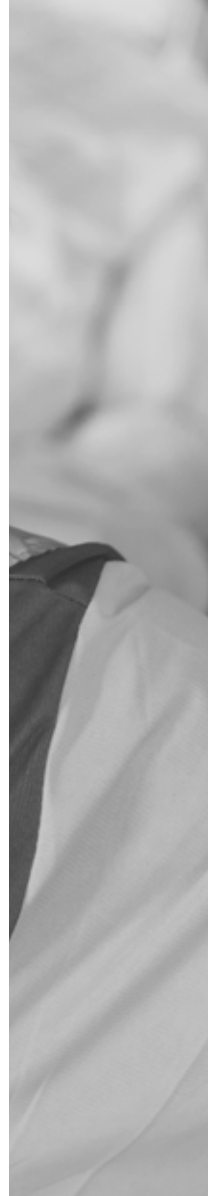
Have you got what it takes?

Community First Responders (CFRs) are  
volunteers that serve their communities  
by attending medical emergencies before  
the ambulance arrives.



-COMMUNITY  
**FIRST-  
RESPONDERS**

COMMUNITY  
RESPONDER





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### What are Community First Responders?

The Ambulance service gets to most calls very quickly. But it may not be quickly enough.

Community First Responders (CFR's) are volunteers trained and dispatched by the UK ambulance service. They provide essential life-saving treatment in those crucial first few minutes before the ambulance crew arrives. This includes responding to collapsed patients, accidents in the home or in a public place.

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### Why become a Community First Responder?

**The motivation to be a CFR comes from within. Here's what our volunteers had to say.**

"After years of being a first aider at work feeling the buzz of helping others I decided to join up as a First Responder to help others in my community."

"The next greatest thing to bringing in a new life is to save one. By giving up a few hours in the evening you could play an important role in giving someone a second chance of life".

"Being a first responder not only gives you the chance to really do something for your community, it gives you the chance to make a huge difference to someone needing vital help."

"The job satisfaction is fantastic. It's a great feeling to help save someone's life."

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### Have you got what it takes?

Community First Responders come from all walks of life. If you're interested in joining us as a volunteer you'll need to be:

- Physically fit and healthy
- Able to carry out effective CPR for up to 20mins (after training)
- Over the age of 17
- A car owner with full UK driving licence
- Prepared to have a data barring service check

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### Interested? Contact:

**Telephone:** 0800 587 0207

**Email:** [cfr@scas.nhs.uk](mailto:cfr@scas.nhs.uk)

**Visit:** [www.southcentralambulance.nhs.uk](http://www.southcentralambulance.nhs.uk)



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## Could you be a supporter?

We need volunteers but we also need more supporters.

If you would like to make a donation, to help us keep saving lives, please visit:

[www.southcentralambulance.nhs.uk](http://www.southcentralambulance.nhs.uk)

Together with



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**FIRST-  
RESPONDERS**