



CFRS Weekly Update – 04/07/25

Weekly Update – At a Glance

- Home Fire Safety Visit forms
- Guidance on radio messages to Fire Control
- Operational Assurance update
- Menopause support and guidance
- Mental Health Working Group meeting – Barrow
- Firefighters' Pensions Schemes Bulletin 94 – June 2025
- Reminder: Annual Awards – nominations now OPEN
- Annie Mac's Wealth of Health

**** 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

Home Fire Safety Visit Forms

Effective immediately, all paper forms for Home Fire Safety Visits (HSFV) must be confidentially destroyed after being uploaded to CFRMIS. Please ensure that all

historic paper HSFV forms are placed in the confidential waste bins. This change ensures compliance with Data Protection law; specifically the data minimisation principle.

Our  [Service Retention & Disposal Schedule.xlsx](#) can be viewed on the Fire Hub SharePoint site. Any concerns regarding our Retention and Disposal Schedule, please do not hesitate to contact me at InformationGovernance@cumbriafire.gov.uk

Fiona Little

Information Governance Officer

Guidance on radio messages to Fire Control

Radio messages to Fire Control are an important part of the incident command system. Messages allow decisions to be recorded on the incident log, allow SM, GM and AMs to gain situational awareness (especially regarding the hazards involved), make decisions regarding cover moves, and share information with other agencies.

You can find up-to-date guidance on the four types of radio messages [here](#).

Scott Cameron


Station Manager, Learning and Development


Operational Assurance update

We welcome any feedback or ideas to improve the way we carry out operational assurance. We are in the process of developing an area on LearnPro allowing you to access operational learning and newsletters from the North West region. You can already access materials which have been shared by Manchester FRS.




[HOME](#) [PROFILE](#) [CHANGE PASSWORD](#) [CERTIFICATE](#) [SUPPORT](#) [ADMIN](#) [USERS](#) [REPORTS](#) [CATALOGUE](#) [LOGOUT](#)


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Operational Bulletins




Operational Learning




Safety Flashes




Equality Diversity & Inclusion





CFRS Case Studies




National Case Studies

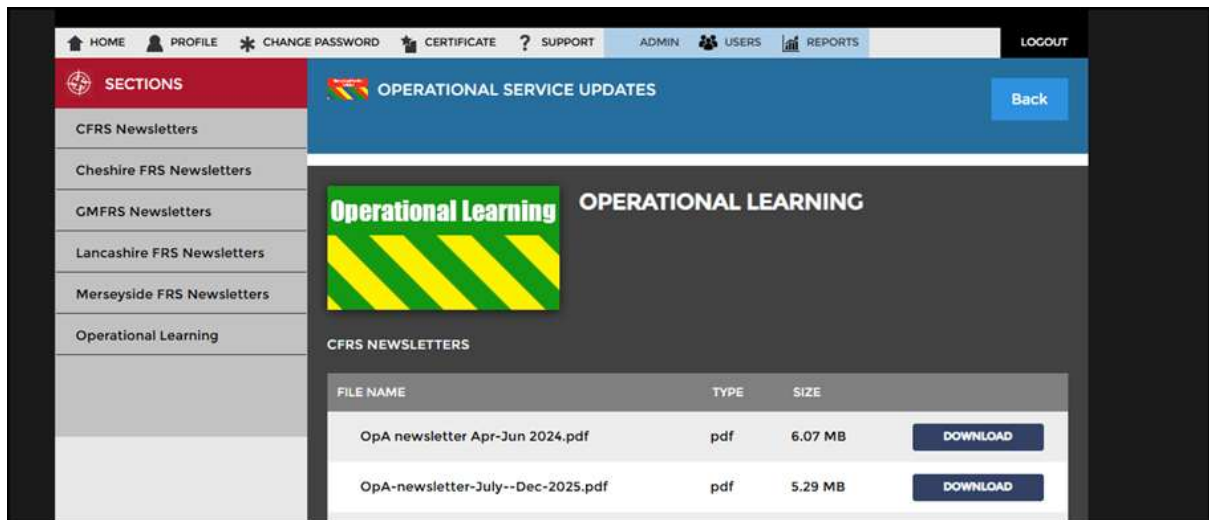
 NOT VALID

 NEAR EXPIRY

 VALID

For support please contact LearnPro@cumbria.gov.uk





If you have any suggestions or ideas, or you would like to contribute to the newsletter, please contact operationalassurance@cumbriafire.gov.uk

Operational Assurance team

Equality, diversity and inclusion

Menopause support and guidance

A menopause support booklet and other guidance has been added to a *Menopause* folder in the *Gender* staff network section on SharePoint.

Understanding menopause is important, not only for women experiencing it but also for men and non-binary individuals, as it fosters empathy, supports healthier relationships, and promotes informed conversations in families, workplaces and healthcare settings.

Increased awareness helps everyone understand the broader health implications of menopause, such as increased risks of heart disease and osteoporosis, and encourages proactive health management.

Please follow the link for further information: [📁 Menopause](#)

Kelly Drury

Watch Manager, Equality, Diversity and Inclusion

Other

Mental Health Working Group meeting – Barrow

The next Mental Health Working Group meeting will be taking place at **Barrow Fire Station** on **Thursday 10 July** from **11am–12.30pm**.

All are welcome to attend and you can join in-person or virtually via Teams.



Mental Health Working Group 2025 Dates

If you need support, please go to the CFRS Wellbeing Pages or contact a Mental Health First Aider (details on SharePoint)

JUNE 12TH
CARLISLE EAST
11:00AM - 12:30PM
Locality Room or Virtual

JULY 10TH
BARROW
11:00AM - 12:30PM
Community Room or Virtual

AUG 14TH
PENRITH HQ
11:00AM - 12:30PM
Community Room or Virtual

SEPT 19TH
ULVERSTON
11:00AM - 12:30PM
Community Room or Virtual

OCT 21ST
WORKINGTON
11:00AM - 12:30PM
Community Room or Virtual

NOV 20TH
CARLISLE WEST
11:00AM - 12:30PM
Community Room or Virtual

Scan here to join via teams

Contact Ollie Wright - Resourcing, Talent, and Wellbeing Lead if you have any queries at all. orlinda.wright@cumbriafire.gov.uk or text me on 07876678637

The poster features a red background with white text and graphics. It includes a blue speech bubble in the top left, a yellow star on the left, a pink heart on the right, and a green plus sign in the bottom left. The dates are arranged in a 2x3 grid, with each date card having a QR code and a 'Scan here to join via teams' label. The Barrow date is highlighted with a white cloud graphic.

Emily Fitton

CFRS Resourcing Team

Firefighters' Pensions Schemes Bulletin 94 – June 2025

Colleagues should be aware that the new Firefighters' Pensions Schemes Bulletin 94 – June 2025 **FPS Bulletin** has been issued by the Firefighters' Pensions Scheme Advisory.

Melissa Taggart

Pensions Administrator and HR Assistant

Reminder: Annual Awards – nominations now OPEN

A reminder that nominations for our Annual Awards celebrating the skill and dedication of our workforce are now **OPEN**.

You can nominate a colleague or team by email to **media@cumbriafire.gov.uk** – please include your name, the name of the person/team you are nominating, the award you are nominating them for, and the reasons for the nomination (giving as much detail as possible).

We would love to encourage video nominations which can then be played at the awards ceremony for those who are shortlisted to be recognised – you can submit those by email to the same address.

You can find more information about the categories and criteria here: **<https://tinyurl.com/2s8ayuyv>**

Nominations close on Sunday, 31 August 2025. The winners will be revealed at a ceremony on Friday, 24 October 2025.

If you have any questions please contact Lauren Woodward, Orlanda Wright or Liam Waite.

Lauren Woodward

Assistant Chief Fire Officer

Annie Mac's Wealth of Health

[Click here](#) to read my latest health and well-being column, covering *Fueling Up: Nutrition Strategies for Sustained Energy Levels*.

Annie McInerney-Thompson

Recruitment, Fitness and Engagement Coordinator

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

