

# STAY SAFE STAPLEHURST



August 2021

Welcome to this latest edition of our newsletter – produced by The Staplehurst Events Community Group Team, and again kindly sponsored by Golding Homes.

## HOW TO ACCESS A DEFIBRILLATOR

If you come across someone who is unconscious, unresponsive and not breathing normally, they're in cardiac arrest. Call 999 and start CPR to keep the blood flowing. Every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent. They cleverly work by analysing the victim's heart rhythm to determine the need for a shock, and then apply the shock as necessary, but it won't shock someone unless they need it

Defibrillators are very easy to use. Although they don't all look the same, they all function in broadly the same way, and give clear spoken instructions. Although its said you don't need training to use one, familiarisation could save vital seconds so its worth thing about. You can see a short video on their use at TBA

So where can you find them?

Wherever you are in the UK call 999, and the ambulance service can advise you of the nearest location details, and offer advice until experts arrive. In Staplehurst, theres is one on the outside wall outside the library – have a look for it when walking past. Elsewhere in the village the Parish Council know of 7 more (Poppies (Headcorn Road),the Health Centre, the 3 dental surgeries, Redrow estate and Jubilee Field), with both the Scouts and Laineys Care Farm expecting to buy one in the next couple of months, and Sainsbury's hoping to have one soon, too. However not all Defibrillators are registered with SECAMB, nor advised to the Parish Coucil, so if you know of one that isn't registered please help everybody and register it by emailing pad@secamb.nhs.uk or on <https://www.thecircuit.uk/>., and also advising the Parish Council.

## ***Beware! It had to happen!***

Emails are being received impersonating the NHS explaining how to apply for a digital vaccine passport. They ask you to click on a link, which takes you to a fake NHS website that asks for payment details.

***This is a SCAM.***

Vaccination status is free and can be applied for via the NHS app or website. -  
[www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter/](http://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter/)

***ALWAYS REMEMBER never ASSUME never BELIEVE always CONFIRM***



Are Pleased to Support  
This Community Project

## **Emergency Help Team Invite**

There were 115 passengers (including Charles Dickens and his actress companion Ellen Ternan) on the boat train from Folkstone at the time of the Staplehurst train crash back in 1865. In actual fact, where the train went into the River Beult was in Marden; but it was the residents of Staplehurst who looked after the stranded (some were wounded) passengers until it was possible for them to leave.

It has now been eleven years since villagers provided food and shelter for the ten people rescued from the fire at the Post Office, and the 80 firefighters who attended during a 24-hour period – the A229 being closed for some of the time. This was the catalyst which prompted the formation of the Staplehurst's emergency Help Team (SEHT).

In today's world serious incidents like fires, train crashes, ruptured gas mains.... are rare and, when they do happen of course, it's always somewhere else – or is it ?

So, when the bomb does drop, in whatever form, it is better if we AS INDIVIDUALS know what we would do in such an event. Since lockdown SEHT, an informal group of local residents (backed by the Parish Council (so when on SEHT activity, volunteers come under the umbrella of the Parish's insurance), we have run no practice exercises, but hope to run some soon, but be sure – the team will be available should an emergency arise.

If you'd like to get involved, or find out more contact Andrew Watson at [ackerbulk@aol.com](mailto:ackerbulk@aol.com)

## **Stay Safe Staplehurst exhibition**

**Village Centre**

**October 16<sup>th</sup> 10.30 -2.00pm**

**Advice, Information and more!**

### **HOW ARE YOU FEELING?**

*Half of Adults have said that the pandemic has impacted negatively on their wellbeing and mental health. Specifically 34% have had health problems whilst around 45% reported anxiety, and /or stress asnd / or 'low mood'.*

*But mental health can affect people at any time, just not during the pandemic, and theres lots of help and advice available.*

*Advice for dealing with uncertainty includes*

*Taking stock of how you feel, perhaps talking it through with a trusted friend*

- *Focusing on the short term*
- *Acknowledging what's working....*
- *Reframing your thoughts – thinking of other ways of looking at the situation*
  - *Finding a new rhythm, or routine*

*There are many sources of help for all ages too via the phone, web, or face to face. They include*

*Release the Pressure can help if you're in distress ([www.releasethepressure.uk](http://www.releasethepressure.uk) ;080010061*

*FACE TO FACE Health support – call Mental Health Matters (between 6pm and 11.pm) on 07840 061684If your mental health is impacting your lfe,work, money, housing or relationships, Live Well can help. Contact via [www.livewellkent.org.uk](http://www.livewellkent.org.uk) or 0800 567 7699*

*If your between 10 and 25, Kooth offer confidential advice( [www.kooth.com](http://www.kooth.com) )*

*Moodspark support young people to better understand, and support, their own wellbeing and resilience ([www.moodspark.org.uk](http://www.moodspark.org.uk) )*