



CFRS Weekly Update – 24/4/26

Weekly Update – At a Glance

- ▶ Northwest Operational Assurance Learning Seminar
- ▶ Next Culture and Values Board meeting
- ▶ Water Rescue, Associate Instructor (L&D)
- ▶ Projects Support Officer vacancy
- ▶ On Your Feet Britain
- ▶ Enter seven-a-side football tournament raising money for Fire Fighters Charity

**** 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

Northwest Operational Assurance Learning Seminar

I am delighted to let you know there are still places available for the Northwest Operational Assurance Learning Seminar taking place on Thursday 30 April 2026, 9.30am–5pm at Leigh Sports Village (M28 4FA).

This is a fantastic opportunity to engage with operational learning from recent significant incidents, including the Rynet Court and Kirkby Lonsdale fires, the major incident at Tensar Manufacturing Ltd in Blackburn, and Water St Parade in Liverpool.

In addition, there will be valuable inputs from Greater Manchester Fire and Rescue Service on organisational learning and tackling fires in tall buildings.

These seminars are always thought-provoking, offering insightful discussions and opportunities for professional growth.

A live-streaming link is provided:

<https://youtube.com/live/0YfWfP0ynMs?feature=share>

We look forward to seeing you there for a day full of operational insights and shared learning.

Andrew Lowes

Operational Assurance and Resilience



Equality, Diversity and Inclusion

Culture and Values Board next meeting

The next Culture and Values Board meeting is taking place at **10.30am** on **Monday 1 June 2026** at **Carlisle East Fire Station (Locality Room)**.

There is a Teams link for those unable to attend in

person: <https://teams.microsoft.com/meet/325550658162177?p=UVqihDrgDgRwbkJvpb>

We hope to see as many of you as possible.

Culture and Values Board



Vacancies

Water Rescue, Associate Instructor (L&D)

Salary: TBC

Location: HQ

Hours: 42 (flexible to suit department and needs of individual)

Contract: Fixed term

The Learning and Development department is looking to recruit a Water Rescue Instructor for a short-term period.

What does the role involve?

This is an exciting opportunity to join the Learning and Development training team to support the delivery of water rescue training during a period of high demand across the service. You will support the delivery of recertification courses, on-call and wholetime recruitment and on-station water rescue development and training.

Who are we looking for?

Water Rescue Instructors form an integral part of the wider L&D team. We are looking for an individual with a passion for training and developing others with a track record of demonstrating great personal leadership skills. You must have commitment to role and be able to support the team in its delivery of agreed training commitments, be a good communicator, have excellent organisational skills and be competent in the use of CFRS ICT software.

To apply for this role

- You must be operating at competent firefighter level or above, you must hold a Swiftwater Instructor Qualification (essential) and Swiftwater Flood and Rescue Boat Instructor (desirable).
- Send email to Recruitment@cumbriafire.gov.uk explaining why you would be right for the role

Commitment

To start as soon as possible for a duration of between six weeks and three months according to the needs of the service.

If you have any questions about the role or want to find out more please contact Colin.Wright@cumbriafire.gov.uk

Successful applicants will be invited to have a discussion via MS Teams on 1 May 2026 to discuss suitability.

Projects Support Officer

Salary: £34,434–£35,412

Hours: 37 hours per week – part-time working, job shares and other flexible options can be discussed at interview

Contract: Fixed term until 31 March 2027

Location: CFRS HQ Penrith and home working

Closing date: 5pm on Wednesday 29 April 2026

Interviews: Interviews will be held in person at CFRS HQ Penrith on Friday 15 May 2026

This post requires a Standard DBS Check

Find out more and apply: [CFRS0177 - Projects Support Officer | Cumbria Fire & Rescue Service](#)



Other

On Your Feet Britain 2026

On Thursday 30 April 2026, organisations across the UK will once again take part in On Your Feet Britain, a national workplace wellbeing campaign designed to break up sedentary habits and encourage people to move more during their working day. The initiative is led by Get Britain Standing in partnership with Active Working, and aims

to highlight the growing risks associated with prolonged sitting and the simple ways we can all incorporate more movement into our routines.

Research shows that office-based workers spend 9–10 hours per day seated, a level of inactivity linked to increased risks of heart disease, type 2 diabetes, some cancers, and mental health concerns. Even small, regular bouts of activity – standing, stretching, or brief walking – have been shown to support:

- ▶ Better physical and mental health
- ▶ Improved concentration
- ▶ Increased motivation and energy

For CFRS colleagues – whether working in offices, stations, or hybrid roles – this campaign offers a practical opportunity to focus on wellbeing in a way that’s accessible, inclusive, and easy to adopt.

Taking part doesn’t require special equipment or major workplace changes. Instead, it’s all about building small, healthy habits into the working day. Here are simple ways CFRS teams can join in:

- ▶ **Hold standing or walking meetings:** Replacing seated meetings with standing or walking versions encourages movement and often leads to more focused, time-efficient discussions.
- ▶ **Take regular breaks from your desk:** The campaign encourages short breaks from sitting every 30 minutes – standing to stretch, walking to a colleague’s desk instead of emailing, or simply stepping outside for a quick breather.
- ▶ **Use the stairs:** Choosing the stairs over lifts can contribute significantly to your daily activity levels and is especially easy to incorporate into routine station or HQ movements.
- ▶ **Stand during phone calls:** Simple adjustments – such as standing when on the phone – can substantially reduce total daily sitting time.
- ▶ **Step away for lunch:** Eating lunch away from your desk encourages not only more movement but also a mental reset.
- ▶ **Join a team challenge:** Workplaces across the UK are encouraged to take part in friendly competitions, whether comparing steps, movement minutes, or amount of sitting time reduced. This can be a fun way for CFRS teams to build camaraderie while improving wellbeing.

At CFRS, wellbeing is a key part of ensuring staff feel energised, supported, and ready to deliver for our communities. While much of our work can be active, many roles still involve long periods at a desk or in front of a computer. Participating in On Your Feet Britain is a proactive way to support our physical and mental health across all departments.

By embracing small, consistent changes, we can make a real difference – not just on 30 April, but every day.

In the spirit of encouraging people to take part and be more active, we will be sharing a number of suggested short walks near stations during the course of next week – and we would love to share some of your favourite walks across the county. Please submit your suggested walks (and if you have any photos from a previous walk showing off the stunning views, even better) by email to CFRS.Update@cumbriafire.gov.uk and these will be shared over the coming month.

Annie McInerney-Thompson

Recruitment, Fitness and Engagement Coordinator

Enter seven-a-side football tournament raising money for Fire Fighters Charity



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PEL-DROED
ELUSENNOL
7 BOB OCHR**

**7 A SIDE
CHARITY
FOOTBALL
TOURNAMENT**

20/6/26 - BRECON CORRIES, CANAL RD, LD3 7HL

£100 Y TÎM | PER TEAM

**AM FWY O WYBODAETH | FOR MORE INFORMATION
C.WILLIAMS@MAWWFIRE.GOV.UK | 07805204499**

To have your news included in this section please email:

CFRS.update@cumbriafire.gov.uk

