

Health and Social Development

"GIVE THE COMMUNITY A HEARTBEAT"

Charity work and engagement:

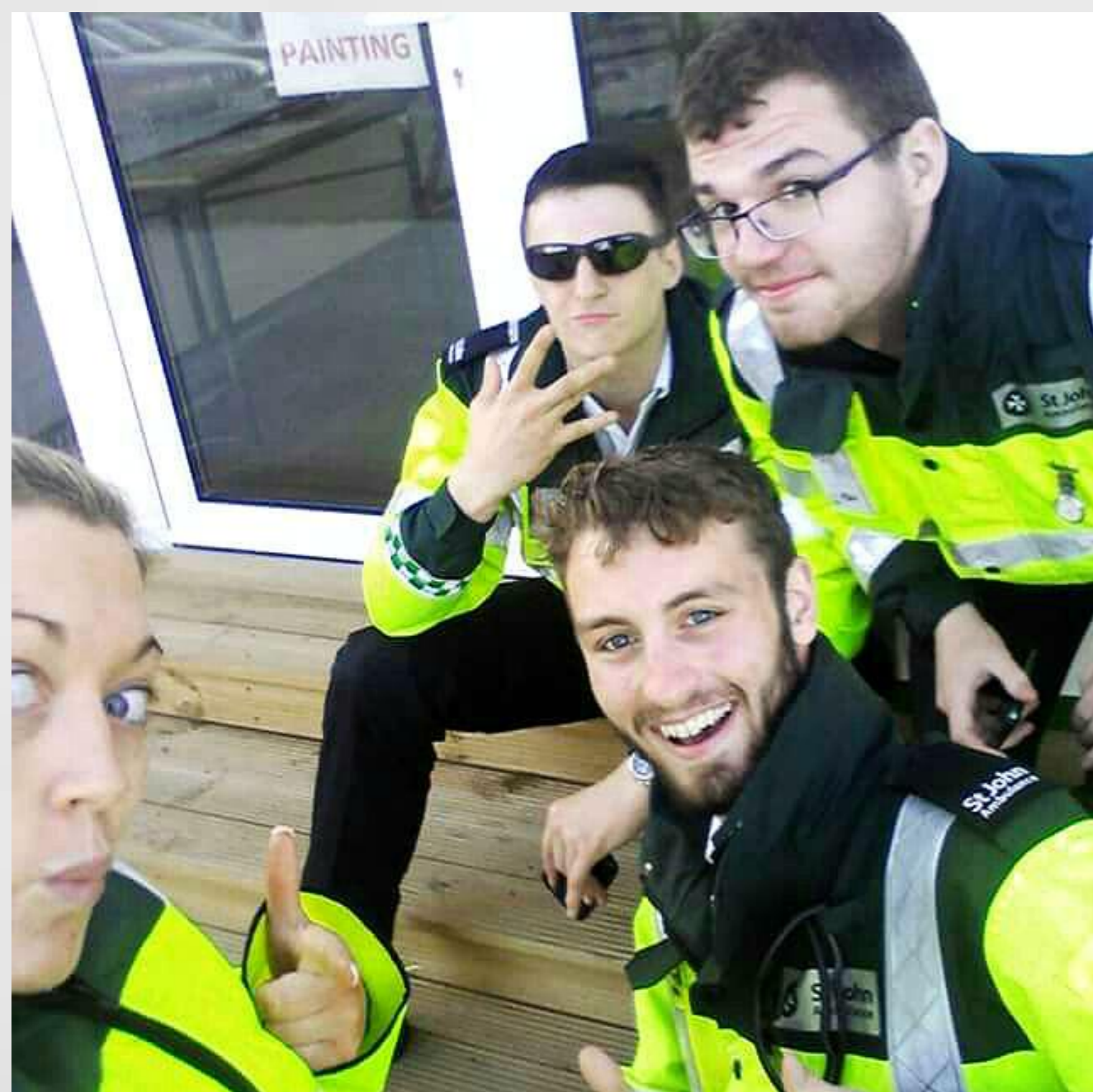
1. Fourth Year of service in St John Ambulance
2. Appointed Safety Officer of DCU Rock Climbing Club during First Year and have been re-elected going into Second Year.
3. Helped our coach at the "Down Syndrome Rockin Fundraiser" which raised near €1000
4. Ran in the Rainbow Run in 2014 and 2015 and helped raise roughly €950 each year.

St John Ambulance

For four years now I have been a member of **St John Raheny**. I am qualified as an **Advanced Cardiac First Responder (CFR-A)** and maintain that qualification by attending multiple events throughout Dublin, and sometimes outside of it, to **ensure the safety of members of the public**. Last year I completed **172** Duty hours through the year. And over the last **two years** have accumulated approximately **400 hours of service**.

Events I have covered include:

Trinity Ball, The Dublin Half/Full Marathon, Croke Park, and many local events.



On duty at a childrens football blitz in Portrane.



Why First Aid:

I have recently been promoted to **Lance Corporal** and **Secretary** of my Division for my dedication and commitment. I've been involved in teaching for about three years now and most recently briefed members for one of our biggest duties of the year, caring for our college colleagues at **Trinity Ball**. But **why choose First Aid?**

I feel **everyone should be trained in basic first aid** as I believe everyone should have the best opportunity to survive if their life is in danger. This was reinforced in me when in **November 2014** I treated an elderly female suffering a **heart attack** while I was out shopping. This was my first serious **life threateningly ill** patient and it made it feel worthwhile being able to **help someone in need**.

First Aid has opened doors for me at DCU. Primarily it has obtained me the position of **Safety Officer** in DCU Rock Climbing Club. It's a great privilege to be in a position where people trust me with their safety and well being,



CPR & AED AWARENESS WEEK

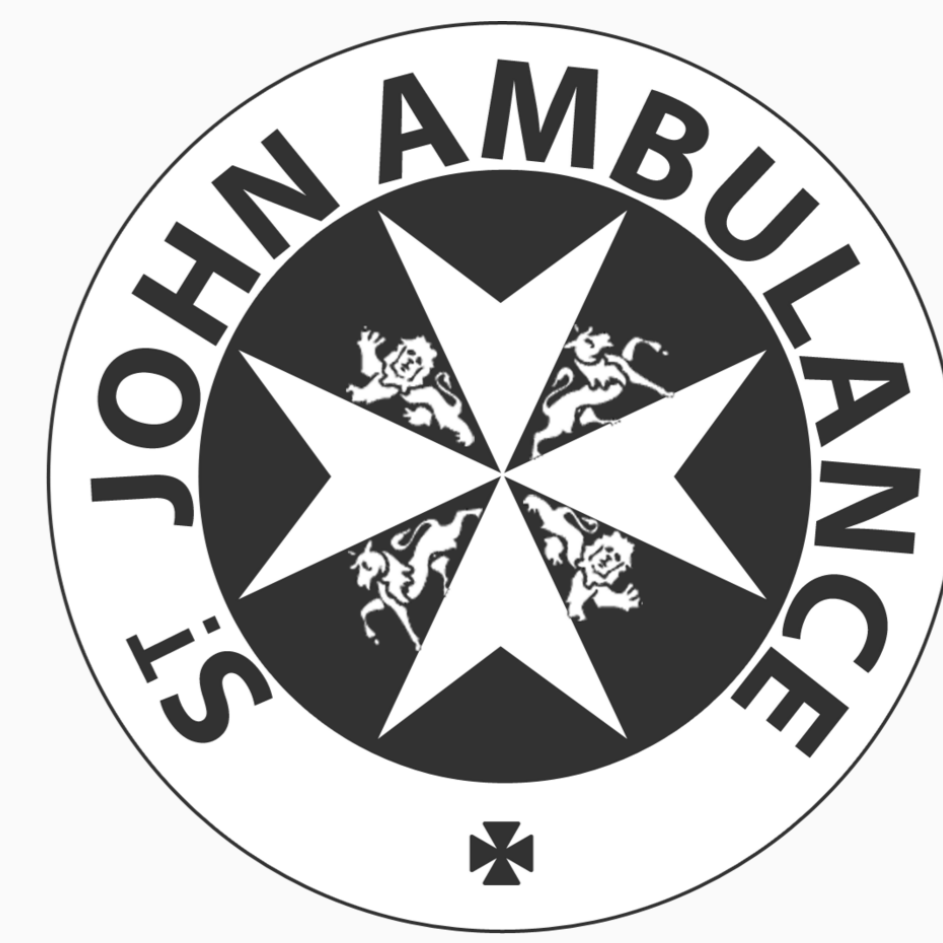
Other Initiatives:

Just prior to starting College in 2015 I ran in the **Rainbow Run** with a few secondary school friends for a charity called **CanTeen Ireland**. CanTeen Ireland is a cancer support group that aims to help **teenagers and young adults with cancer** deal with it in a fun, socially engaging, and supportive way. Over two years we managed to raise nearly **€2000**.

Rock climbing has also expanded my sense of engagement. Through the connection with our coach, Leman, myself and a friend assisted in coaching the public at his "Down Syndrome Rockin Fundraiser" for **Down Syndrome Awareness Week**. It managed to raise just under **€1000**.



At the finish line of the Rainbow Run 2015





Resting during DCU Rock Climbing's annual trip to Glendalough, emergency bag in hand.

Future Aims and Sustainability:

I am still working constantly as a member of St John Ambulance and have organised a **fundraiser** for our Division in Tesco Clarehall for **August 27th 2016**. I will also be continuing as **Club Safety Officer 2016/2017**. But I have several aims for the next year below:

1. Do an **Emergency Medical Technician course** during the summer. This would qualify me to work in the Ambulance Service and **provide a greater service to the community** and to the students and staff of DCU. This highly depends on funds.
2. Launch a **CPR Awareness Day or Week in DCU** for Students and Staff. It is in my opinion one of the most important skills someone can have.
3. **Fundraise** independently or through clubs for **Dublin/Wicklow Mountain Rescue**.
4. Assess the feasibility of **establishing a First Aid Society** for students and staff of DCU.

 **Climbing Dojo** shared their album — at [Awesome Walls Dublin](#).
March 20 at 9:27pm · Finglas, Dublin · 

Dear friends, thank you very much for joining us today for **Down Syndrome Rockin' Fundraiser** in support of **Down Syndrome Centre**. With your help and open hearts we managed to raise nearly €1000 for which we are really grateful. This event simply wouldn't have happened without the support of amazing people from **Awesome Walls Dublin** -guys you rock. Big shout out also goes to all fantastic instructors **Pat, Sean, Balazs,**

Our coach thanks those who helped with the fundraiser for Down Syndrome Ireland.

