



CFRS Weekly Update – 13/2/26

Weekly Update – At a Glance

- Ordering and returning resilience fire kit (post-incident and for courses)
- Removal of SAM pelvic slings from IEC trauma grab bags
- Critical Incident Debrief – we still need your feedback!
- International Women's Day 2026
- Random Acts of Kindness Day
- Risk Management Technicians x2 vacancies
- Tributes to two members of our fire family
- Temporary changes to Penrith HQ access due to roadworks
- Show your heart some love this Valentine's Day
- Have your say – complete CSAB Practitioner Survey
- Proposed Norway expedition for UK fire and rescue service personnel
- Pensions team station drop-in clinics

**** 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

Ordering and returning resilience fire kit (post-incident and for courses)

Resilience fire kit – post-incident use

Cumbria Fire & Rescue Service now holds a stock of resilience fire PPE and three sets of water kit which can be ordered on request via the ticket system.

Resilience PPE can be requested following large incidents or when both contaminated kits needs to be sent for laundry. PPE requests can be made overnight during weekdays.

To order, go to the *Business Resource Request System*, select:

- Request Type: *Cumbria Fire & Rescue Service*
- Then choose: *Resilience PPE Request*
- Complete the attached form and press *Send*

If required out of hours, resilience PPE is stored at Penrith HQ (Emont Room). The key can be collected from reception. Access should be arranged through the Station Manager, who will collect and issue the PPE on behalf of the firefighters.

Resilience kit for courses

Resilience PPE can also be ordered for FBT or Hot Fire courses held at Penrith.

- Please submit your request at least seven days before your course to ensure the correct kit is available in time
- For water courses, pre-made swift water kit bags are available for both refresher and five-day courses
- Please include your sizes when ordering water kit bags

Returning resilience kit to stores

- Gold Fire PPE: must be placed in the laundry basket for washing before returning to stores
- Resilience kit is not to be stored on station, as spare. Once your kit returns to your station, you must return it to stores via Elis laundry bag.
- Water kit must be clean, dry, and complete when returned:
 - An inventory list is included inside each bag – please check all items are accounted for
 - Any missing kit will be assigned to the person who signed it out and recorded against their station – Station Managers may be required to investigate missing equipment
- Any damage to PPE or equipment must be reported upon return

All equipment is asset tagged and logged at the point of issue. All items must be returned to stores and any equipment taken or swapped without consent will be treated as a disciplinary matter in line with service procedure.

Adam Tracey

Asset Management Assistant – Technical Services

Removal of SAM pelvic slings from IEC trauma grab bags

Due to the change from two-day to one-day IEC course rollout, we are obliged to remove the SAM pelvic slings from trauma grab bags.

This is due to clinical governance issues around intermediate and basic courses. If you have any questions, please email me at fireservice.ld@cumbriafire.gov.uk

Please can managers make sure these are removed as soon as possible and returned to stores.

Darren Elliott

Watch Manager – Grey Watch, Learning and Development

Critical Incident Debrief – we still need your feedback!

The Critical Incident Debrief team is still looking to gather more feedback from all staff on the CID process by completing the following form using the link or QR code below: [CID feedback form](#)



By completing this form you will contribute to how and if the debriefs are adapted by providing anonymous and impartial feedback.

We welcome all positive and constructive information that is provided and this will enable the team to develop and grow.

Critical Incident Debrief team



Equality, Diversity and Inclusion

International Women's Day 2026

INTERNATIONAL WOMEN'S DAY 2026

Join us for a day dedicated to celebrating and championing women, bringing together inspiring speakers, hands-on workshops, thought-provoking discussions and plenty of opportunities to connect, reflect and grow.

 Monday, 9 March 2026

 9am-4pm

 GMFRS Training and Safety Centre, Hinds Lane, Bury, BL8 2GN

 Open to ALL staff across the group- GMCA, GMFRS and TFGM

SCAN HERE TO BOOK YOUR SPOT!



GMCA GREATER MANCHESTER COMBINED AUTHORITY

 **GREATER MANCHESTER** FIRE AND RESCUE SERVICE

 Transport for Greater Manchester

together we are **GREATER MANCHESTER**

Kasey Grainger

Station Manager – Operational Planning

Random Acts of Kindness Day

Tuesday 17 February 2026 marks **Random Acts of Kindness Day**, a simple reminder of the power small gestures can have in brightening someone's day.

In our line of work, kindness is woven into everything we do, supporting our communities, looking out for one another, and stepping up when it matters most.

This day is an opportunity to be intentional about it. A quick thank you, a supportive word to a colleague, making someone a brew, or taking a moment to check in on a teammate can make a real difference.

These small acts help build the positive, resilient culture we're proud of across CFRS.

Please take a look at the following:

- [Workplace Kindness poster](#)
- [Welcome to RandomActsofKindness.org | The Random Acts of Kindness Foundation](#)
- [2026 Kindness Calendar](#)

Kelly Drury

Watch Manager – Equality, Diversity and Inclusion



Vacancies

Risk Management Technicians x2

INTERNAL ONLY

Salary: £34,434–£35,412 (Grade 9)

Hours: 37 hours per week

Contract: Fixed term, six months

Location: CFRS HQ, Penrith

Closing date: 11.59pm, Thursday 26 February 2026

Interviews: Tuesday 3 March 2026

For more information and how to apply: cumbriafire.gov.uk/internal-expressions-interest

If you have any questions please contact GM Owen McCarney at Owen.McCarney@cumbriafire.gov.uk

Katie Norman

Resourcing and Talent Advisor



Other

Tributes to two members of our fire family

The condolences of everyone at Cumbria Fire & Rescue Service are with the relatives, friends and former colleagues of two members of our fire family who have sadly passed away.

Bernard Riley, who served as a firefighter between February 1989 and May 2008, will be remembered for his calming demeanour at the most difficult of incidents, his great sense of humour and the caring gentleman he was. Bernard's service and cremation will take place at Eden Valley Crematorium on Wednesday 25 February at 2.30pm.



Sammy Lees, who served as a firefighter, Crew Manager and Watch Manager at Appleby, will be remembered for his dedication, camaraderie and the positive impact he had on those around him – as well as the friendship of those he served alongside. Sammy's service and cremation will take place at Eden Valley Crematorium on Wednesday 25 February at 11am.



Rest in peace, Bernard and Sammy, and thank you both for your service to Cumbria.

Temporary changes to Penrith HQ access due to roadworks

Due to resurfacing of the access road to Penrith HQ starting from Monday 23 February, access to HQ will be temporarily disrupted for about four days.

All staff will need to access the site via Kemplay Bank. Immediately after leaving the roundabout at the turn-off for Eamont Bridge, you should turn left and carry on behind the station to enter via the back gate. Visitors should use the temporary car park immediately after turning onto the site, where you will be able to park and follow the signposted route by foot to the usual pedestrian entrance to the station. Please note when you exit the site by vehicle from this car park you will only be able to turn left.

Dean Readman

Station Manager, LCU5 and Prevention

Show your heart some love this Valentine's Day

Valentine's Day is often associated with chocolates, flowers, and celebrating the people we care about. But it's also the perfect reminder to take care of something equally important: heart health.

While we show love to others this month, it's just as vital to show a little love to ourselves – and prioritising heart health is one of the most meaningful ways to do that.

So this Valentine's Day, we're sharing some simple, evidence-informed ways to keep your heart strong – and boost your overall wellbeing too.

[Click here to find out more](#)

Annie McInerney-Thompson

Recruitment, Fitness and Engagement Coordinator

Have your say – complete CSAB Practitioner Survey

Are you a practitioner working with adults? If you haven't already, there's still time to share your views by completing our short survey.

Your feedback is really important and will help shape future decisions and improvements to our services.

The survey only takes a few minutes to complete and every response makes a difference. Thank you for taking the time to have your say.

Complete the survey [here](#).

Helen Little

Business Coordinator – Cumbria Safeguarding Adults Board

Proposed Norway expedition for UK fire and rescue service personnel

An epic 10-day end-to-end Telemark Heroes / 999 Responders expedition retracing a Second World War escape route through the Norwegian wilderness is being planned for 2027 – with 10 places open to members of UK fire and rescue services. So far one member of Greater Manchester FRS has confirmed.

TELEMARK HEROES 999 RESPONDERS EXPEDITION

Retracing a WW2 escape route through the Norwegian wilderness

26 FEB – 7 MAR 2027
10-Day Arctic Expedition



Led by Former Royal Marine Commandos
Built to strengthen mind, body & resilience
In one of Europe's last true wildernesses



Places are still available on the 2027 expedition and if there is sufficient interest there is the option of a 2028 trip too.

To find out more email cockleshell22@gmail.com

Steve Martindale

Director – Cockleshell 22 Veteran Expeditions CIC

Pensions team station drop-in clinics

The Pension Team will be running pensions drop-ins at stations across the county to give you the opportunity to meet us face to face to ask any questions you may have in relation to Pensions (purely on a factual basis, no advice will be given) or if you need help logging onto PensionPoint, etc.

The sessions will be drop-ins – there is no need to book – and there is no obligation to come and see us but we will be on station for two hours for each session.

Meet the team at our...

Pensions drop-in clinics

Our Pensions team is hitting the road and visiting stations around Cumbria for a number of drop-in clinics. This is your chance to meet the team face-to-face and ask any questions you might have about your pension. Don't miss out on this fantastic opportunity...



Whitehaven

- ▶ Wednesday 4 February 2026
- ▶ 9am-11am

Workington

- ▶ Wednesday 4 February 2026
- ▶ 12pm-2pm

Penrith

- ▶ Thursday 19 February 2026
- ▶ 1pm-3pm

Keswick

- ▶ Wednesday 4 March 2026
- ▶ 10am-12pm

Carlisle East

- ▶ Wednesday 11 March 2026
- ▶ 12pm-2pm

Kendal

- ▶ Tuesday 31 March 2026
- ▶ 10am-12pm

Barrow

- ▶ Thursday 2 April 2026
- ▶ 11am-1pm

Wigton

- ▶ Date TBC
- ▶ Time TBC

No need to book – just turn up!

Making Cumbria a safer place for all



   @cumbriafire  cumbriafire.gov.uk

Melissa Taggart

HR and Pensions Development Assistant

Fire Fighters Charity: *Making the most of your retirement webinars*

Are you retiring from your job in the fire service in the next few years?

Fire Fighters Charity has spaces available on a pair of two-hour online workshops designed to support you in making the most of your retirement, one on 18 March and another on 23 April: firefighterscharity.org.uk/how-we-can-help/boosting-your-wellness/wellbeing-webinars-and-workshops

Fire Fighters Charity

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

