



CFRS Weekly Update – 06/06/25

Weekly Update – At a Glance

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- Annie Mac's Wealth of Health: Skin protection beyond sunscreen

**** 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

Safety Flash: Hydrant safety bulletin

A hydrant failure occurred earlier this year while in operation at a property fire in Whitehaven.

While testing and clearing the hydrant, the standpipe detached from the hydrant due to part of the nylon screw breaking off, which caused the standpipe to shoot into the air and land several metres away.

Crews managed to safely close the hydrant, limiting water run off, and requested attendance to the United Utilities Response Team who were able to organise for the repair of the hydrant.

A video of the hydrant failure, and more information on hydrant types and testing, can be found in this presentation : [!\[\]\(de95854c7ee024cfadc48187bbb781b2_img.jpg\) **Testing Fire Hydrants NEW 2024.pptx**](#)



Crew are reminded to carry out the following when using hydrants:

- Check the hydrant type prior to fitting the standpipe – extra care should be taken with nylon outlets
- Not to over tighten the standpipe

- Ensure minimum of 3m of straight hose line from standpipe to avoid loosening of standpipe
- Slowly open hydrant with key and bar
- Do not apply lateral pressure to the standpipe
- Complete the hydrant & inspection QR code once the task has been complete



Jonathan Wills

Station Manager

Change of call-sign to Command Unit at Penrith

This correspondence is to inform personnel that, as of Wednesday, 4 June 2025, the Command Unit (CU) at Penrith will have a new call-sign, which is C27C1.

The Command Unit has been added to a number of service action plans and; if there is a make-up of four pumps or above, the system at NWFC will now look for the nearest JICU or Command Unit.

The Command Unit will only turn out with two personnel, unless specifically requested by the Incident Commander (IC) that more personnel are required to undertake the Command Support function.

Note: If an IC specifically wants the Command Unit to attend, then they can request it via an assistance message, i.e., 'Make Command Units 1.' Or, if they specifically want a JICU, they can do the same but for a JICU.

Currently this setup is for a trial period of six months.

Paul Dean

Volunteers needed for *Exercise Sanctuary* – *FREE FOOD (and brews)!*

Exercise Sanctuary will be an exercise taking place at two locations simultaneously to simulate the welfare response through the setting up of Emergency Assistance Centres (EAC) by the local authorities in Cumbria.

Wednesday, 2 July 2025

Carnegie Theatre, Workington, and Rugby Union Club, Penrith

10am–12.30pm

We are inviting volunteers to support the exercise acting as ‘evacuees’. Brews and lunch provided.

To sign up to the exercise: [**Exercise Sanctuary Signup**](#)

For more information email [**emergency.planning@cumbria.gov.uk**](mailto:emergency.planning@cumbria.gov.uk)

Nik Schickhoff

Cumbria LRF Development Officer, Joint Emergency Management and Resilience Team
Assistant Chief Executive Directorate, Westmorland and Furness Council

Incident Command Level 1 CPD half-day sessions

The L&D Incident Command Team are running six further Incident Command Level 1 CPD sessions at Service HQ at Penrith for operational staff who hold the ICL1 incident command skill.

Level 1 Incident Commanders need only attend one of these sessions in the next 12 months.

The CPD sessions cover XVR interaction and assessment criteria. The session will also include instruction on the use of the new ICL1 Prompt & Record cards produced by the IC team, which will be issued to each attendee.

Attendees will be able to record no more than two Incident Command hours on PDRpro. There are 12 places for each session. Staff can book on either the morning or afternoon sessions. The times and dates will be available on PDRpro CMS calendar.

All the information for the sessions are on the joining instructions on PDRpro.

John Hogg

Incident Command Manager, Learning & Development

Equality, diversity and inclusion

Men's Health Week UK

This week's Men's Health Week UK is from Monday, 9 June to Sunday, 15 June to raise awareness of men's health and to encourage all men to seek help to address any health concerns that they may be experiencing.

This year their campaign is calling for a Men's Health Strategy.

- One man in five dies before the age of 65
- Four in five suicides are by men, with suicide the biggest cause of death for men under 49

You may find some of the following information useful:

[**Resources for Men – Male suicide prevention and mental health resource**](#)

[**Mental health CFRS awareness week**](#)

[**CFRS Wellbeing Hub | Cumbria Fire & Rescue Service**](#)

[**NHS how to check your testicles**](#)

[**NHS information on Prostate cancer and screening**](#)

Kelly Drury

Watch Manager, Equality, Diversity and Inclusion

Bookings open for UK FirePRIDE second annual conference

Bookings are now open for UK FirePRIDE's second annual conference, co-hosted by Surrey, East Sussex, Kent and West Sussex fire and rescue services.

- Friday, 1 August 2025, 9.30am–4.30pm
- Surrey Fire and Rescue Service Headquarters, Reigate, RH2 8EF

This is a **FREE** event aimed at fire and rescue service LGBT+ colleagues, networks, allies, supporters inclusion leads and senior sponsors; this year's theme is **SAFE TO BE YOU**.

There are currently three spaces allocated for each fire and rescue service. If you are interested in attending email kelly.drury@cumbriafire.gov.uk

Kelly Drury

Watch Manager, Equality, Diversity and Inclusion

Vacancies

CFRS0161 – Asset Management Assistant

Salary: £25,992 (pro rata)

Hours: This role is 37 hours, and is available on a full-time, part-time, or job share basis. We offer other flexible work options, such as compressed hours.

Contract: Permanent

Location: The role is based at Penrith, but you will work countywide

Closing date: 11.59pm on Sunday, 29 June 2025

Interviews: Interviews will be held in person on Tuesday 8th July 2025. The location will be confirmed with successful candidates as soon as possible.

[Find out more and apply here](#)

Development opportunity – Service Leadership Team Support Officer

We are inviting applications for a 12-month development opportunity to take on the role of Service Leadership Team Support Officer, reporting directly to the Assistant Chief Fire Officer Service Delivery and working closely with members of the Service Leadership Team (SLT). The role is open to both corporate and operational staff.

This opportunity has been created to provide focused support to SLT in three key areas:

- Coordinating the service's response to the recent HMICFRS inspection and preparing for future inspections
- Supporting the delivery of the Community Risk Management Plan (CRMP)
- Providing programme and project coordination support across key areas of work

[Find out more and make an expression of interest here](#)

Development opportunity – FF/CM/WM

As part of the ongoing fleet improvement programme, the service is now looking for someone to be at the heart of introducing a number of key changes to the fleet.

The right candidate will lead on the collection, conversion, and operational deployment of 10 fire appliances from West Yorkshire FRS earmarked to replace the 10 oldest appliances in our own fleet.

This project will also see the provision of five fully-equipped reserve appliances for use in Service Delivery, a significant improvement on the current provision. The work will involve liaising with key departments, fleet workshops, Technical Services and also frontline staff predominantly on on-call stations.

[Find out more and make an expression of interest here](#)

Other

Firefighters Pensions – Bulletin 93 – May 2025

Colleagues should be aware that the new Firefighters' Pensions Schemes Bulletin 93 – May 2025 **FPS Bulletin** has been issued by the Firefighters Pension Scheme Advisory.

Melissa Taggart

Pensions Administrator & HR Assistant

Armed Forces Community – register status with GP

It is important that members of the Armed Forces Community register their status with their GP.

If you are a Veteran, Reservist, Forces Family member of active serving members, or immediate family to a Veteran, please let your GP know. You can find out more here: [**Healthcare for the armed forces community - NHS**](#)

The codes are shown in the image below, but GPs should have access.

General Practice SNOMED Codes		
SNOMED CT Code	Name	Definition
753651000000107	Military veteran	Those who have served for at least a day in HM Forces, whether as a Regular or as a Reservist
988811000000102	Family of active serving member of the Armed Forces	Relatives (including through adoption) of Service members or Service partners that are: (i) living in the same household as the Service member; Service members might be required to temporarily live elsewhere, either for a set period of time or during the working week, due to postings or deployments. In such cases, where the relative would otherwise be living with the Service member (but for the fact the Service member is away for Service reasons) they are still to be considered a member of the Service member's household; or (ii) wholly or mainly financially dependent on the Service member or Service partner; or (iii) someone for whom the Service member or Service partner has assumed regular and substantial caring responsibilities, such as those with additional needs who may be otherwise unable to care for themselves
702348006	Active duty military	Individuals currently serving as members of the Naval Services (including the Royal Navy and Royal Marines) Army, Royal Air Force.
933041000000109	Armed Forces Reservist	Members of one of the volunteer reserve forces (the Royal Naval Reserve, the Royal Marines Reserve, the Army Reserve and the Royal Auxiliary Air Force) or the ex-regular reserve forces (the Royal Fleet Reserve, the Regular Reserve and the Royal Air Force Reserve).
844341000000104	Dependant of former serving member of British Armed Forces*	The immediate family of a military veteran. This is defined as spouses, civil partners and children for whom they are responsible but where appropriate can extend to parents, unmarried partners and other family members.

*Request to be submitted to amend 'Dependant' to 'Family'

Gareth Brownson

Chairperson, Armed Forces Network

Invite to be involved in research: *An Exploration of Operational Discretion at Fire Service Incidents*

I am carrying out research as part of my Masters in Emergency Management of High Hazard Industries with the University of Central Lancashire.

I will be carrying out semi-structured interviews as part of my research.

If you would be interested in taking part, please follow [**this link**](#) and complete the form. You can read further information [**here**](#).

Kasey Grainger

Student, University of Central Lancashire

Confidential documents reminder

Please can I remind managers not to save confidential documents onto their SharePoint site.

These must be saved on individual devices and/or iTrent records or sent to the HR team for filing.

Takara Hanks

Senior HR Advisor

Volunteer opportunities to inspire young minds at school events

We're reaching out to invite you to take part in two exciting opportunities to inspire and engage young learners in Cumbria.

Westfield Primary School Careers Day

Date: Monday, 16 June

Time: Flexible – sessions will be scheduled around your availability

Location: Westfield Primary School

Keswick STEAM Event

Date: Monday, 14 July

Time: 9am–12pm

Venue: Keswick School

Audience: Year 2 and Year 4 pupils from local primary schools

To find out more or to get involved, contact Rebecca Day at

Rebecca.day@cforlp.org.uk

Rachel Pettit

Office Administrator, Centre for Leadership Performance

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 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 the first instance, please can you capture all the equipment that has been assigned to you such as laptops, phones and monitors.

Please complete one form for each piece of equipment that you are recording:

<https://forms.office.com/e/LtyPwjGRkb>

If you have any questions email digitalsupport@cumbriafire.gov.uk

Digital Support team

Annie Mac's Wealth of Health: Skin protection beyond sunscreen

Protecting your skin involves more than just applying sunscreen on sunny days. This article explores comprehensive skin protection strategies endorsed by leading UK organisations and experts.

[Read Annie's latest column here to find a comprehensive guide](#)

Annie McInerney-Thompson

Recruitment, Fitness and Engagement Coordinator

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

Our Code of Ethics



Putting our
communities
first



Dignity and
respect



Equality,
diversity and
inclusion



Integrity



Leadership

