

Penicuik Community First Responders Mark 18 Years of Lifesaving Service

Lifesaving volunteers from Penicuik Community First Responders recently celebrated the group's 18th anniversary.

Penicuik Community First Responders (CFRs) are a group of volunteers trained by the Scottish Ambulance Service to respond to a potential life-threatening emergency in the vital first few minutes before an ambulance crew arrives.

They cover the EH26 postcode and surrounding areas, and currently have six members who meet up monthly and have been involved in the group for several years.

Yvonne Mitchell, Co-ordinator for Penicuik CFRs said: "We are immensely proud to mark our 18th anniversary. This milestone is a testament to the dedication of our volunteers and the support from our community.

"We train as CFRs to help others who live in our area, whether it is being first on scene at a cardiac arrest, or providing a listening ear and holding someone's hand while the ambulance crew is on route.

"We look forward to many more years of serving our community and making a positive impact on the lives of those in need."

Michael Dickson, SAS Chief Executive, said: "Congratulations to the Penicuik community first responders on this fantastic

achievement.

“Our Community First Responders play a vital role in their communities, starting treatment while an ambulance is on route as every second counts, particularly when a person suffers a cardiac arrest. We are thankful to each and every one of them.”

To find out more about becoming a CFR, please visit: [Community First Responders \(scottishambulance.com\)](https://www.scottishambulance.com/community-first-responders)



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