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## Give blood across C&W:

Pembroke Dock, PaterHall  
14 February 1pm - 7pm  
21 February 1pm - 7pm  
28 February 11am - 6pm

Llandeilo, Civic Hall  
28 January 1pm - 6.30pm  
4 February 11am - 6.30pm

Lampeter, Arts Hall, University of Wales  
27 February 1pm - 7pm  
14 March 10.30am - 6pm  
28 March 10.30am - 6pm

Swansea, Tesco,  
Oystermouth Road, 16  
January 10am - 6pm

Got a story to tell? Email [rachel.burch@ambulance.wales.nhs.uk](mailto:rachel.burch@ambulance.wales.nhs.uk) or call 01792 562955

## "Worth their weight in gold"

A GRATEFUL wife has paid tribute to the paramedics that saved her husband's life.

71 year old Keith Winstanley had a heart attack at his home in Maesymeillion, Llandysul but the Llandysul First Responder team of John Jones and William Mains were soon on hand to give oxygen and begin resuscitation, closely followed by paramedics Ieuan Williams and Derek Roberts from New Quay station ready to deliver a clot-busting injection.

Keith's wife, Mrs Jennifer Winstanley, says she cannot speak too highly of the lifesaving team. "Credit where credit's due, they were fantastic. To me, it seems people are so quick to condemn and criticise the service for not getting there

quickly enough, but I think they were all just fantastic.

"They are worth all their weight in gold."

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Derek and Ieuan with Mr and Mrs Winstanley

## New Year message from Chief Executive Alan Murray



WHEN I first came to Wales I said that I thought it would take about five years to sort the problems out. I still think five years is about right.

Someone said that we were not so much turning the ship around as dredging it up from the bottom of the sea. I think, while I wouldn't go all the way with that metaphor, it probably does have some merit in it. We have a lot to do. We still have a lot to do.

We've made some remarkable progress over the last year. I think we've probably seen the winter pressures making a bit of a dent in that in the last few weeks.

I just want to say to everybody that I appreciate the work you've done over the last year. I also understand the pressure that you're working under. Believe me I do! I

understand that fully. I'm very grateful to you for absorbing that pressure and for doing all the hard work that you've done.

The progress that we've made, although it has been dented in the last few weeks, it certainly has not been lost. We will get these other issues sorted out. I've got work under way at the moment about which I'm keeping my fingers tightly crossed, though I.T. resolves some of the major issues. That will allow us to recover the progress and keep us going onwards and upwards. With the new technology coming in in the new year, thanks to David Jackland and his team, that will help us to get through to the finished state.

So I think we should look back on 2007 and recognise the achievements that we've all made and look forward to this year, because we will be making more achievements and getting this organisation to where it always should be in the coming year. So I'd just like to finish by saying I wish you all a very happy new year, and a successful 2008.