



# The Link



**St John**

International

*Sharing news from St John International*

## Hello!

Welcome to our Spring newsletter.

We hope you will enjoy reading the latest updates from St John around the world.

### FIND US ONLINE

[www.stjohninternational.org](http://www.stjohninternational.org)



You can find all the latest International and Order news, information on St John Establishments and the many ways to support us.

## Teaching first aid to prisoners in Kenya



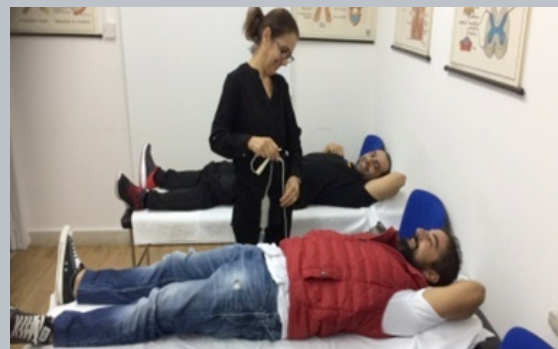
As part of the Government's plan for prison reforms and improving prison safety, St John Ambulance Kenya is training prison wardens and prisoners in first aid.

Henry Kisingu, Senior Assistant Commissioner in charge of the Kamiti Maximum Security Prison said, *"Let us stop labelling prisoners, because human beings can change. They have skills which can benefit the society. The training is one of the benefits of prison reforms in the country. This prepares them for reintegration in the society since they get something positive to give back."*

According to St John Ambulance, the initiative started at a time when the latest report by the Kenya Prison Services indicated that over 1,714 inmates have died from health emergencies over the past five years.

St John Ambulance, CEO Albert Ruturi mentioned that overcrowding exposes inmates to health-related emergencies that have contributed to deaths over the years. They hope to reduce the number of deaths by rolling out the training sessions to all prisons in the country.

## Blood donation drive in Cyprus



To tackle the problem of blood shortage in hospitals in Cyprus, members of the Larnaca District Committee of St John have organised a blood donation drive which will run every year.

Blood donation in Cyprus started around the 1970/80s when Government initiated this voluntary activity as being of vital importance for those patients that suffered from Mediterranean Anaemia.

Anaemia can only be cured with preventive measures, which is the case in Cyprus for the last 20 or so years. For those who suffer from it and are in an advanced stage the need is always there for repeated transfusions, in most cases throughout their lives.

St John Cyprus hope that it will serve as an example to follow for other sections of the Cyprus Community.

## Edinburgh trams to be fitted with defibrillators



From L-R: (Back) St John Scotland Prior, Mark Strudwick, and Transport for Edinburgh Chief Executive, George Lowder. (Front) Lord Provost, the Rt Hon Donald Wilson; Bryan Finlay from Scottish Ambulance and Piotr Rogula from Edinburgh Trams.

In a bid to save the lives of cardiac arrest patients, trams in Edinburgh are being fitted with defibrillators which can increase survival rates by up to 75%.

Edinburgh's Lord Provost Donald Wilson said, "Not only can the machines help passengers in need, they can be taken off the carriage and used at tram stations."

St John Scotland is installing the defibrillators which are being funded by public donations and businesses including the Royal Bank of Scotland, Virgin Money, and Montagu Evans, Charlie Miller, GLM, Phillips and Laerdal, and Newtyne Consultancy and Training.

The Prior of St John Scotland said, "St John Scotland are delighted to partner with Edinburgh Trams and the donor businesses to provide a lifeline through Edinburgh.

"Defibrillators are critical, should someone experience a cardiac arrest, and by making these life saving machines readily available, we hope that more lives can be saved - should the worst happen."

## St John inspired a member to become a nurse to save more lives



St John Nursing Officer Miss Lim Han Ying (third in from right) with St John Brigade Singapore Phnom Penh Corps.

To meet the healthcare needs of a growing and ageing population in Singapore, skilled nurses are often required to deliver health care services.

From a very young age, Miss Han Ying Lim from Singapore knew she wanted to become a nurse.

She said, "St John certainly provided a platform for me to hone skills that are essential to nursing. By developing my First Aid and Home Nursing knowledge and skills during my years in this organisation helped me gain

valuable insights and values even before I embarked on my nursing career.

"It was through the exposures St John provided me that reaffirmed my decision to be a nurse, and I can't be more grateful for that."

Miss Lim has been part of St John Singapore for over 12 years, initially joining as a cadet and later becoming a St John Zone Nursing Officer.

A St John Zone Nursing Officer is a registered nurse, whose role is to train St John cadets and members in Basic Home Nursing courses. For instance, cadets are taught how to monitor vital signs, manage patients with fever, serve medications based on the medication safety guidelines and manage different types of wounds.

Currently Miss Lim works as a nurse in the high-intensity major operating theatres in hospitals.

Recently Miss Lim has travelled to Phnom Penh, Cambodia to speak to other St John members and volunteers, telling of her experience of being a Zone Nursing Officer with St John Singapore, where many of whom are medical students.



## Providing first aid for pilgrims in Sri Lanka



*St John Sri Lanka volunteers helping an elderly woman who fell ill during her journey.*

During the pilgrimage season to Sri Pada, the Colombo Central Unit of St John Ambulance Sri Lanka set up several first aid and medical camps with the cooperation of teachers from Western Province Education Ministry and nurses from the Colombo National Hospital in late February.

This was to ensure those who were on the pilgrimage felt comfortable and reassured by reducing their aches and pains, and help them during times of accident and sudden illness.

It takes approximately 5 hours to reach the peak of the sacred mountain by foot and many devotees of different faiths and religions climb up to invoke blessings.

Most people make the climb by night to reach the mountain top to watch the “Ira Sevaya”, the sun rise over the sea. But during this time, it can be dangerous due to heavy crowds especially during the weekend and towards the end of the season.

The team of first aiders consisted of 50 members, 2 medical doctors, 4 nurses, 4 EMT officers, 3 principals and 10 teachers as volunteers.

## Lord Prior visits Africa



*Sir Malcolm Ross speaking to a mother with her child in Mount Hampden, Zimbabwe.*



*Sir Malcolm Ross inspecting a parade mounted by the Dolphins and Cadets in Nairobi, Kenya*

Last month in February, the newly appointed Lord Prior, Sir Malcolm Ross, visited two Associations in Africa - Kenya and Zimbabwe where he met members, volunteers and cadets, as well as having the chance to see the Mother and Baby Programme.

Sir Malcolm said, “The St John staff and volunteers are doing a fantastic job in reaching out to those living in remote areas who need help and support. I am impressed with the Mother and Baby Programme and the difference it can make within the communities.”

## New Banner and Flag Handbook



We are pleased to introduce the new Order of St John Banner and Flag handbook.

Available now online:

<https://www.stjohninternational.org/Pages/FAQs/Category/member-information>, and click on 'Latest Chancery News'.

## Welcoming our new Head of Chancery and Administration

Joining the International Office, Kelvin Launchbury will be dealing with all matters concerning the Honours and Awards system for St John members.

Previously he has worked in the British Courts for the majority of his career - making his way up from a clerk to director, responsible for all of the courthouses in the West Midlands region. During his time, he has worked closely alongside Judges and Magistrates, to help deliver the best possible service to customers.

In addition, Kelvin has worked at IPSA, the organisation responsible for managing Members of Parliament (MPs) expenses. Most recently, Kelvin has worked at the Nursing and Midwifery Council.

He said, "I'm now really keen to get to grips with this job as Head of Chancery as soon as I can to give the best support to anyone who needs my help."

The International Office would also like to take this opportunity to wish our former Head of Chancery, Mark Williams all the very best for his future endeavours.

## Celebrating gift from the Patron's Fund



St John International is celebrating after receiving a £2,500 gift from The Patron's Fund, the charitable fund set up to acknowledge the work of the charitable

organisations for which Her Majesty, The Queen acts as a Patron, on the occasion of her 90th birthday.

Around £750,000 is available from The Patron's Fund to distribute between nearly 300 charities and other organisations in the UK and the Commonwealth.

A spokesperson from St John International said, "We are delighted to have The Queen as our Sovereign Head of the Order of St John."

"This money will help pregnant women, new mothers and their babies to have better access to health care services in Malawi. Each year more than 200,000 women and 1 million newborn babies die from maternal health and newborn complications in Sub-Saharan Africa."

## Upcoming Event Dates

- 21 - 23 March - Asia Regional Meeting (New Zealand)
- 16 April - Easter Sunday
- 22 - 25 May - Grand Council (Cape Town, South Africa)
- 10 June - Queen Elizabeth II 91st birthday
- 24 June - St John's Day

If you have any stories you would like to be covered in the Link newsletter, or you would like information on any of the news featured in this edition, please email Chiao at: [chiao.kwan@orderofstjohn.org](mailto:chiao.kwan@orderofstjohn.org)

