# East Anglian Air Ambulance

# Volunteer Role Description

# Challenge badge volunteer

**Why we need you**

The East Anglian Air Ambulance Challenge Badge is a different and fun way to engage with schools and youth groups across Bedfordshire, Cambridgeshire, Norfolk and Suffolk. Primarily aimed at children aged 10 -14 years old, the challenge is designed to teach participants about different aspects of the charity. In particular we want to teach participating groups all about the work of EAAA and the importance of CPR.

Every year approximately 12,000 people suffer a cardiac arrest in the East of England. Only about 40% of those receive any form of bystander cardiopulmonary resuscitation (CPR) before the arrival of the emergency services. Less than 20% have a defibrillator deployed before emergency services arrive.

Whatever our age, we all have our part to play in accident prevention and understanding how to help others in a medical emergency. The EAAA Challenge Badge will teach vital CPR skills, give an understanding of what a defibrillator is and how to use one so that, one day, those we teach might become somebody else’s life-saver.

We have had a phenomenal response from groups wishing to take part in this challenge and we need more volunteers who can both talk about the work of EAAA and teach CPR.

**What you will be doing**

Delivering our free high-quality CPR and defibrillator awareness sessions

Delivering prepared talks of around 30 minutes to a variety of different audiences. PowerPoint slides, an iPad with the presentation already downloaded, and a projector and screen are provided if you wish to use them, or you can use your own equipment if you prefer.

# When you will be volunteering

When delivering the Challenge Badge CPR courses and talks, we are usually guided by the requests and what dates and times suit the groups asking us to attend. The highest demand is for weekdays and evenings.You can though contact the group to discuss alternatives and to agree a date and time that is convenient to both of you.

# What you need for this role

• Previous experience of delivering CPR training is preferable but not essential as full training will be given

• Confident in public speaking and delivering training, especially to a younger audience.

• Flexible with your time and able to attend courses at short notice with an ability to deliver at least one session each month. These are likely to include courses in the evenings and at weekends.

• Must be able to travel across the county you cover to attend courses and have access to your own transport.

• Physically able to deliver all aspects of training, which will involve performing CPR on a mannequin.

• You will also need to be able to kneel on the floor to demonstrate.

• Friendly, enthusiastic and approachable.

• A comittment to undertake training

# What’s in it for you

• Full training (Train the Trainer) and a comprehensive induction provided by EAAA, as well as ongoing support.

• Join an inclusive and diverse organisation

• Have fun, meet new people and join a motivated and enthusiastic team who are making a difference

• Give back to your local community

• Reasonable out of pocket expenses in line with EAAA’s Volunteer Expenses Policy

# Interested?

# Please complete our online application form.

# For further information please contact info@eaaa.org.uk , call 03450 669999 or visit our website [www.eaaa.org.uk](http://www.eaaa.org.uk)

# We look forward to meeting you!