

CFRS Weekly Update – 23/05/25

Weekly Update – At a Glance

- Wildfires update – Unimog now back on the run, and a thank you
- Opportunity for supervisory managers
- A66 improvement works
- PensionPoint
- Declaration of ‘Gifts & Hospitality’ AND ‘Contacts with Suppliers’ **Please note – this applies to ALL employees**
- ICT assets survey
- Annie Mac’s Wealth of Health: The importance of drinking water and keeping hydrated

**** Please note that the above information should be shared with all staff on parade.**

Detailed information for each of these headlines can be found below.

Risk Critical / Operational

Wildfires update – Unimog now back on the run, and a thank you

Following a busy week with wildfire incidents across the county due to the long period of dry weather we have had, I would just like to thank everyone for all their hard work.

The majority of our wildfire stations have been deployed at some point, and for prolonged periods of time, and it's great to see assistance messages for these incident types are now asking for the right resources with the equipment. I think crews are seeing the benefit of this.

I would also like to provide an update on location of the wildfire fleet.

- **Grange:** Water bowser and associated wildfire equipment now back on the run
- **Appleby:** Unimog back on the run



Thanks again to everyone for your efforts over the last few weeks, and hopefully you will get some down time soon.

Martin Slack

Group Manager, Service Delivery – Cumberland

Other

Opportunity for supervisory managers

North West Region Operational Assurance Shared Learning Seminar – Thursday, 4 June 2025



North West Region Operational Assurance Shared Learning Seminar

Wednesday 4 June 2025

Halliwell Jones Warrington Wolves Stadium,
Mike Gregory Way, Warrington, WA2 7NE

09:30 arrival – **16:30** close

BOOK NOW by emailing events@cheshirefire.gov.uk
to confirm your place, bookings close on **28 May 2025**.



If you would like to attend this event please provide a small expression of interest to OperationalAssurance@cumbriafire.gov.uk by Monday, 26 May 2025 as places are limited.

Kasey Grainger

Station Manager, Operational Assurance

A66 improvement works

As you may be aware, National Highways is carrying out improvement works on the A66 between Penrith and Scotch Corner

Work has been taking place to create an access point on the A6 southbound near Kemplay Bank roundabout, behind Penrith Fire HQ, in preparation for work scheduled to start July 2025.

This work may lead to disruption and traffic on the roundabout, especially at peak times, so be mindful of potential delays.

More details on the work starting July 2025 will follow once confirmed by National Highways.

Liam Waite

Communications Officer

PensionPoint

Members of one of the occupational pension schemes at Cumbria Fire & Rescue Service are reminded that the Local Pension Partnership Association (LPPA) hosts a pension portal that members can use to access details on their pension.

Registering for the LPPA pension portal, *PensionPoint*, offers numerous benefits that make managing your pension easier and more efficient.

By registering, you gain 24/7 access to your personal pension information, allowing you to update your details and download and upload important documents.

The portal also provides a secure and convenient way to stay informed about your pension, providing you with factsheets, bitesize videos, and information on your pension.

Please use your personal email address when logging on.

You can register for the pension portal at: [PensionPoint - Log in to your LPPA online portal - Home](#)

Simon Long

Senior Pensions Advisor

Declaration of ‘Gifts & Hospitality’ AND ‘Contacts with Suppliers’ **Please note – this applies to ALL employees**

This information was originally circulated to all on Friday, 25 April 2025. Please note that this is a friendly reminder for **ALL EMPLOYEES** to complete if applicable.

As part of the Joint Corporate Governance Framework, the financial regulations set out that the Chief Fire Officer has a responsibility *“to foster a culture that will not tolerate fraud and corruption”* and *“to adopt and maintain effective anti-fraud, anti-corruption and anti-money laundering arrangements.”*

This includes having policies to **capture the receipt of gifts and hospitality over the value of £25 by any senior officers and all employees** including where gifts and hospitality have been declined.

In addition, for similar reasons we are seeking to **capture contacts by senior officers and all employees who have had communication with current or potential suppliers or contractors.**

For example, it might be that an officer/employee has met informally/attended a visit or seminar hosted by a potential supplier.

We would use the information to consider the appropriateness of that officer/employee being involved in a procurement process where the supplier may be a potential bidder.

This is to help us demonstrate that we have a process to ensure independence around procurement.

This is **NOT** meant to capture 'normal day business' of contacting suppliers to raise orders and query supplies, etc.

The registers are held on CFRS SharePoint and can be accessed via the below link:

[Fire Hub - Service Forms - Series 1000 Forms](#)

Or via these specific links:

 [Gifts & Hospitality register](#)

 [Supplier Contacts register](#)

Please complete these registers following any occurrence of a reportable gift, hospitality or supplier contact as the year progresses to avoid having to recall them in a block at year end.

Please think back to January 2025 and record any instances back to then, which was when this was first raised as an audit requirement.

Can managers who have team members who are unable to access the SharePoint links above please highlight this audit requirement to them and facilitate the completion of the form on their behalf when needed.

As part of the CFRS statutory accounts, details of our anti-fraud and corruption procedures are published and to maximise completeness we will circulate a reminder to complete these registers on a quarterly basis.

Kind regards,

Emma Brough

Finance Officer

ICT assets survey

We are working with ICT to capture an accurate record of all ICT assets that have been assigned to staff and stations.

We need to capture an accurate list which is as up-to-date as possible because we need to understand: what ICT equipment we have; who it has been assigned to; what risks there may be due to ageing equipment; and where this equipment is currently.

In some instances equipment has been reassigned or passed on but records have not been updated, or they have been ordered as part of a wider project and are assigned to the individual who lead the project rather than the staff they have then been issued to.

In the first instance, please can you capture all the equipment that has been assigned to you.

Computer mice, power cables and keyboards are not part of the survey – at this stage, we are mainly looking for assets assigned to individual staff such as laptops, phones and monitors.

What is an asset tag?

The asset tag is an identifying blue sticker with a barcode that ICT puts onto devices that are issued to staff.

On mobile phones this will be under the case or may be under the battery.

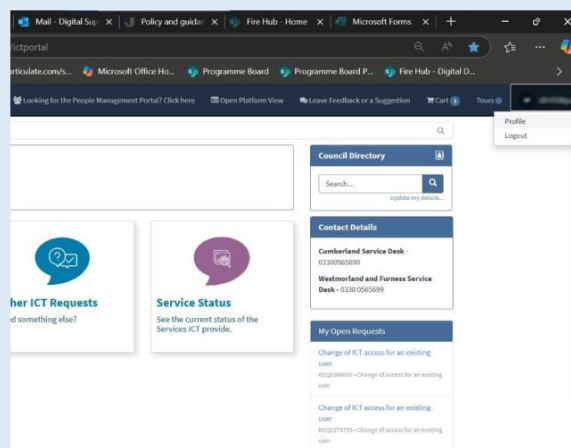
If you cannot find or there isn't an asset tag, please complete the form with as much information as you can.

This is your “Asset Tag” – it’s the identifying number that ICT use to record all devices.
It may not be easily found on some devices

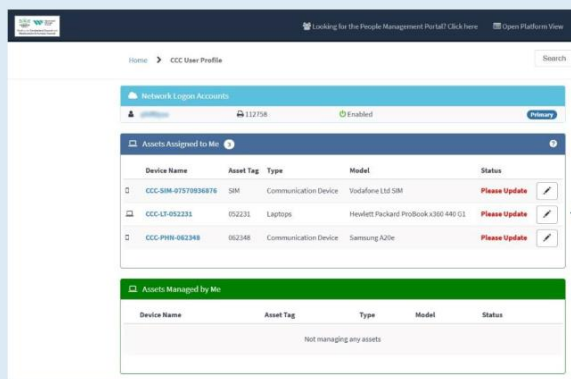


To find what has been assigned to you – you can also go to ICT Servicedesk and open your personal log from there.

FIRST:



Click here,
select “profile”



Edit any
errors here.

Please complete one form for each piece of equipment that you are recording:
<https://forms.office.com/e/LtyPwjGRkb>

If you have any questions regarding the survey, please email digitalsupport@cumbriafire.gov.uk

Digital Support team

Annie Mac's Wealth of Health: The importance of drinking water and keeping hydrated

Health benefits of proper hydration

Staying well-hydrated provides numerous health benefits recognised by UK health authorities:

- **Improved cognitive function:** The NHS notes that even mild dehydration affects concentration and mental performance
- **Better physical performance:** British sports medicine research shows proper hydration maintains blood volume and regulates body temperature during exercise
- **Enhanced digestive health:** The British Nutrition Foundation highlights water's role in preventing constipation and supporting digestive processes
- **Kidney function support:** Barts Health NHS Trust emphasises adequate hydration for preventing kidney stones and urinary tract infections
- **Skin health:** British dermatologists suggest proper hydration contributes to skin elasticity and appearance
- **Joint health:** Arthritis Research UK recognises hydration's importance for joint lubrication and cartilage health
- **Temperature regulation:** Particularly important given the UK's variable climate, from cool wet days to occasional heatwaves

Recommended water intake in the UK

The British Nutrition Foundation and NHS guidelines suggest:

- **General recommendation:**
 - **Women:** About 1.6 litres (eight glasses) of fluid daily
 - **Men:** About two litres (10 glasses) of fluid daily
 - **Note:** This includes all beverages and water-rich foods
- **Personalised approach:** A practical formula is drinking between 30-35ml of water per kg of body weight daily.
- **Situational adjustments:**
 - Add 500ml for light exercise
 - Add 500-750ml for moderate exercise
 - Add 750ml+ for intense exercise lasting over an hour
 - Add 500ml for hot conditions (UK summer heatwaves)
 - Add 500ml when ill, especially with fever, vomiting, or diarrhoea
 - Pregnant women need about 2.3 litres daily
 - Breastfeeding women need about three litres daily

Strategies for increasing daily water consumption

- **Track your intake:** Use a 500ml water bottle and aim to refill it multiple times daily
- **Create triggers:** Drink a glass of water during specific daily activities (waking up, with meals, with medication)
- **Enhance flavour:** Add natural flavours like lemon, cucumber, or British-grown berries. I like a sprig of rosemary, lemon and cucumber in my water... try it!
- **Set reminders:** Use phone alerts, particularly during UK's central heating season when indoor air is drier
- **Visual cues:** Keep a water bottle visible on your desk or beside the kettle

- **Establish routines:** Drink a full glass upon waking, with each meal, and before bed
- **Replace some tea/coffee:** While these count toward hydration, try substituting water for some cups

Signs of chronic dehydration

- According to UK medical guidance, chronic mild dehydration can manifest as:
- Persistent fatigue or low energy
- Frequent headaches
- Dry skin and lips Constipation
- Muscle cramps
- Poor skin elasticity (skin pinched on back of hand slowly returns to normal)
- Reduced urine output or very dark urine
- Recurring urinary tract infections
- Dizziness or light headedness

Hydration for exercise and activity

UK Sport and sports nutritionists recommend:

- **Before exercise:** Drink 500ml two-three hours before and 250ml 20-30 minutes before exercise
- **During exercise:** Drink 125-250ml every 15-20 minutes during activity
- **After exercise:** Drink 500ml for every 0.5kg of body weight lost during exercise
- **Electrolyte consideration:** For exercise lasting more than an hour or during UK summer heat, consider electrolyte replacement

Water quality considerations in the UK

- **Tap water quality:** UK tap water meets strict standards set by the Drinking Water Inspectorate and is generally excellent
- **Hard water:** Many parts of the UK have hard water (high mineral content), which is safe and may contribute beneficial calcium and magnesium
- **Filtered water:** Home filtration (such as Brita filters) can improve taste in hard water areas
- **Bottled water:** UK bottled waters like Highland Spring, Buxton, or Evian must meet Natural Mineral Water, Spring Water and Bottled Drinking Water Regulations

Hydration myths and misconceptions

Myth: Tea is dehydrating due to caffeine. Reality: The NHS confirms that tea contributes to daily fluid intake despite containing caffeine.

Myth: You must drink 8 glasses of water specifically. Reality: The NHS states all non-alcoholic fluids count toward hydration goals.

Myth: Sparkling water is less hydrating than still. Reality: British dietitians confirm both are equally hydrating.

Myth: UK tap water contains harmful chemicals. Reality: UK water companies maintain some of the highest quality standards globally.

Other sources of hydration

- **Hydrating foods:** Some UK-available foods contain significant water:
 - Cucumber (96 per cent water)
 - Lettuce (96 per cent water)
 - Courgette (95 per cent water)
 - Watermelon (92 per cent water)
 - Strawberries (91 per cent water)
 - Oranges (88 per cent water)
 - Plain yoghurt (85 per cent water)

- **Other beverages:** All contribute to hydration:
 - Herbal teas
 - Milk
 - Fruit juices (though high in sugar)
 - Soups and broths
 - Sports drinks (containing electrolytes but often sugar)
 - Tea and coffee (count toward daily fluid intake)

The NHS and British Dietetic Association emphasise monitoring urine colour (pale straw colour indicates good hydration) and thirst as practical ways to assess your hydration status. Enjoy drinking more water!

Annie McInerney-Thompson

Recruitment, Fitness and Engagement Coordinator

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

