



The NHS in the North West  
Excellence in Supply Awards  
2015  
WINNER

# NEWSLETTER

## FEBRUARY 2017

### Welcome to the second Newsletter of 2017:

My apologies for the lateness of this newsletter, but to be honest we seem to have been shot into 2017 and time has just flown by and boy have we been busy.

Duncan Oag, our Controller Manager is also a secret number cruncher and has come up with some figures, which may surprise you, but also make you feel good for what you do.

In January the riders did 13,214 miles and saved the hospitals a total of £38,324. If that continues we will save the NHS hospitals over £160,000 this year alone, but as in previous years the mileages and savings are likely to increase.

That said it's not just down to Blood, Samples, Notes, etc.

### Donor Breast Milk (DBM)

Up until June 2016 we had made 77 runs with donor breast milk. Since June we have delivered 117 litres of milk.

### Marked bike mileage (From Fleet)

For the year 2016 the fleet bikes covered 98,641 miles remembering that a number of the bikes didn't come in to service till Sept /Oct 2016, so in 2017 I believe they will cover over 10,000 miles easily. (I would forecast about 15,000 miles) This does not include the use of members own bike mileage.

STAGGERING!

### Relay Run:

Friday 10<sup>th</sup> February 2017 we were involved in a relay run from Northumbria to Chester. We've done relays before from our own hospitals and from hospitals in other Blood Bike Group areas, but this one was notably different, because it was Donor Breast Milk, from Donor to Chester Milk Bank.

Barry Bullas at Northumbria Blood Bikes (NBB) contacted us on Monday 6<sup>th</sup> February asking if we could help because a lady in the North East had milk to go to the Chester Milk Bank for processing so it could go to other babies. The problem was that there is no Milk Bank in the North East, the nearest is Chester. They also need a specially designed box to carry the 9 litres of milk, which was, and has to remain frozen.

Fortunately one of our colleagues in Merseyside & Cheshire BB works for a haulage firm and he got a suitable box from Chester and a delivery driver heading to the North East dropped it off.

Barry sorted all the riders in NBB, Blood Bikes Cumbria (BBC) NWBLL and M&CBB.

Collection 09:05 10/02/17, delivery 13:56 10/02/17, with Brian Lord collecting from BBC at Southwaite Services (M6), took it to Forton Services (M6) and handed over to Martin Smith who took it to Charnock Richard Services (M6). Martin then handed it to M&CBB who took it the rest of the way.

Good all round effort by everyone, especially Brian Lord, Martin Smith and Paul Pain. Paul looked after the Controlling at our end.

***"Volunteers Who Care"***

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Registered Charity 1147282**



Brian Lord having just taken over the milk box from John Cruse (B/Bikes Cumbria) at Southwaite.

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### Publicity:

As you know, the National Lottery have been on our case and are helping us, through their many contacts, to tell ordinary members of the public what we do and why we do it, but more importantly the fact that we are all unpaid volunteers.

The latest that I know of is the magazine “Mother & Home” (I’m sure all the men will read that ☺). They have interviewed Denise Brooks and even sent a photographer:



Hopefully the magazines will end up all over the place and more and more ladies will get to know about us.

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### Letter and cheque:

Following on from the publicity issue we received the following from an elderly couple of ladies, which we think is quite heart rendering:

*“Please find enclosed a cheque for £30 as a donation towards the NW Blood Bikes. This is from Miss ??? and Mrs ??? I read that you need to buy 2 new bikes so here is a small contribution”.*

What can I say?

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### AVIVA:

Of course they insisted on a photo shoot for their publicity, so here it is:



One, of about 100 taken.

What’s going to happen to the money?

Three new bikes have been ordered, not to expand the fleet, but to replace retiring bikes, which have served us well, but are costing more to maintain. Hopefully they should come on line in March.

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### Annual General Meeting: Date for your diary.

#### Sunday 14<sup>th</sup> May 2017.

A provisional date is set as near the 2<sup>nd</sup> May as possible, and bearing in mind the 1<sup>st</sup> is a Bank Holiday and there is an event on, on the 7<sup>th</sup> we are hoping to go for **Sunday the 14<sup>th</sup> May 2017** at the Samlesbury Hotel. This has yet to be confirmed and I will let you know.

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## Something to warm the heart x 2:

1) On Tuesday 7<sup>th</sup> February Brian Danson left his house at 10am as he did most mornings to get a newspaper and some groceries. He was on his way home when he had a cardiac arrest, lost consciousness and collapsed.

Stephen Bailey was first to see what had happened, he stopped his van and started CPR. **Ian Brunning** was also driving when he saw what had happened, he parked his bus and took it in turns to continue CPR. Debbie Riley phoned 999 and gave ambulance control the details of what was happening.

Brian was taken to Wigan Infirmary. Dr Arya (consultant cardiologist) was on-call and recognised Brian needed Coronary Angioplasty. Normally patients like Brian would be taken to Wythenshaw for such a procedure. Dr Arya knew this procedure could be undertaken in Theatre at Wigan, which was currently in use, by Dr Kumar. Dr Kumar took Brian to Theatre and inserted three stents in his coronary artery. Later that day Brian was transferred to Intensive Care where he remained intubated on a ventilator and fully sedated.

Brian was nursed overnight by Sheena & Kath, two fantastic caring, professionals who worked tirelessly dealing with the myriad of computers and monitors that were keeping Brian alive. Sheena in particular worked like a pinball-wizard dealing with the constant alarms that were being triggered. Brian's heart was beating erratically and slowly at 30 beats per minute.

On Wednesday morning the Intensive Care team started to reduce his sedation to see if he could breathe unaided. Initially Brian started to breathe and his breathing tube was removed but he failed to regain consciousness... minutes turned to dark, dark hours as his Doctors, Nurses and family waited to see if he had suffered permanent brain damage. In essence, Brian's recovery at this stage depended on the length of time he had no heart output and the quality of the CPR undertaken by two strangers on a cold pavement in Lancashire on Tuesday morning.

At 6pm on Wednesday Brian regained consciousness and opened his eyes.

He's now on the Coronary Care Unit still at Wigan Infirmary. He doesn't yet understand what has happened to him but he's eating and drinking

and having lucid conversations with his family. He's not yet out of the woods and there's talk of a further operation to have an internal defibrillator fitted.

I'm Brian's son. The reason, I'm posting this update is to thank all those well wishers that have enquired about his progress and to personally thank all those that stopped to help, the paramedics, the doctors, nurses, and all who work at Wigan Infirmary.

To Stephen, Ian and Debbie, you are heroes and deserve to be recognised as such. Brian's wife, his sons, his brothers, his grandchildren, his great grandchildren and his friends would all like to tell you personally, from the bottom of our hearts, how grateful we are.

To everyone who reads this, please share this widely to show the bravery and humanity that exists and to encourage more people to undertake basic first aid and CPR training.

I've appended a recent photo of Brian with one of his great grandchildren in the foreground.



The reason for the inclusion of this article is that it mentioned Ian Brunning who is one of our members.

Note to new members, we actually do First Aid and De-Fib training in house and FREE.

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2) Pharmacy staff support us:

Check this out on Facebook.

<https://www.facebook.com/photo.php?fbid=1254238041311958&set=gm.1312209135492476&type=3&theater>

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#### **Social Media:**

Whilst on about Facebook, most of you use Facebook and I'm learning, and some say I use it too much, well tough! ☺

Many who have Twitter accounts will no doubt see a lot of stuff pertaining to Blood Bikes. Dumfries and Galloway Blood Bikes, in particular, are all over it and it appears to be a good media for getting the message out.

Some time ago, Neil McCall asked if anyone was presented with a donation could they email Neil with a brief story and a picture, so he could put it on Twitter.

If you do a talk, or receive a donation, please email Neil. It gets you noticed as well as the charity and can only do us all good, unless you are on the FBI Most Wanted list of course ☺ then please don't.

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#### **So Far this Winter:**

The weather has not been too bad as regards frost and snow, but it has been wet, dirty and worst of all slippery, yet it has not deterred anyone from going out and doing what we do. What a great job you do and eventually everyone will know. Spreading the word is vital, so please pass on to everyone that you are a North West Blood Biker and if they say "What?" tell them what you do, be it Rider, Controller, helper or whatever.

We are now heading towards Spring and Summer, in fact the clocks go forward at 02:00 on 26<sup>th</sup> March 2017, hopefully our work will get easier and even more enjoyable.

So:

**Remember what we do**

**“SAVES LIVES”**

**but**

***NO JOURNEY IS SO URGENT AS  
TO PUT YOUR OWN LIFE AT  
RISK***

***Paul*** (Founder, Chairman & Trustee)

***If I've missed or forgotten something, forgive me, (but let me know, I can always do another supplement) also, if you want something including in the next newsletter? Feel free to Email your copy (text and images PLEASE) directly to me, [chairman@nwbb-lancs.org](mailto:chairman@nwbb-lancs.org)***

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