



## **Penrith Mountain Rescue Team – Annual Report 2020**

### **Introduction**

Welcome to the first of our new format Annual Reports for Penrith Mountain Rescue Team. This report covers the team activity in the year 2020.

If you have any comments or feedback please contact us

Secretary

Penrith Mountain Rescue Team

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## 1. Who we are

Penrith Mountain Rescue Team (<https://www.penrithmrt.org.uk/>) was formed in 1945, becoming a registered and organised charity in 1959 with the aim of supporting the emergency services to help people in difficulty in the local mountains. In 1990 the established team moved into a state of the art (at that time) base within Penrith, from a converted stable in the Old Town.

Penrith is a small market town, that sits at the junction of the M6, the A6 and the main East West A66 trunk road. This is a key location at the cross roads of Cumbria, linking the Northern Lakes, Scotland, the South and Midlands of England as well as the North and Eastern England. The A66, crossing the northern Pennines, has plans to dual between Penrith and Scotch Corner, increasing the importance of Penrith at a major intersection of multiple routes.

Penrith MRT is no different to any other mountain rescue team in the UK: we are a bunch of volunteers who try to provide a professional service to people in difficulty. We try not to take ourselves too seriously and bring a mix of effective action and gentle humour that is aimed at reassuring the people who we help.

The team operates as a specialist support service that can be called upon by any of the main Emergency Services, 24 hours a day, 7 days a week, every week of the year, whatever the weather. All requests for our help originate in one of their call centres. The team are part of the Mountain Rescue England and Wales (MREW) (<https://www.mountain.rescue.org.uk/>) – association of teams, and an active component team within LDSAMRA, the co-ordinating organisation of the Lake District based Mountain Rescue teams (<https://ldsamra.org.uk/>.) Our team is ready without hesitation to assist other teams within these Mountain Rescue associations when further resources or skills are required.

The team offers four specialist capabilities at the request of the Emergency Services:

1. Search of all terrains, urban and rural, for missing people.
2. Access to and evacuation of casualties from typically inaccessible places, such as mountains, forests, hillsides and remote rural areas.
3. Search and rescue from water environments (rivers, lakes, urban floods etc).
4. Provision of first on scene casualty care, to protect life and to prevent any deterioration for the casualty, including the packaging and extraction of the casualty through to handover to ambulance services.

To complete each rescue often requires a considerable array of technical skills to be performed safely and effectively, for the individuals, the team, the public and the casualty. To ensure the team members maintain a high level of competence and professionalism, we train regularly throughout the year, focusing on core skills and techniques, but with more specialist training being undertaken as well. This includes skills such as swift-water rescue, off-road driving and underground operations (in support of COMRU - <http://comru.org.uk/comru.org.uk/Home.html>).

Many of the team hold or undertake further qualifications increasing their expertise. These include :-

- Medical
- Water Rescue
- Rope Rescue
- Search & Incident Management
- Response Driving

The 41-person team are all volunteers, supported by a small group of Friends. Typically, each team member will commit to around 25 hours a month training and attending meetings, fundraising, or maintaining readiness. The leadership team input substantially more time. All call-outs are additional to this and can vary in time usually between 2 and 12 hours depending on the type and location of the incident. Occasionally, search incidents may continue for days.

The volunteers come from all over the team area, and bring a wide range of additional skills and experience from their personal backgrounds. Over the years, the team has included teachers; police officers; clinicians, including optician, nurses and doctors; outdoor pursuits instructors, trainers and employees, from a range of roles in corporate and government organisations, and a few self-employed. One key assessment, when new people apply to join the team, is their ability to be part of the team, work in the team and contribute to the team ethos.



With a 'patch' covering the north-eastern corner of Cumbria, Penrith MRT covers the largest area of any of the Lake District based teams, at over 2500sq km. Major road access is critical for deploying on emergency call-outs, as well as for team members getting to the base for said call outs.

The team area extends from the Scottish borders, down the North Pennines, and then across to the Eastern Lake District, including Haweswater. This area has a number of features, the complex of ridges, valleys and fells around Haweswater including the High Street range (named after the Roman road across the top,) Shap Fells, through which the very popular coast to coast to coast footpath runs, Cross Fell (the highest point in England outside the Lake District and over which the Pennine Way runs), the lowlands between the Lake District and Scottish borders, and the Eden Valley, including the city of Carlisle and town of Penrith.

According to latest estimates there are around 130,000 people living in urban centres and a further 30,000 in the villages and rural areas that constitute our patch. When you add the visitors to the holiday homes and camp sites, the population can double or treble, and increase even further as a result of the day trippers arriving by car, coach or train.

It is estimated that in a single day around 18,000 cars, and 7,500 goods vehicles use the A66 roundabout at Kemplay, Penrith, and that 55,000 vehicles pass through the area on the M6 every day. Tourism agencies estimate 3,000 people walk the length of the Pennine Way every year with over 250,000 as day visitors. Similar numbers tackle the Coast-to-Coast path of Wainwright fame. The growing National Cycle Network also has a Coast to Coast route that crosses through the middle of this area.

The team exist as a registered charity (no 505809) - all personnel are volunteers, and all equipment is purchased, maintained and replaced by team fundraising activity, public donations and grants awarded. On average the team needs to secure around £30,000 each year for running costs alone.

(<https://www.justgiving.com/penrith-mountainrescue>)

## 2. Message From the Chairman

Hello - 2020 was extraordinary year for the team. The team had to adapt its operations to deal with the challenge of the COVID pandemic. Despite these changes it was still a successful year when you look at three key objectives of the team

- We rescued everyone we were asked to successfully and delivered them safely and in no worse condition to the appropriate next stage of care.
- No team member sustained a serious injury on any incident, and no team member left the team through mental or physical injury whilst being part of the team.
- Our income was greater than our expenditure

The required changes to the way we operate, due to COVID-19, had some benefits and a number of downsides. Fundraising was challenging as four of our major in person fundraising events were cancelled, not only limiting income but also the chance to interact more directly with the community who support us. Getting the team together was curtailed for a lot of the year and although we embraced video meetings, the lack of physical interaction did not help the team togetherness, and severely impacted the new people integration.

Team, Committee, Task Group and Trustee meetings have continued as video meetings, and the format definitely saved each team member many hours of travel time to base, and a little contribution to the environment. We will likely combine on line meetings with in person meetings going forward to hopefully benefit team members travelling and time.

The team continues to struggle with the limited size of the Team base. We are unable to house all our vehicles, and storage space is now exhausted. Few of our call outs are in dry pleasant weather; to dry equipment we have to use our team room preventing even small meetings taking place. The Team has been pursuing a new base for a few years, and had secured a preferential position on land at the Kemplay roundabout – alongside the other emergency services. Having progressed design works, ground studies, during 2020 it became evident that the dualling plans for the A66, as well as further needs of the other Emergency services made the site untenable to progress. A small team of people have been looking at other possible sites. The Lowther estate south of Penrith have been helpful offering numerous possible sites, that unfortunately we have been unable to gain acceptance from the local planners. Other proposed sites around Penrith have also suffered from unlikely planning approval. Finding a new site will continue as a high priority for the team in 2021.

The Trustees have initiated a number of additional activities to build on the standard organisational processes, such as budgets, risk management, Health and Safety, organisational codification. This activity is aimed at improving the Charitable and Admin organisation of the Team that will hopefully prove impressive to future donors towards our New Base building, be they wealthy individuals, statutory agencies, grant bodies, and other supporting charities.

We are fortunate and are grateful for the enthusiastic group of people who support us within our Friends. Despite the COVID restrictions, they continue to find ways to interact as a social group, grow the participants and significantly find ways to raise money for the team and promote the team. This essential group of people have adapted and built new plans for 2021, to try and tap into all the savings the public are reported to have made over the past year of closure.

Without the generosity of the public every year, and those people who value our work, we would struggle to finance the ongoing needs of the team, nor keep up with developments in techniques, equipment, and meet the expectations of the people we rescue. On behalf of the Team members and the people we have to rescue in the future I would like to say Thank You to everyone who has given us a donation of any size. It all helps from the sweets to help a hypothermic man walk off Cross fell, to the replacement of tyres on one of our Land Rovers, to

expired bandages, and means we are ready to go to the next person who needs us. You will find a list of people who have helped us this year in the appendix

The team has benefitted this year from grants from LDSAMRA (who received a number of legacies in 2020) which has enabled us to cover our costs as well as replace and upgrade key items of equipment. LDSAMRA also helped co-ordinate and provide us with quantities of PPE and sanitisers in the first lockdown enabling us to remain operational and comply with government guidelines. Without these we would have had to eat into the reserves we had accumulated for the NEW base project. Looking into 2021 the Trustees and Leadership have introduced financial budgets for the various aspect of the Team to allow us to foresee and better plan for financial challenges the Team routinely faces.

The Team regularly attends schools, and local group meetings to promote the work of the team and also discuss safety in the mountain. This proactive work was clearly reduced in 2020. We continued to support the MREW “adventure smart campaign” distributing leaflets and promoting the best practices. (This can be seen in the appendix). Further after a number of incidents on Cross Fell the team leader produced an article illustrating the challenges of this unique landscape (also in the appendix).

2021 will no doubt pose different challenges, and we hope that the vaccination programme allows many people to be able to visit the Lake District. International travel may be slow to recover and so a repeat of the demand of visitors to the Lake District seen in summer 2020 may occur but over a longer period. In which case the continued enthusiasm of the team will be needed. On top of a rise in call outs, we will need to restore training we have been unable to complete, and re attain the peak of our competence.

As well as the Team of 41 volunteers who strive to be as professional as possible in delivering the search rescue and recovery, we are indebted to a number of other people and organisations who help us achieve what we do. The Great North Air Ambulance (<https://www.greatnorthairambulance.co.uk/>) and UK Search & Rescue as part HM Coastguard (<https://www.bristowgroup.com/services/uk-search-and-rescue>) who provide helicopter assistance sometimes in horrendous conditions to evacuate casualties quickly to medical care. Their support in reducing the care we need to manage, as well as the time carrying off casualties is really appreciated. The Police Force (<https://www.cumbria.police.uk/Home.aspx>) who as well as tasking us, provide support on grant applications, assist with training, and guidance on rules where needed. NWAS (<https://www.nwas.nhs.uk/>) who respond and assist us get the casualties to the medical specialists. They also help us procure equipment. Our neighbouring mountain rescue teams who respond when we need extra personnel to assist with search and recovery, including the Teams at Kirkby Stephen, Patterdale, Kendal and the North East

For our Team members to respond we rely on the continued support of their employers. Thank you once again for granting this time and adapting your business to the inconvenience this can create.

Finally, the families of the Team Members are probably the greatest to suffer inconvenience, not only the time for training, meetings and call outs, managing to deal with wet and muddy kit, as well as the call out alerts going off in the night, during dinner, birthdays. Thank you.

The list of people, agencies, organisations that the team connects with is extensive. We are indebted to the patience, the professionalism they provide, and continue to look at ways to improve the working relationships, so to provide a seamless rescue. Without this broad support from everyone we could not produce a high quality highly capable team who are ready to respond with the professional care the public expect. I hope through 2021 and the coming years you will all continue to support us all

David Houldridge  
Chairperson- Penrith Mountain Rescue Team.

### 3. Message from Team Leader - Rob Holden

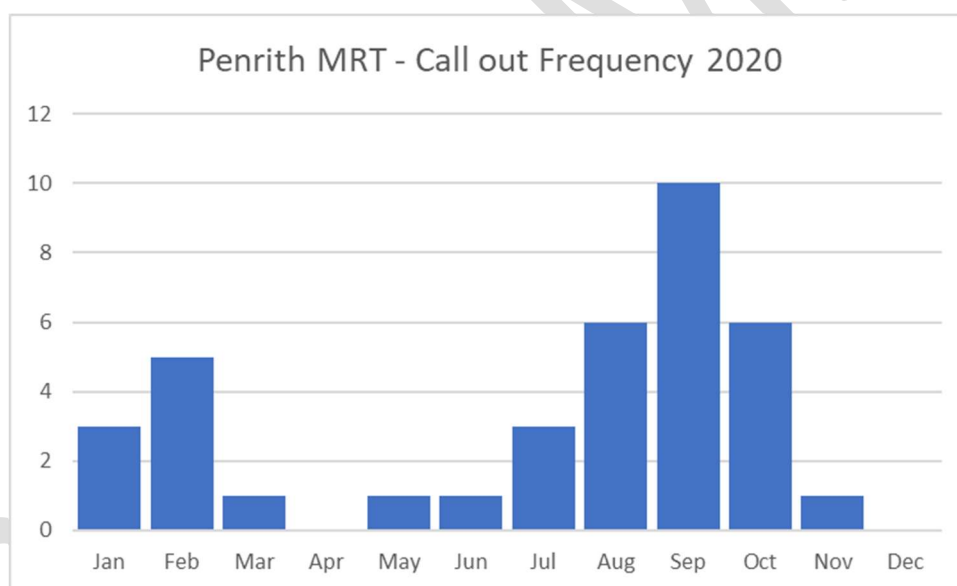
2020 has been a challenging time for the Team. A lack of face-to-face training and fewer call outs has made it harder to stay together as Team and to keep up our mountain rescue skills and knowledge. The use of 'Teams' for training and meetings, the WhatsApp Team Chat forum, the weekly Team quiz and some face-to-face events have all allowed us to make the best of a difficult situation and has allowed the Team to stay together as a cohesive unit, developing how the team operates.

A decision was made not to put pressure on team members regarding attendance at training and call outs during these difficult times. When we do eventually return to normal operational conditions, team members need to make sure they attend as much training as possible to try to fill the inevitable skills gap we will all have experienced.

We have recruited additional team members and, if our current probationers are successful, will see the team membership rise to 41 Full Team members.

This year Penrith MRT, as a member of LDSAMRA, was honoured to receive the Queen's Award for Voluntary Service.

Operationally 2020 has been a much quieter year for Penrith MRT with 37 callouts, compared to 53 in 2019. The lockdown in the spring meant we had no callouts in April and May, with June and July being noticeably quieter. (As shown in the chart below)



Overall, we helped / rescued 41 people directly 24 Female and 17 Male, who aged from 19 to 86 years old, with 8 less than 40, 15 aged between 40 and 65, and 8 more. than 65 years old. In terms of type of incident. 10 occasions we were asked to assist another service be it another team or another service such as NWS or the Police. Of the remaining Team call outs 10 were searches or aiding people lost on the fells. The other 17 incidents required administering casualty care and evacuation of the casualty to the other emergency services. The Team spent 94 hours responding to call outs (average 2.5 hours per call out), and with 388 people (average 10 or 11 people per call out) combining to use 1160 people hours (31 per call out or 29 hours for each team member) A complete list is in the appendix.

This year has seen a lot more incidents around Cross Fell and Ashgill Force, near Garrigill. This prompted an appeal to the public to take care when walking on the Pennines. This article is attached to this year's annual report. We also added Ash Gill as a training venue.

New Developments in the team for 2020.

This year I have pushed forward an agenda of improvement as we constantly strive to be as good as we can be.

Here are some of the developments the Team have achieved this year.

- I have tried to involve all team members in all major the team decisions and pushed the importance of the Team Committee in guiding how the team operates.
- The Trustees have worked hard to improve their role in the governance of the team, establishing a Trustees code of conduct, asking task groups to set budgets and introducing guidance to the team on the structure of the team. The Trustees have now established a clearly defined role within the team structure.
- The Team Leader and Deputies meet online every week to discuss team activities and issues. We have worked hard to ensure the team stays safe during these difficult times. We have introduced operational protocols relating to Covid-19 and have continued to review and update these protocols as the pandemic has evolved.
- With a new constitution in place, we have developed new policies and updated existing policies to guide the team more clearly in its activities.
- The new base task group has been working hard behind the scenes to try to secure a suitable piece of land to build our new base on. This is proving difficult, but we have the energy and drive to make this happen.
- We have reviewed the Team vehicle weights and have modified what is carried in Mobile 3 and how many team members each vehicle can safely transport. We are in the process of reviewing what we carry as a team and the contents of each of our team bags.
- We have introduced a new wheel for the stretcher, making long stretcher carries much less physically demanding.
- Acquired new Team search torches, replacing the >10 year old ones.
- New snow chains for both Land Rovers.
- The team search kits were updated and restocked.
- New team grab bags to reduce personal kit carried onto the hill during a call out
- New team maps collection. The old, tired and incomplete team map collection has been updated. All vehicles now have complete sets of new maps of our area. Additional maps are now available to hand out to neighbouring teams if a larger scale searches take place in our Team area.
- The Team has purchased a new titanium Titan stretcher, with slide sheet and head guard. This will enhance how we use the stretcher on vertical crags and in water rescue situations.
- All team equipment bags were washed and re-waterproofed.
- The Water Rescue equipment has been expanded with the purchase of more equipment to allow the number of Team swift water rescue technicians to increase. Four team members became Advance Swift Water Rescue Technicians, and we are putting another team member through to be a Swift water Rescue instructor. All water rescue kit has now been added to the equipment inspection records, allowing more efficient tracking of expiry dates.
- The Medical Officer has put in place a clear tracking system to ensure all medical drugs and equipment are in date and fit for purpose. We have also introduced a comprehensive training programme for Casualty Care examinees. The contents of the Medical sacks is being reviewed as an ongoing process to review what we carry on the hill. A new lock was fitted to the meeting room door to ensure we comply with the Home Office controlled drugs protocols.
- We have secured funding through LDSAMRA for the complete refurbishment of our two Land rovers, hopefully extending their life span by many years. This will be completed in 2021.
- The Team now successfully uses three WhatsApp accounts to improve communications. A business WhatsApp group for day-to-day team affairs, an Operational WhatsApp group only used during callouts to post map images of the Casualty site, grid references and important operational details as the call out

develops. The WhatsApp Chat group is for general chat and has helped the Teams stay in touch with each other.

- We have greatly increased the Teams social media presence through the active use of Facebook to post details of our callouts and other team events. One of our recent posts got over 50,000 views. A new Team website has also been developed and launched.
- The Friends of Penrith MRT has now added an online shop to our new website to sell team merchandise. They continue to meet online and has pushed forward new initiatives this year, including the online shop and an online live event showing the public around base and running through how we operate during a callout.
- The crag task group continues to meet to check crag kit and have also updated the team helmets, personal slings and harnesses.
- With the vehicles not being used every week during lockdown, we introduced a weekly driving schedule where all vehicles got at least one hours drive er week to keep them operational.
- We have also introduced online recording of all training.

The Team has made efforts to push its message to the public to stay safe on the hills with the simple message below.

*You need to carefully plan your journey.*

*Ask yourself 3 questions:*

- *Do I know what the weather will be like?*
- *Do I have the right gear?*
- *Do I have the knowledge and skills for the day?*

*There is an excellent app called AdventureSmart.uk that can help you plan your trip.*

*[\(https://www.adventuresmart.uk/\)](https://www.adventuresmart.uk/)*

The Team continues to carry out its core work of rescuing people in a professional, efficient, and caring way. As always, I feel privileged to be a part of Penrith Mountain Rescue Team and honoured to be able to work with team members who show such dedication, spirit and commitment to helping other people.

Rob Holden

Penrith MRT Team Leader. (since 2019)

#### 4. Treasurer report and Financial summary

The past year has been very difficult for all of us in many different ways. For the charity the cancellation of many of our fundraising events and collections inevitably led to reduced income from these sources.

We were however fortunate in receiving increased grants from LDSAMRA and a further generous legacy. Combining this with a reduction in expenditure means that we have managed to end the year in a healthy state. The uncertainty of 2020 has highlighted the need to focus attention on the overall governance of the charity.

We have improved the management of our expenditure with the introduction of budgets across all areas of the team. This not only increases the awareness within the team of the need to plan for expenditure but also helps us to prepare for future fundraising requirements.

We continue to pursue a new base for the team, there is an ever increasing need to find a larger space for the team to function effectively. Whilst we search for a solution we are reviewing our financial situation, increasing our reserves and aiming to put the charity in the best position in order to raise the significant funds required to support this project.

In conclusion, we believe we have ended 2020 in a much better position than we started it and are confident that the new policies and budgets now in place will put us in an increasingly positive position for all our future projects and plans. Ultimately this will allow us to keep supporting our community and all those who turn to us for help.

Summary P&L 2020 (figures are rounded for simplicity – copy of actuals in appendices)

	2020	2019	Difference
Income			
Donations and Legacies	£27,000	£228	++++
LDSAMRA	£20,000	£5,000	+++
Grants, Collections and other Fundraising	£19,910	£46,893	( - - )
Investment Income	£5,565	£6,034	
Total Income	£74,476	£58,155	++
Expenditure			
Equipment purchases	£14,242	£24,276	++
Operating Costs	£17,063	£22,789	+
Support Costs	£12,342	£7,784	( - )
Total Expenditure	£43,647	£54,489	+
Income / (loss) for the year	£30,829	£3,305	++

## 5. Team Profile



The Team consists of 41 volunteers, including 32 full team members and nine probationary members. Five of these probationary members are coming to the end of their probationary period, whereas the other four have just started theirs, their start dates having been delayed a few months due to COVID. We have 5 female participants and 36 males.

The Team is made up of an eclectic bunch of individuals, whose ages range from 22 to 67. Volunteers come from a variety of backgrounds, with a number of ex-military, ex-teachers and outdoor professionals. There are two doctors, 1 practice nurse, 2 clinical psychology professionals. The key word in all of this is 'team'; hopefully, we have complimentary skills but share a common aim: to help people in distress on the hills in our area.

As a result of intensive training and qualification/accreditation, we now have:

- 17 trained Casualty Carers
- 21 Swift water Rescue Technicians
- 4 Advanced Swift Water Rescue Technicians
- 10 Blue light response drivers
- 10 members who are also part of COMRU (Cumbria Ore Mines Rescue Unit)
- 1 search dog and handler



The team members come from all across the team area, see map.

Two team members share their experiences of life in the Team.

Trev Milton – 49, Teacher. Veteran of 23 years' service in Penrith MRT

I'm guessing at the amount of time I've done in the team but around 23 years sounds about right, I don't claim to be the longest serving member but I think I'm up near the top of the league table!

I have undertaken various roles in the team including Deputy Team Leader, Team Representative (sort of an interface between the general team members and the team's management/leaders) and most recently taking the lead on matters concerned with water search and rescue.

The Team (and Mountain Rescue in general) has changed and developed over the years – we have seen the development of technology that allows team members to be actively tracked on the hill, 'find phone' software to help locate missing people and a web-based system - SARCALL that helps manage incidents and interfaces with our emergency service colleagues. Penrith MRT has embraced these changes and is continuing to develop in a positive direction – we have made huge strides in our equipment levels, we operate 4 specialist vehicles and a water rescue trailer, we have developed our rope rescue techniques and continue to attract new members who demonstrate skill, commitment and enthusiasm.

The main barrier to the team's development now lies with the limitations of our existing base. Purpose built in the early 1990s Penrith MRT benefitted from this facility for many years while sister Cumbrian teams operated from converted barns, garages etc but times have changed and the current base is now too small for our increased levels of equipment, training needs etc.

I look forward to the challenges of the next 23 years and wonder what Mountain Rescue may look like with the increasing use of drone technology etc – I can't help thinking though there will still be a need for a bunch of dedicated local volunteers who are willing to respond 24/7, 365 days a year, whatever the weather and for free!

Paul Marginson – Probationer. Retired.

To start with the obvious, it's been an out of the ordinary year to be a probationer. Probably the biggest challenge has flowed from the pandemic's impact on Team operations and activity. Two lengthy periods of quasi-furlough in terms of call outs, during which periods most training has had to go online. I'm not sure what the term is for skills fade when you haven't quite embedded them all in the first place! To give one straightforward example: remembering everything to be checked and loaded into vehicles on a call out. Meetings and training going online means the important space for informal exchanges with Team members diminishes.

Looking back, the variety of things learned is mind-boggling: call-out procedures, radio communications, crag and rope rescue techniques, casualty care, swift water assistance roles, helicopter protocols (and hands on induction), winter skills and so on. Unexpected is the extent of casualty care interventions and training. I'd naively assumed that beyond 1st Aid it'd be the province of a few medical experts. Call outs, of course, have been down, but those that have occurred given a varied experience, from proper hill jobs (night as well as day), through body recovery to ambulance assists. Finally, the approach of Team members to probationers is tremendous. Always helpful, encouraged to ask questions (and feels 'safe' to do so), never condescending, rapidly made to feel part of things. The winter skills weekend a big plus for early social integration as well as the training itself.

## 6. 2020 Training Summary

2020 has been an interesting year for training. At the AGM in March 2020 sitting shoulder-to-shoulder to my MR colleagues we knew this pandemic was on the near horizon, but we never knew quite what to expect. Just over one week later we held our last training session under 'normal' conditions and five days later the whole country went into lockdown.

It took about month or so before we got rolling with online training, but as good as some of this is, it generally can't make up for hands-on and in-person training. We managed to resume some in-person training in June, but that session was very much limited to turning up to a car park tucked well away on private land, standing well apart from each other and putting on our "COVID PPE" (gloves, waterproofs, goggles, facemask, more gloves), taking it off again and thoroughly sanitising our hands before heading home for a hot shower, vacating the site before the second half of the team arrived for the afternoon sitting in another part of the car park.

After that the situation improved, and we got more used to operating in our COVID PPE and maintaining 2m spacing between ourselves. Our once-a-month Sunday training sessions returned with an excellent casualty care round robin in August, a high mountain crag familiarisation in September and a multi-skills incident training day at Ashgill in October. But, as good as these were the restrictions, distancing, fogging goggles etc still rendered these sessions not quite as productive as they would have been pre-COVID.

In November productive training was ended once again, but this was followed by a thoroughly worthwhile session in December where we trained accessing a long winter climbing route on a high mountain crag. As a mountain rescue team, we can be of use in many situations but fundamentally we are the organisation who should be best suited to accessing remote places. Even if we rarely have to carry out rescues in some of the more remote and inaccessible areas of our patch, who will do that if we can't? We know from bitter experience that helicopters can't always fly in the conditions we may need to go out in. We need to be prepared to do the rescue should the situation arise. So, after lowering one of our team members over 250 metres down the crag we are now that bit happier that we have the skills and the equipment to do such a job.

Now, at the start of 2021 and living through lockdown 3 our training is again limited to meeting up online. We can still go outdoors as individuals or in pairs and we are fortunate in having such a diverse area in Penrith MRT. Sticking to 'the spirit' of lockdown we are not pushing ourselves on personal trips out as even the most skilled and experienced people come to grief in the mountains – accidents do happen. Because of this we are not getting the quality of training in that we would have a year ago. It is unlikely we will be as proficient as we were a year ago. Skills fade is a very real thing, and we need our training. Not just once, but as part of a rolling cycle of learning, refreshing, improving, re-learning and so on. Cumulative experience is so important to our competence and some of that experience needs to be recent.

Aside from COVID we went live with our Itchy Robot training monitoring system in May. I need to thank everyone who has helped in getting this system running.

There are many people who need thanking for their help with training for this year. Thank you to everyone who has run a session or helped out with their specific areas of expertise. I would also like to pay particular thanks to those people who have repeated their day job in a voluntary capacity to help us out. Without going into a long list of names and associated thanks I will cherry pick three people I would like to thank in particular. The first is Harry for his excellent support with the COVID preparedness training. At a time when few people knew what was going on it was reassuring to have Harry's knowledge and his ability to liaise with experts. Secondly, I would like to thank Tess for all the time and effort she has put in to logging people's training attendance and setting up the system as well as sorting out so many of people's niggles and computer problems. Finally, I would like to thank Chris Seymour for all his efforts on the medical side of training.

The challenge for 2021 will be making up for lost ground. Let us hope we can start on that sooner rather than later!

Matt Nightingale – Training Officer – Penrith MRT



Penrith M

## 7. Fundraising Highlights

2020 was a challenging year for fundraising, with the sudden shift due to the global Covid-19 Pandemic creating much uncertainty. Throughout 2020 and early 2021 we have planned, and cancelled, many of our regular events in Penrith such as May Day parade, Winter Droving and Christmas Eve Town Centre collection. With this shift we saw a temporary suspension of the Book exchange at Penrith Train Station which to date has raised over £6500 in the last few years, and the hope is that once restrictions allow, this will be reinstated. In the meantime, we've temporarily replaced this with books by post service, which for a donation you can receive a random book from our donated collection.

This year also saw us aim to expand our fundraising to beyond Penrith as we looked to restart a collection in Carlisle city centre. This has been postponed numerous times, each time we aimed for managing to coinciding with a fresh lockdown. Throughout the year we still managed to achieve a number of events with the Friends of Penrith Mountain Rescue meeting virtually through teams most months. We also arranged a number of Virtual Events and fundraising on line with the twelve days of Christmas. A successful virtual "Night in with Penrith Mountain Rescue", was well received and attended by over 50 people. With a tour of the Teams Base and equipment and question and answer session over Zoom.

Alongside this we have also launched a range of cards which have been selling well, and we have successfully managed to get a number of shops in Carlisle to purchase small quantities to sell. Given that our normal fundraising events have been limited, our merchandise has been sat in storage and work has been ongoing to sort the website to open our online shop which will hopefully be launching in the near future.

During the past year lots of hard work has been put in behind the scenes with a number of successful and unsuccessful grants application. With successful bids to the Cumbria Community Foundation and Department for Transport grants, funding vital COVID 19 adaptations and Swift Water Rescue Kit respectively.

Looking forward to the next year we have been working hard and looking forward to more traditional fundraising events hopefully resuming. With new events planned for Talkin Tarn in the north of the Teams Area. We are also looking into and working on the possibility of a lottery to help build our regular donations. During the early part of this year, we'll be looking to refresh our range of merchandise.



## 8. Looking to the future – what we see will affect what we do

Over the next few years, we expect the demand and nature of our volunteer work to grow significantly. We continue to work as a team to build our capability to meet these developments.

- 1) The expected growth of visitors to the area will increase the volume of typical incidents to which we will need to respond.
  - In 2021 the release of lockdown will create a surge of visitors and likely accidents. In the following few years, the “staycation” impact will remain with an increase in visitors to our area.
  - Longer term the popularity will be driven by improved access. HS2, A66 trunk road dualling, Carlisle airport opening scheduled flights, expansion of Manchester Airport.
  - The popularity will drive people to more remote areas of our patch which may be more hazardous or less waymarked.
- 2) Lifestyle and prior healthcare advances will continue to create a more active, healthier population with a longer life expectancy and ability to pursue more vigorous activity longer into their life span.
  - ‘Weekend warrior’ activities will expand from the affluent early 40’s to the late 50s,. increasing the volume, the likelihood and severity of incidents.
  - The COVID walking adoption will encourage more people to be out in the open spaces of our wider patch more often, be it the mountains, or the various river and wooded areas.
  - Continued promotion of the outdoor to minority, and less experienced groups (<https://gmwalking.co.uk/walking-groups/black-girls-hike/>) and with easier access to outdoor activities means more and more people feel able to tackle the physical challenges in the great outdoors, increasing the likelihood of incidents.
  - Changing working habits, including increasing work from home, will permit more week day, quieter times activity, changing the scope of our call outs.
- 3) A changing climate will have a notable difference on the weather in mountainous areas.
  - The Met Office already predicts that the UK will see warmer and wetter winters and hotter and drier summers as well as more frequent and intense weather extremes. For mountain rescue, that’s likely to mean more cases of heatstroke and heat exhaustion, more wild fires on our uplands and more frequent calls on our Swift Water Rescue technicians to assist the paid emergency services during flooding.
  - Warmer winters with less ice and snow means fewer opportunities to train in winter conditions meaning we may be less well prepared for the occasional extreme snowy or icy periods. Teams have struggled to find decent snow for effective training, even in Scotland in recent years and that’s only going to get harder.”
  - Pressures to improve energy efficiency and reduce carbon footprint will apply to mountain rescuers like everyone else. There will be a need for powerful 4x4 electric vehicles as diesel engines are replaced. Teams are likely to have a greater number of smaller, lighter vehicles rather than the traditional Land Rovers and other conventional off-road vehicles. Bases will need to be better insulated, ideally with renewable energy generation and more sustainable heating, lighting and recharging of equipment like lights and medical equipment.
- 4) Expectation and scrutiny of our work will continue to rise with more visitors and interest from the media.
  - The need for fundraising necessitates using social media to promote Mountain Rescue. With increased attention comes increased scrutiny and expectations for the volunteers to show the highest level of professionalism. The level of qualification will likely increase for the volunteers.

The Team has started to address these challenges, for example

- A. EQUIPMENT - the current Land Rovers are being refurbished in 2021 to extend their useful life hopefully until more obvious suitable replacement vehicles are available on the market.



- B. TRAINING and SKILLS - the team continually search for suitable training courses and venues to maintain skills, and add capability to meet future demands. In 2021 it is expected two team members will become Water Rescue instructors to the benefit of both our own and other teams. The team is also exploring organising overseas winter training to manage in the sporadic but more severe winter weather that is occurring in the UK. The sporadic winters in the UK mean it is far from guaranteed that we'll be able to train effectively in winter skills.



- C. NEW BASE – the team continues to search for land on which to build a new base, that will allow the management of our equipment better, enable the team to train better, and manage incidents using continually updating communications and processes. We have completely outgrown the current base, not least due to our steadily expanding range of specialist equipment and vehicles. The search for suitable sites is constrained by the need to ensure that we have the best possible road access links to all parts of our patch.



## 9. Contact details



If you would like to know more about what us, we have a website and a Facebook page

<https://www.penrithmrt.org.uk/>

<https://www.facebook.com/PenrithMRT/>

If you would like to help raise money for us or donate we have a JustGiving page which can be accessed through the website, or via

<https://www.justgiving.com/penrith-mountainrescue>

If you prefer to donate directly this can be done to the following bank details.

Acct Name: Penrith Mountain Rescue Team. Sort Code: 30-16-28. Acct No: 00714730

If you have further questions or specific queries please email the Team Secretary at [secretary@penrithmrt.org.uk](mailto:secretary@penrithmrt.org.uk) who will forward your email to the most appropriate team member.

Penrith Mountain Rescue  
Isobella Carlton House  
Tynefield Drive  
Penrith  
CA11 8JA

REMEMBER – IF IN DIFFICULTY ON THE HILL OR ELSEWHERE – CALL THE POLICE ON 999 OR 112, AND EXPLAIN THE SITUATION. THEY WILL TASK MOUNTAIN RESCUE.

## 10. Appendices

### 10.a. 2020 Call out data

37 call outs – listed in date order with a short description of the issue.

RESCUE NO.	DATE	LENGTH OF RESCUE (HRS)	NUMBER OF TEAM MEMBERS	RESCUE NARRATIVE
1	1/1/20	3.4	13	64 Year old female slipped on wet rocks under waterfall at Ashgill beck. Wet/cold and shoulder injury. Team deployed. Team administered Entonox and morphine then evacuated to land ambulance.
2	15/1/20	8.22	11	51 Year old female running ultra-race 'The Spine'. Got disorientated at High cup nick. Cragfast on steep ground and very cold. Low numbers (7 initially) meant we called out Kirkby Stephen MRT to assist. Casualty made safe and re-warmed, then lowered down using backrope to valley bottom and long walk out. Farmer used quad bike to assist near road. Taken to Spine HQ at Dufton village hall.
3	17/1/20	0.5	1	Asked to help Cumbria Police with a missing person search next to Carlisle to Penrith railway line. Stood down before deployment
4	9/2/20	0.7	1	Asked to help Cumbria Police with a missing person search near Lazonby. Stood down before deployment
5	14/2/20	2.5	17	Search for 76 Year old male near Eden Hall. LDSAMRA water rescue resource was also requested, as the search area contained large areas of river in flood. Search stopped when deceased gentleman was located.
6	16/2/20	0.47	17	Stranded land ambulance in fast moving water. Called to assist Kirkby Stephen MRT. Swift water rescue deployment. Stood down before getting on scene.
7	16/2/20	0.53	17	51 year old female with injured hip. 100m from road. Talkin Tarn. Called to assist by NWAS
8	16/2/20	4.88	24	Lost and cragfast walkers 59 year old male and 50 year old female. Casualties uninjured

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				but lost and crag-fast. No head torch. No injuries and cold but not shivering. Phone used to locate casualties. Team deployed. Casualties located and guided off Piot crag.
9	15/3/20	1.5	3	Deliver autopulse and batteries (automatic chest compression device) to Kirby Stephen MRT to help with resuscitation of casualty.
10	29/5/20	1.0	10	31 Year old male. Ankle injury at Mardale Head
11	24/6/20	5.5	16	Kirkby Stephen assist. Search for missing male in Rawthey Bridge area. Deceased male found in river.
12	11/7/20	1.5	3	Deliver autopulse and batteries to Kirby Stephen MRT to help with resuscitation of casualty.
13	12/7/20	0.5	1	Called by Cumbria Police to assist in search for missing person north of Longtown. Stood down before deployment
14	15/7/20	2.9	21	21-Year-old female with injured ankle at Nan Bield Pass. Coast guard helicopter assisted with evacuation.
15	3/8/21	5.17	9	Assisted Cumbria Police with body recovery near Melmerby.
16	5/8/20	1.7	1	Couple in their 40's lost on Cross Fell. Guided back onto correct route using 'phone find' technology. (Phone used to locate with GPS)
17	9/8/20	1.48	17	26 year old male sustained injuries whilst motocross riding near Laithes. Evacuated to land ambulance.
18	16/8/20	2.6	10	86 Year old Female fell off mobility scooter and dislocated shoulder at Talkin Tarn.
19	21/8/20	3.43	5	German male lost on Cross Fell.
20	23/8/20	4.5	10	56 Year old female with ankle injury whilst gill scrambling in Ashgill gorge, near Garrigill.
21	2/9/20	2.0	11	80 Year old male, collapsed in muddy field near Lazonby.
22	8/9/20	1.98	11	62 year old male slipped and sustained suspected broken ankle. Called to assist by NWAS. Lowther Deer Park

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	9/9/20	0.2	1	Called by Cumbria Police to female with ankle injury. Passed to Keswick MRT as in their patch.
24	12/9/20	4.3	12	78 year old male with knee injury. Park Foot campsite area, Pooley Bridge
25	13/9/20	1.7	10	55 Year old male with dislocated shoulder after mountain bike crash. Near M6 - Penrith
26	16/9/20	0.95	2	Lost male and female. Walking from Dufton to Garrigill got lost in the mist south of Great Dunn Fell. Guided to safety using 'Phone find'.
27	16/9/20	0.65	11	19 year old male with broken femur. Mountain bike crash, Askham fell.
28	22/9/29	2.48	23	46 year old male fell runner lost and cold. Team deployed on search and casualty located
29	23/9/20	2.3	11	52 Year old female, fallen off path at Ashgill force, near Garrigill.
30	27/9/20	1.11	2	80 year old female. Fell on path near Burnbanks, Haweswater. Neck and shoulder pain.
31	6/10/20	1.3	1	Request by Cumbria Police to search for missing male at Dalston. Team stood down before deployment.
32	11/11/20	0.78	10	Plane crash at Troutbeck. 1 male deceased. Deployed but stood down once on scene.
33	11/10/20	1.65	16	Female fell down a bank at Dufton Caravan park. Fire and Rescue and Cumbria Police assist.
34	13/10/20	2.38	7	Assist Cumbria Police with extraction of deceased elderly female near Bampton
35	27/10/20	5.5	18	57 year old male and son with hypothermia. Lost and unable to move, on Cross Fell. Search, located and extracted using Coast guard helicopter.
36	30/10/20	1.63	18	Male tumbled down Swine crag, Haweswater. Bruised but ok.
37	28/11/20	3.75	17	Female sustained lower leg injury on Artle crag, near Branstee, Haweswater. Helimed evacuated casualty and team escorted the son and husband off the fell in the dark

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## 10.b. Financial data

PENRITH MOUNTAIN RESCUE TEAM  
For the year ended 31 December 2020  
Charity Commission Registration Number 505809  
Receipts and Payments

	2020 Unrestricted	2020 Restricted	2020 Total	2019 Total
Donations and Legacies and other similar receipts	27,000.00		27,000.00	227.50
LDSAMRA	22,000.00		22,000.00	5,000.00
Grants	-	5,299.67	5,299.67	17,809.20
Sundry donations	5,218.83		5,218.83	9,697.06
Collection boxes	1,969.79		1,969.79	2,285.01
	56,188.62	5,299.67	61,488.29	35,018.77
<u>Operating activities to further charities activities</u>				
<u>Operating activities to generate funds</u>				
Street collections	-		-	4,780.50
Sundry fundraising	159.66		159.66	4,125.94
Supermarket fundraising	-		-	2,028.48
Websites fundraising	5,641.30		5,641.30	4,323.20
Friends of Penrith MRT – Calendars	-	300.00	300.00	113.00
Friends of Penrith MRT	1,321.78		1,321.78	1,731.08
	7,122.74	300.00	7,422.74	17,102.20
<u>Investment income receipts</u>				
Bank and building society interest	5,564.53		5,564.53	6,034.28
	5,564.53	-	5,564.53	6,034.28
<u>Total receipts</u>				
	68,875.89	5,599.67	74,475.56	58,155.25
<u>Charitable payments</u>				
Charitable activities				
Small equipment and clothing	6,943.37	3,134.67	10,078.04	14,662.28
Larger equipment	2,598.70	1,565.00	4,163.70	9,613.58
Training expenses	4,919.81		4,919.81	7,233.96
Base expenses	3,518.31		3,518.31	3,851.37
Medical costs	3,141.92	600.00	3,741.92	5,475.22
Vehicle expenses	2,919.35		2,919.35	4,500.86
Telephone	716.67		716.67	687.88
Accountancy	640.00		640.00	500.00
Subscriptions for charity sites	314.00		314.00	314.00
Computer and website	293.03		293.03	225.91
	26,005.16	5,299.67	31,304.83	47,065.06
<u>Support costs</u>				
Insurance (Base)	3,668.61		3,668.61	2,531.30
Insurance (Additional Vehicles)	645.62		645.62	530.00
<u>Management and administration</u>				
Stationery and postage	85.91		85.91	312.93
Office equipment	599.00		599.00	354.65
<u>Other expenditure</u>				
Professional Fees (inc New Base)	6,754.00		6,754.00	3,078.71
Friends of Penrith MRT	469.15		469.15	129.50
FPMRT / Team Event costs	119.81		119.81	847.18
<u>TOTAL PAYMENTS</u>				
	38,347.26	5,299.67	43,646.93	54,849.33
<u>Net income</u>				
	30,528.63	300.00	30,828.63	3,305.92

### 10.c Lists of sponsors and contributors in 2020

We are very grateful to the following list of people, organisations who have made a contribution to the team over the past year, be it a donation or providing gratis materials to the team. There are a host of other people who donated anonymously or did not pass on details so we can recognise their support. Thank you to all of you in making sure that we are able to continue to provide the service that you all expect of us.

Peter Ackers, Lynda Adams, Martin Adams, Colin Aimers, Duncan Anderson, Marion Anthony, Louise Folkard, Donna Francesca, Glen Franklin, Suzy & Wayne Gaskill, Phil Giddings, Jacob Gloor, Rebecca Armistead-Burrell, Stacey Armistead-Burrell, Mark Armstrong, Nick Arnison, Jayne Barbour, Michael Bareham, Zoe Barkley, Jan Barnard, J Barnard, Danny Barnes, Jean Barrell, Kirsty Beardall, Adam Begbie, Jaki Bell, Marco Berti, Simon Blenkinsop, Alice Bondi, Tonus Boomer, John Boothman, Francis Boundy, J Bowen, Paul Bradley, Lesley Brefitt, Lydia Brown, Shelagh Brown, Miriam Brown, Rob Burridge, Liisa Busmer, Rachael Chittenden, Jess Clark, Steve Clarke, M Clarke, C Clarke, Mark Cleminson, Ali Cordrey, Peter Crilly, Sharon Crisp, Stephen Crowsley, Kathleen Curtiss, Mary Davey, James Davis, Helen Dawson, Colin Desmond, Philip Dixon, Matt Dodd, Niki Downey, Edna Dowson, John Dunleavy, Carol Edwards, Hayley Elizabeth, Alan Ellerby, Teri Ellis, Debbie Ellison, Gemini Fitzsimons, Louise Folkard, Donna Francesca, Glen Franklin, Suzy & Wayne Gaskill, Phil Giddings, Jacob Gloor, Peter Goodchild, Angela Graham, Isobel Graham, Jonathan Greening, Kristina Gregory, Tom Grice, Chris Hale, S Halesworth, Jo Hands, Rita Hanson, Dave Harrison, Vivienne Harvey, Lorraine Haughan, Jennifer Heatry, Matthew Hodgkinson, Derek Holcroft, Carole Holdich, Mr & Mrs Holliday, Gillian Holmes, Kathleen Holmes, J C Huber, M J Huber, Andrew Huddart, Robert Huddart, Robert Hunter, Kate Hurr, Kerry Jackson, Audrey Jackson, Carol Jacobs, Mark James, John Jocys, Robert Johnstone, Dave Jones, Ingrid Jones, Neal Joyce, Anne Kemp, Andy Kimberley, Nickie Kirkby, Daniel Kops, Theresia Krier, Martyn Langley, Rachel Lee, Lynne Leete, Bob Loades, Dale Longson, Steph Mai, Mary Malone, P Marginson, A Marsh, Terry McCarthy, Shaun McFarlane, Sara Milburn, Carol Mitchell, Sophie Monkman, Sarah Moore, Scott Morley, Terry Mullett, Jane Musgrave, Helen Newell, David Nicholson, Joan Nicholson, Rick Nordicstar, Tammy Norry, Joanne O'Doherty, James O'Ryan, Margaret Oliver, Rebecca Parker, Yvonne Pascoe, Adam Pattinson, Mr & Mrs Pearson, Carol Pipes, Paula Potter, Gillian & John Rand, Julie Ratcliffe, Kay Rawson, Emma Richardson, Sophie Richens, Wendy Roberts, Catherine Robinson, J Robinson, Mr Ross, WH & LM Russell, Andrea Sanders-Fox, Magdalena Sanicka, John & Pamela Scott, V Seed, David Sewell, Samwise Sewell, Chris Seymour, John Seymour, Lindsay Shaw, Joan Smith, Sarah Smith, Simon Smith, RHE & SA Smith, Jamie Snaith, E Soulsby, Joanna Splinter, Sasha Starr, Susan Steel, Matt Stephens, Chris Stephenson, Jon Stockwell, Nick Street, Kerry Sutton, Pamela Taylor, Mary Teasdale, Joe Thompson, Adrian Treble, J M Turner, Michaela Vala-Maria, John Wady, Carol Wakefield, Hilary Walker, Frances Wallis, Mike Walton, Mike Ward, Judith-Ann Wardlaw, David Warrington, Ang Whitcomb, Mike Whittaker, Beatrice Wichens, Carole Willett, Sally Willett, John Wilson, DJ & AP Witney, Barbara Wood, Gaynor Wood, Nick Wood, Charlotte Wood, Chris Wright, Esther Yates, G Douglas & I Horne, The Carrington Family, Paul & Judy, Jo & Vince, The Schoeps Family,

1st Penrith Brownies, Carlisle & District Rambling Club, Christian Douglass, Cumbria Community Foundation,

Eden Rock, Frame Swift, Go Outdoors, LDSAMRA, Paperline Ltd, Renwick Handicraft Club, Scarborough Lions Club, The Lakeland 50 & 100 Ultra Trail Runners, University of the Third Age (u3a), Zumba @ Holy Trinity Church, Carlisle,

The late Mrs Phyllis Evans,  
The late Richard Philips

Sue Harper, provided Safeguarding Training,  
Victor & Sarah-Anne Gubbins allowed us to use their land for Water Training  
Helen Storey for the bacon butties and brews at SRT training  
Lowther Estates for access to their property for Training sessions  
Gareth Browning at Forestry Commission for use of Coombs Woods for training  
B&M London Road Penrith, for back up car parking on call outs

We are also grateful to those pubs, bars, restaurants, shops, cafes, offices and businesses who host one of our collection boxes. The lockdowns have significantly hampered this effort. The Team wishes you all a successful reopening in 2021, and a massive thank you to you and all your customers who leave change in our boxes.

ALSTON POST OFFICE, ALSTON BLUEBERRY TEA ROOM, ALSTON CUMBERLAND HOTEL,  
ALSTON SPAR - TOWNFOOT GARAGE, ALSTON ANTIQUES & VINTAGE EMPORIUM,  
ALSTON HOUSE HOTEL, ALSTON HI PENNINE OUTDOOR SHOP  
ASKHAM STORES, ASKHAM PUNCH BOWL, ASKHAM THE QUEENS HEAD, ASKHAM POST OFFICE.  
ARMATHWAITE FOX AND PHEASANT, ARMATHWAITE POST OFFICE  
BAMPTON GRANGE, THE CROWN AND MITRE, BAMPTON BRIDGE END STORES.  
BAMPTON HAWESWATER HOTEL BAMPTON, MARDALE CAR PARK,  
CALDBECK, POST OFFICE STORE. CALDBECK, THE ODDFELLOWS ARMS.  
CASTLE CARROCK THE DUKE OF CUMBERLAND.  
CLICKHAM, THE CLICKHAM INN.  
CLIFTON, THE GEORGE AND DRAGON.  
COTSWOLD OUTDOOR  
CROSBY RAVENSWORTH, BUTCHERS ARMS  
CUMWHINTON, THE LOWTHER ARMS.  
DACRE, THE HORSE AND FARRIER.  
EAMONT BRIDGE, THE CROWN HOTEL, EAMONT BRIDGE BEEHIVE  
FAUGH, STRING OF HORSES INN  
FREETIME SPORTS SHOP  
GLENRIDDING CATSTYCAM LTD  
GREYSTOKE, THE BOOT AND SHOE.  
HAYTON, HAYTON LANE ENDS PUB.  
HESKET NEWMARKET, VILLAGE SHOP, HESKET NEWMARKET, THE OLD CROWN  
IRTHINGTON, CAFE STOBART, CARLISLE AIRPORT., IRTHINGTON, THE SALLY  
KINGS MEARBURN  
LANGWATHBY POST OFFICE, LANGWATHBY, SHEPHERDS INN.  
LAZONBY, THE MIDLAND HOTEL.  
MELMERBY VILLAGE STORE  
MELKINTHORPE, LARCH COTTAGE gift  
MUNGRISEDAL MILL INN  
NEWBIGGIN, THE BLUE BELL, HEADS NOOK.  
ORTON, BARN HOUSE, B & B.  
PENRITH FELL BAR, PENRITH EDEN EYE CARE, PENRITH OUTDOOR PURSUITS  
PENRITH, ARRAGONS CYCLE CENTRE, PENRITH M&S, PENRITH, BRUNSWICK DELI,

PENRITH, HALFORDS, PENRITH, JOHN NORRIS, PENRITH, MOUNTAIN WAREHOUSE.  
PENRITH THE LOUNGE, PENRITH, THE GREY GOAT. PENRITH. BECKSIDE BOOKS,  
PENRITH. GO OUTDOORS, PENRITH. THE AGRICULTURAL HOTEL  
PENRITH DEVONSHIRE ARCADE, PENRITH DOMINO'S, PENRITH WILKS GREEN HILLS  
PENRITH WOODLANDS,  
POOLEY BRIDGE PARKFOOT CAMPSITE. POOLEY BRIDGE CROWN INN, POOLEY BRIDGE POST  
OFFICE  
POOLEY BRIDGE, TOURIST INFORMATION CENTRE, POOLEY BRIDGE WATERFOOT CARAVAN PARK  
POOLEY BRIDGE INN  
REDHILLS, THE LIMES COUNTRY GUEST HOUSE,  
RHEGED, THE WALKING SHOP.  
SHAP, ANDERSONS NEWSAGENTS, SHAP MEDICAL PRACTICE, SHAP, NEW BALANCE SHOP.  
SHAP NEW ING LODGE. SHAP CHIPPY, SHAP WELLS HOTEL. SHAP, THE GREYHOUND.  
SHAP MARCEL SANDWICH SHOP  
SKELTON, DOG AND GUN  
STANTON, BRANTWOOD, STANTON, THE KINGS ARMS.  
TAYLORS CLOTHING REPAIRS  
TIRREL, THE QUEENS HEAD.  
WETHERAL, THE CROWN HOTEL WETHERAL, THE WHEATSHEAF. WETHERAL TALKIN TARN

#### **10.d. Lists of employers**

We would like to thank all Team member employers for their support, permitting absence and facilitating each volunteer to be an active participant in Penrith Mountain Rescue. A number are listed below.

Center Parcs UK & Ireland  
Cumbria County Council  
Cumbria Police  
Electricity North West  
Environment Agency  
First Engineering Services Ltd  
First Step, The Hub, Penrith  
JT Expeditions  
Joe Fraser Climbing  
Lyon Equipment, Tebay  
Natural England (Cumbria Area Team)  
Newton Rigg College  
North Cumbria Clinical Commissioning Group  
Ron's Caravan Services – Penrith  
Specsavers Ltd - Carlisle  
Tata Steel (Shapfell)  
United Utilities

## 10.f Team Leader Article published on Cross Fell

### **Cross Fell - The 8<sup>th</sup> highest Cumbrian fell that's a popular climb but not in the Lake District.**

A spate of 5 rescues on Cross Fell in recent months means that this 893m, North Pennine peak has been a frequent focus for Penrith MRT. Rob Holden, Team Leader, shares some words of caution.

Cross Fell lies within Penrith Mountain Rescue Team's area and is fast becoming the team's primary area for call outs. A spate of recent rescues has seen the team being called to assist lost and injured walkers, including German and French Nationals.

Recent callouts in the Cross Fell area this year:

1. Crag fast female runner with hypothermia, High Cup Nick, south of Cross Fell. High winds. Low cloud, rain and cold.
2. Couple lost on Cross Fell. High winds, low cloud, rain and cold. Lost path.
3. Lost man on Cross Fell. Low cloud, rain and cold. Lost path.
4. Couple lost while walking from Dufton to Garrigill. Lost path near Great Dun, south of Cross Fell. Low cloud, windy, cold.
5. A 57-year-old male with hypothermia on Cross Fell. Adult son also present and cold as well. Unable to move. Cold, wet, and windy. Lost path and struggling in very wet ground.

Due to the often-extreme weather conditions, lost walkers can quickly develop into hypothermic casualties in desperate need of assistance. To understand why so many walkers are getting into trouble it is worth having a look in more detail at Cross Fell and the surrounding area.

Cross Fell forms part of the Northern Pennines; that great lines of hills stretching from the Peak District, north to the Scottish borders. Cross Fell dominates the skyline in eastern Cumbria, standing guard over the Eden valley to its west and is clearly visible from many Lake District mountains. The Pennine Way, a well-known long-distance walk, runs over the summit of Cross Fell and often draws visitors to the area from all over the world. The section of this walk from Dufton to Garrigill can present a long and challenging journey for the inexperienced hill goer. The path is sometimes indistinct in poor weather, especially over the summit of Cross Fell, and walkers losing the path can find themselves in peat hags, marshy ground and long, uninhabited valleys stretching away for many miles through wet, difficult and exhausting ground.

Cross Fell lies at an altitude of 893m within the 'North Pennine Area of Outstanding Natural Beauty' and is the highest point on the Pennine Way. If compared to the Lake District fells, it is only exceeded in height by seven Lake District mountains, being one metre taller than Pillar. So, it is high, and it is remote, being the largest single area of land above 800m in England. The topography of the land creates the legendary Helm Wind. This is the only named wind in the UK and is most common in late winter and early spring. It creates a heavy bank of cloud called 'the helm' that sits on or above the summit of Cross Fell and can lead to some ferocious winds. The area is in fact characterised by strong winds throughout the year, with the summit often bathed in a raiment of low clouds. The presence of this cloud is a real feature of Cross Fell and it is often covered in mist when all other parts of the Pennines are cloud free.

Cross Fell has on average 105 days with snow lying on the ground, compared to 83 days on Helvellyn. The average temperature in January is minus 2 °C. It is a serious place to find yourself in poor weather and being prepared is essential in ensuring safe passage over the Fell.

Just to the north east of Cross Fell summit can be found Greg's hut. It lies on the Pennine way and has provided safe haven for many walkers over the years. The Greg's Hut Association, in collaboration with the Mountain Bothies Association, maintains Greg's hut. At the time of writing the hut is closed due to the Corona Virus. In

normal years it is open all year round, free to use, and the visitors' book has over 600 names each year from all around the world.

Just south of Cross Fell the Pennine Way passes over Great Dun Fell. This is easy to identify from great distances on a clear day due to a large white 'golf ball' shaped communication centre on its summit. There is a private metalled road to the summit to allow access for maintenance crews. It is claimed that Great Dun Fell (848m) has the highest flushing toilet in the UK, unless you know otherwise?

Many of the incidents Penrith Mountain Rescue Team are called out to on Cross Fell start with errors in navigation. This often leads to extended time out in poor weather, walking in difficult terrain. It is essential that when venturing into this area you have a 1:50,000 or 1:25,000 scaled map of the area, a compass and have practiced the skills needed to use them. Mobile phone mapping software is excellent but is no substitute for a map and compass.

You need to carefully plan your journey. There is an excellent app called AdventureSmart.uk that can help you plan your trip. Ask yourself 3 questions:

- Do I know what the weather will be like?
- Do I have the right gear?
- Do I have the knowledge and skills for the day?

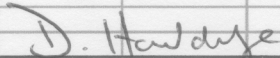
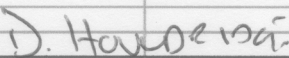
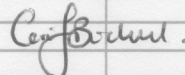
At this time of year, you need to carry windproof and waterproof jacket and trousers, hat and gloves, layers of clothing and a spare fleece or belay jacket. A head torch and map and compass are also essential. You need the skills to be able to use the map and compass, being able to walk on a compass bearing in the mist. A spare head torch, spare gloves and spare compass are also advisable. Consider what would happen if someone in your party became injured and were unable to move. We would advise carrying a group shelter (also called a Bothy bag). This is an excellent and light weight safety device that will cocoon your walking group from the worst of the weather until help arrives.

Cross Fell is a beautiful, rugged, wild, and remote area of England that is a fantastic place to visit. Please do not underestimate it and take all precautions to make sure you stay safe.

Rob Holden - Team Leader (2019-2021) - Penrith Mountain Rescue Team



Photo of Penrith MRT volunteer during a March call out on Cross Fell.

PENRITH MOUNTAIN RESCUE TEAM						
For the year ended 31 December 2020						
Charity Commission Registration Number 505809						
Balance Sheet						
			2020	2020	2019	2019
<u>Monetary funds</u>						
Cash in hand			-		0.99	
Bank account			151,489.73	151,489.73	124,504.11	124,505.10
<u>Other monetary assets</u>						
Cumberland Building Society 1 year account			367,102.67		336,953.64	
Cumberland Building Society 120 days notice					24,586.74	
Cumberland Building Society Instant access			408.07	367,510.74	405.83	361,946.21
<u>VAT Liability</u>				6,548.51		5,929.22
<u>Long term liabilities</u>				(28,500.00)		(28,500.00)
<u>Monetary funds</u>				497,048.98		463,880.53
<u>Fixed assets</u>						
	B/fwd	Additions	Balance		Balance	
Property	68,439.10	6,754.00	75,193.10		68,439.10	
Vehicles	86,470.00	0.00	86,470.00		86,470.00	
Equipment	70,676.13	4,762.70	75,438.83	237,101.93	70,676.13	225,585.23
NET WORTH				734,150.91		689,465.76
Represented by:						
General funds				279,600.37		241,969.22
Long term liabilities				(28,500.00)		(28,500.00)
Restricted funds						
				7,857.44		7,557.44
				258,957.81		221,026.66
RESERVE FUNDS						
Vehicle reserve				40,000.00		40,000.00
Property reserve				75,193.10		68,439.10
New base reserve				300,000.00		300,000.00
Emergency reserve (2yrs annual expenditure)				60,000.00		60,000.00
				734,150.91		689,465.76
Signed on behalf of the trustees:						
				9/7/21		
Signature	Name			Date		
	C BICKNELL			9 July 2021		
Signature	Name			Date		

PENRITH MOUNTAIN RESCUE TEAM							
For the year ended 31 December 2020							
Charity Commission Registration Number 505809							
Receipts and Payments							
				2020	2020	2020	2019
				Unrestricted	Restricted	Total	Total
<u>Receipts</u>							
Donations and Legacies and other similar receipts				27,000.00		27,000.00	227.50
LDSAMRA				22,000.00		22,000.00	5,000.00
Grants				-	5,299.67	5,299.67	17,809.20
Sundry donations				5,218.83		5,218.83	9,697.06
Collection boxes				1,969.79		1,969.79	2,285.01
				56,188.62	5,299.67	61,488.29	35,018.77
<u>Operating activities to generate funds</u>							
Street collections				-		-	4,780.50
Sundry fundraising				159.66		159.66	4,125.94
Supermarket fundraising				-		-	2,028.48
Websites fundraising				5,641.30		5,641.30	4,323.20
Friends of Penrith MRT – Calendars				-	300.00	300.00	113.00
Friends of Penrith MRT				1,321.78		1,321.78	1,731.08
				7,122.74	300.00	7,422.74	17,102.20
<u>Investment income receipts</u>							
Bank and building society interest				5,564.53		5,564.53	6,034.28
				5,564.53	-	5,564.53	6,034.28
<u>Total receipts</u>				68,875.89	5,599.67	74,475.56	58,155.25
<u>Charitable payments</u>							
Small equipment and clothing				5,818.21	3,134.67	8,952.88	14,662.28
Larger equipment				2,598.70	1,565.00	4,163.70	9,613.58
Training expenses				4,919.81		4,919.81	7,233.96
Base expenses				2,303.65		2,303.65	3,851.37
Medical costs				3,141.92	600.00	3,741.92	5,475.22
Vehicle expenses				2,919.35		2,919.35	4,500.86
Telephone				716.67		716.67	687.88
Accountancy				640.00		640.00	500.00
Subscriptions for charity sites				314.00		314.00	314.00
Computer and website				293.03		293.03	225.91
				23,665.34	5,299.67	28,965.01	47,065.06
<u>Support costs</u>							
Insurance (Base)				3,668.61		3,668.61	2,531.30
Insurance (Additional Vehicles)				645.62		645.62	530.00
<u>Management and administration</u>							
Stationery and postage				85.91		85.91	312.93
Office equipment				599.00		599.00	354.65
<u>Other expenditure</u>							
Professional Fees (inc New Base)				6,754.00		6,754.00	3,078.71
Friends of Penrith MRT				469.15		469.15	129.50
FPMRT / Team Event costs				119.81		119.81	847.18
<u>TOTAL PAYMENTS</u>				36,007.44	5,299.67	41,307.11	54,849.33
<u>Net income</u>				32,868.45	300.00	33,168.45	3,305.92
<u>General funds</u>							
Balance B/fwd				456,323.09	7,557.44	463,880.53	460,574.61
<u>Monetary funds</u>							
Balance C/fwd				489,191.54	7,857.44	497,048.98	463,880.53



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
PENRITH MOUNTAIN RESCUE TEAM

On accounts for the year  
ended

31 DECEMBER 2020

Charity no  
(if any)

505809

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 12 / 2020**.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached..

Signed:

Date:

21/7/21

Name:

JOANNE THOMLINSON

Relevant professional  
qualification(s) or body  
(if any):

FCA, Institute of Chartered Accountants in England & Wales

Address:

Dodd & Co Limited, FIFTEEN Rosehill, Montgomery Way, Rosehill Estate  
Carlisle, CA1 2RW

**Section B****Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.