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Give blood
this month:

Cardigan, Swimming
Pool Hall, Wednesday 12
December 1pm - 7pm

Burry Port Memorial
Hall Monday 17 Decem-
ber 10am - 6.30pm

Swansea, Morrision
Tabernacle Tuesday 11
December 10am - 6pm

Bryncethin Memorial
Hall Monday 10 Decem-
ber 10am - 6pm

Got a story to
tell? Email
rachel.burch@ambulance.wales.nhs.uk or
call 01792 562955

Holly in a Hurry



IT MAY still be a few weeks until Christmas but this was one Holly that couldn't wait any longer. Little Holly Rose Ford decided she didn't want to wait for the midwife or an ambulance and so she was delivered at home by her father, with the help of Bev Griffiths, a control assistant based in Carmarthen.

Mark Ford, from Gorseinon in Swansea said, "Ellie's contractions weren't very far apart so I phoned an ambulance just in case. But the baby started to come whilst I was on the phone so from that point on it was just us and the call taker. Holly was born just 10 seconds before the paramedics arrived."

This was the second time Bev had used her skills to deliver a baby over the telephone. "Both Mark and Ellie stayed very calm throughout and didn't panic – which made my job a lot easier."

But, as both Bev and Mark were to find out, it wasn't all plain sailing. Bev

explains, "When the baby came out, she was still in the sac and we needed to do something about that straight away."

Just the day before, Bev had undertaken training on the new 11.3 AMPDS system. "Now there is much more information about pregnancy and delivery, and new guidance on how to deal with a baby born in the sac."

Mark, Ellie and Grace Ford with baby Holly, 7lbs 7oz



Old rivalries on the Pitch

WEST Wales Ambulance team beat Swansea West Glamorgan 4-1 in the Ambulance Regional Final. The game, in aid of Wales Air Ambulance, was a great advertisement for ambulance football, played on the Astroturf at the Ashleigh Road playing field in Swansea.

Manager Mike Anderson's team knocked the ball around confidently, which resulted in them taking a 4-0 lead with goals from Neil Davies (2), Jeremy Woodford and Wayne Williams.

Chris Friend scored a brilliant consolation goal with a fine run and finish. Only brilliant keeping from Rhodri Mogford and later from Paul Sepman kept the score respectable.

Thanks to everyone who helped out on the day, with a special thanks to Peter Wakefield, who raised £200. It's hoped the match will have raised £400-£500 for the charity.

Look out for more info and a photo in the Spring issue of Siren!