

# CALON TAN



Gwasanaeth Tân ac Achub  
Canolbarth a Gorllewin Cymru

Mid and West Wales  
Fire and Rescue Service

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Mid and West Wales Fire and Rescue Service is responsible for providing emergency response cover to nearly 12,000 square kilometers - almost two-thirds of Wales.

Here's what kept us busy last month:



**CLWB CHWARAEON A CHYMDEITHASU**  
SPORTS & SOCIAL CLUB

**Dewch i ymuno**  
**HEDDIW**  
**Become a member**  
**TODAY**

I gael rhagor o wybodaeth am y Clwb Chwaraeon a Chymdeithasol, anfonwch neges e-bost

For further information regarding the Sports & Social Club, please contact

**Steve Philpott - [S.philpott@mawwfire.gov.uk](mailto:S.philpott@mawwfire.gov.uk)**

Mae'r Clwb Chwaraeon a Chymdeithasu yn agored i holl aelodau presennol y Gwasanaeth, a'r aelodau sydd wedi ymddeol.

The Sports and Social Club is open to all current and retired members of the Service.

# FEMALE FIREFIGHTERS TO TACKLE ANTARCTIC EXPEDITION

Firefighter Rebecca Openshaw-Rowe from Mid and West Wales Fire and Rescue Service and Firefighter Georgina Gilbert from South Wales Fire and Rescue Service are about to embark on an expedition in Antarctica in November this year.

Rebecca and Georgina, who form the [Antarctic Fire Angels \(AFA\)](#), will be undertaking an epic 1,130km journey from the coast of Antarctica to the South Pole – all while being unsupported, unguided and unassisted. They will both be pulling supply sleds each weighing around 90kg including everything they'll need to survive – tent, food and fuel.

One of the biggest barriers of the expedition will be the weather, with temperatures often reaching as low as -50°C and wind speeds of over 60mph and the duo will need to cover around 25km every day for 45 days to complete the route.



The aim of the expedition is to highlight what women are capable of and to inspire future generations to follow their goals and ambitions. Speaking on the expedition, Firefighter Rebecca Openshaw-Rowe of Port Talbot Fire Station, said:

*"In 2023, women still have to tackle stereotypes and gender bias, and we want to change the narrative of what it means to be a girl and that gender shouldn't be a barrier to success – run like a girl, ski like a girl, do an expedition like a girl."*

*The Antarctic Fire Angels was formed at the Women in the Fire Services Training and Development event in 2019, since then we've gone from complete novices and have undertaken an incredibly demanding four-year-long training programme to prepare ourselves."*

As well as preparing physically and mentally for the challenge, the AFA team have also spent the last four years fundraising for their expedition through sponsorships and a [Just Giving page](#). Their Just Giving page is still accepting donations in the final lead-up to the expedition. Any surplus funds will be donated to the AFA's nominated charity, [The Fire Fighters Charity](#).

The AFAs will be leaving for Chile on November 10th, before heading to Antarctica on the 18th to embark on their journey. Everyone at Mid and West Wales Fire and Rescue Service wishes Rebecca and Georgina the best of luck!



## BUSINESS FIRE SAFETY

# BUSINESS FIRE SAFETY COURTROOM SCENARIO TRAINING

On Tuesday, 3rd October MAWWFRS Business Fire Safety (BFS) department held a courtroom training day where some of our BFS regulators experienced how it would feel giving evidence whilst being cross-examined by the Service's Fire Safety barrister and Fire Authority members.

The BFS department has responsibility to enforce the Regulatory Reform (Fire Safety) Order 2005 and ensure all buildings, places, and structures other than individual private homes comply with the law. Training in these situations is vital because if required to prosecute our Fire Safety Regulators will be summoned to provide evidence in court.

Congratulations to all our Business Fire Regulators that have recently been awarded Skills for Justice Qualifications, including Level 3 Certificate in Fire Safety (Fire Auditor), Level 4 Diploma in Fire Safety (Fire Inspectors) and Level 5 Diploma Fire Engineering Design (Technician). Well done all.



## EVENTS

Pontardawe Open Day - 28 October

Gorseinon Car Wash - 28 October



## SURVEY

# HAVE YOUR SAY! HELP SHAPE THE FUTURE OF YOUR FIRE AND RESCUE SERVICE!

Did you know that Mid and West Wales Fire and Rescue Service cover almost 12,000 square kilometres – almost two-thirds of Wales. The Service is responsible for providing public safety information, prevention and protection programmes, and emergency response cover for the mid and west Wales area.

We would love to hear your thoughts on what your expectations are of the Service, as well as what matters to you and what you think we should prioritise. So, why not get involved in the debate and share your opinions on the value you place on the services we provide and what we should do to protect them?

Your help and support are appreciated and completing this survey, will help us to gather information on the communities we engage with, which will assist us in tailoring our services appropriately, enabling us to provide the best possible service to the communities we serve.

The form is anonymous and confidential, so you will not be identified by any information given. If you would like this questionnaire in a different language/format, please contact us on 0370 6060699.

We recognise that listening to your views is crucial if the Service is to continue to deliver an effective, efficient, and improved service to keep you and your families safe. Get involved in the debate by sharing your opinions and views on the future of your Fire and Rescue Service. To find out more and take part in our online survey please visit our website [www.mawwfire.gov.uk](http://www.mawwfire.gov.uk). Thank you for your support and participation.



# HALOGEN CONTAMINANTS



## CONTAMINANTS PROJECT LAUNCHED TO IMPROVE FIREFIGHTER SAFETY

**On September 1st 2023, Mid and West Wales Fire and Rescue Service (MAWWFRS) commenced a project to improve firefighter safety, as recent studies have shown that firefighters are exposed to a higher degree of contaminants in fires, which are linked to increased rates of cancer and mental health issues.**

Research has shown that instances of cancer among firefighters aged 35-39 years old is 323% higher than in the corresponding category within the general population.

In their working lives, firefighters may be exposed to contaminants, which not only include chemicals at incidents involving hazardous materials, but also products of combustion at fires. Many of the hazards that firefighters face, especially at incidents, are mitigated by wearing Breathing Apparatus and Personal Protective Equipment, but there are other measures that are currently being developed to

prevent and reduce any exposure in their daily work. Over the next six months, the Contaminants Project will look at issues such as firefighter protective equipment, developing safer systems of work to minimise the exposure to contamination, improved health monitoring of fire and rescue service personnel and more. MAWWFRS firefighters will be given training to further understand the risk of contaminants and any new processes that will need to be followed. Leading the project is Group Manager Simon Pearson, commenting on the launch of the project, GM Pearson said:

*"The health and well-being of our firefighters is of the utmost importance to the Service and I am proud to be playing a key role in that commitment.*

*I look forward to meeting with firefighters across the Service area in the coming months to implement safer working practices for our crew members."*

Hygiene packs have been introduced for firefighters to decontaminate themselves on incidents, so that smoke and soot can be removed from protective clothing and equipment. The Service has also invested in new fire engines that will have modified crew cabs with additional storage to ensure that no dirty equipment is stored with members of the crew following an incident.

Speaking on the Contaminants Project, Deputy Chief Fire Officer Iwan Cray said:

*"MAWWFRS firefighters are dedicated to keeping their communities safe, therefore it's only right that we put their safety and well-being at the forefront of our working practices.*

*Research outcomes are sobering and we will work closely with our crew members to raise awareness on the importance of personal decontamination, ensuring all kit is kept clean and that a positive health and safety culture is fostered by every Fire Station.*

*The Contaminants Project represents a long-term commitment and investment by MAWWFRS in creating safer working conditions and I look forward to seeing how it develops."*

Mid and West Wales Fire Brigades Union (FBU) Chair, Deiniol Lloyd, said:

*"The FBU welcomes this new project, which will see our Service start to provide vital training and resources needed to protect firefighters from harmful contaminants.*

*Firefighters have long been aware of the health impacts of exposure to toxins in fire. For the past years, the FBU has been leading the way with*

*the **DECON campaign**, calling for protection from occupational diseases.*

*This initiative will build on the research commissioned by the FBU, carried out by Professor Anna Stec and her team at the University of Central Lancashire. Firefighters deserve protection from cancer, and there is much more to be done. We call on all fire services in Wales, and across the UK, to follow this leading example and protect firefighters' health at work."*

The importance of safe working practices and the risks involved in the role of a firefighter are part of the initial and ongoing training every recruit receives. MAWWFRS has recently invested in a purpose-built breathing apparatus training facility where firefighters can train in real fires, but all smoke is captured and is prevented from polluting the atmosphere. Other investment includes a machine that can wash breathing apparatus sets, which reduces the need for firefighters and maintenance staff having to do this manually following incidents.

For more information on MAWWFRS's Contaminants Project, please contact GM Simon Pearson on [s.pearson@mawwfire.gov.uk](mailto:s.pearson@mawwfire.gov.uk).



# NEW ELECTRIC VEHICLE CHARGING POINTS AT FIRE AND RESCUE SERVICE HEADQUARTERS

As part of its commitment to achieving Carbon Net Zero Status by 2030, Mid and West Wales Fire and Rescue Service (MAWWFRS) has recently installed new electric vehicle (EV) charging points at its headquarters site.

Building on a positive existing relationship, MAWWFRS has worked in partnership with [Pod Point](#), one of the UK's leading providers of electric vehicle charging infrastructure with over 9,200 public charging bays.

In recent years, MAWWFRS has been steadily increasing the number of electric vehicles in its fleet, most recently with the [introduction of five new ultra-low emission Kia Sportage vehicles](#) to its emergency response fleet.

The new Pod Point charging facilities, installed during July 2023, include two 150kW rapid chargepoints and two 22kW twin chargepoints, which can charge up to eight vehicles at any one time, as well as a new 33,000-volt substation to supply the necessary power for the charging infrastructure.

This newly enhanced charging infrastructure will not only comfortably accommodate the Service's existing EVs, but will also allow for future expansion.

Speaking on the newly installed chargepoints, MAWWFRS Head of Estates, Huw Davies, said:

**"We are pleased to have worked with Pod Point to install these new EV chargepoints at our Service Headquarters and Carmarthen Fire Station site.**

**Not only will these allow us to charge our emergency response and support fleet EVs, they will also assist the Service in our efforts to work towards our environmental objectives and to reduce our impact on the environment. They will also be an important part of our goal to achieve Net Zero Carbon Status by 2030, aligning with the Welsh Government's plan for the decarbonisation across the Welsh public sector."**

Chief Fire Officer, Roger Thomas, said:

**"Our vision remains to be a Fire and Rescue Service where the sustainable use of resources and associated environmental issues are embedded in all our decision-making processes and enhancing the economic, social and environmental well-being of our communities.**

**We are fully aware that our operations influence the global and local environment and therefore we are committed to minimising any adverse impacts wherever finances, operations and resources allow."**

Chris Chhetham, Head of Commercial Construction & Public Sector Sales, Pod Point said:

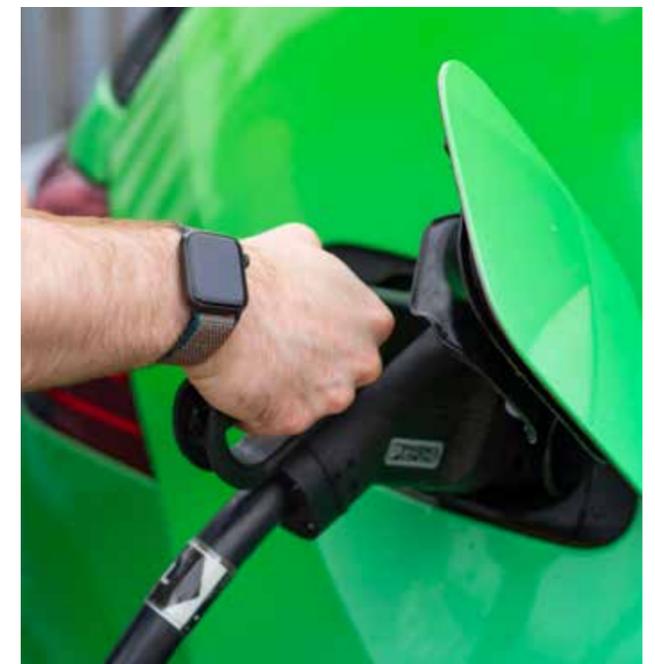
**"We are excited to build on our long-standing relationship with Mid and West Wales Fire and Rescue Service (MAWWFRS) and to play an active role in helping them meet their ambitious Net Zero targets. The partnership reflects a shared commitment to sustainability and aligns with Pod Point's vision that travel shouldn't damage the earth.**

**We're delighted to support MAWWFRS's ongoing transition to a greener fleet which will bring about a hugely positive local impact."**

[Read the full Mid and West Wales Fire and Rescue Service Pod Point Case Study here.](#)

More information on how MAWWFRS is working to reduce its environmental impact, including its Annual Environmental and Sustainability Report and Nature Recovery Plan is [available here.](#)

The new EV chargepoints at MAWWFRS Headquarters are for use by Service personnel only and are not accessible to the public.



# SWANSEA PSB WALKING IN OUR SHOES.

On Tuesday, 17th October, Chief Fire Officer Roger Thomas hosted a 'Walking in our shoes' event as part of Swansea Public Services Board Well-Being Plan, inviting members of the Swansea Public Services Board and community partners to our Earlswood Training Facility.

The event was organised to broaden the awareness of our partners' work and improve networks, particularly amongst those who engage directly with our communities. The event focused on three principal areas of the Service: Operational Response, Prevention (Community Safety) and Protection (Built Environment).

Throughout the day there were presentations from MAWWFRS's Community Safety and Business Fire Safety teams, together with an overview of our Medical Response provision and organisational structure. There were a variety of demonstrations

held over the course of the afternoon with optional guest participation, which included a live Flashover demonstration from the BA Instructors and our Morrision Station crew giving a 'show and tell' demonstration of the Turn Table Ladder and much more.

The event was a huge success, giving those who attended a real insight into a modern-day Fire and Rescue Service.

Chief Fire Officer Roger Thomas said:

*"Our 'Walking in Our Shoes' event which was run at Earlswood provided MAWWFRS with an opportunity to showcase to our partners the important work that we do across a range of areas including Prevention, Protection and Response. The event was an unqualified success and a number of attendees commented that they were unaware of the scale and scope of our work and how we engage collaboratively to reduce risk within the communities we serve. I am extremely grateful to all staff who contributed to make the day both memorable and worthwhile for our partners."*



## VACANCIES

# WORK WITH US!

When people think of a career in the Fire and Rescue Service, they tend to think of Firefighters responding to emergency incidents, but it's not just Firefighters who make mid and west Wales a safer place.

Behind the operational scene, the Service has a large range of other posts within different departments which are either office based or in our workshops, and we employ people in professional, technical, and administrative roles.

## Benefits

- Competitive rates of pay - recently reviewed to ensure fairness across all roles; with annual increments to the top of your salary band, as you build knowledge and experience.
- Local Government Pension scheme - A generous pension scheme, with the Service making a substantial contribution (currently 15.2%) to funding your retirement, as well as the option to increase your benefits by purchasing additional pension or investing in Additional Voluntary Contributions (AVC).
- Generous Annual leave - 26 Days plus bank holidays, going up to 33 days after 5 years employment.
- Flexi Scheme - Opportunity to flex your working hours to help accommodate life outside of work.
- Access to Blue Light Card discount scheme
- Car Leasing Salary Sacrifice scheme
- Let's Connect IT equipment loan scheme
- Subsidised canteen facilities
- Sports and Social Club
- Firefighters Charity
- Free on-site parking
- Cycle to Work scheme
- Staff Discount scheme
- Health and Wellbeing

[VIEW CURRENT VACANCIES >](#)



**AR ALWAD**  
Recriwtio Diffoddwyr Tân  
**ON CALL**  
Firefighter Recruitment

# ON-CALL FIREFIGHTERS - WE NEED YOU!



Do you live within 5-10 minutes of your local Fire Station?  
We currently have on-call firefighter vacancies - head over to our website to find out more!



## FUNDRAISING

# HAVERFORDWEST CHARITY CAR WASH

On Sunday 1st October, crew from Haverfordwest Fire Station held a Charity car wash in aid of raising funds for The Firefighters Charity and Fire Aid UK. Despite the wet and windy weather, they raised an impressive **£575!**

The crews worked hard all day with smiles on their faces. It was a fantastic team effort by both Wholetime and On-Call crew.

They would like to wish a big thank you to all that supported them in the build-up and on the day, with a special thanks to Caddies Café for providing food.



## EXPERIENCE DAYS

# FIND OUT IF BEING A FIREFIGHTER IS RIGHT FOR YOU!

Been thinking about becoming a firefighter for a while? Maybe you haven't managed to take the leap yet!

Attending a Fire Service Experience Day is a great way of helping you make an informed decision before applying.

While some require advance registration or expression of interest, others are more informal with an open day approach.

Either way, their purpose is to raise awareness and encourage members of the community to see if they've got what it takes to join the Fire and Rescue Service

Why not book yourself onto one of our experience days.

Please note: Bookings will go live the week leading up to each Experience day and will close 2 days before the event.

**SATURDAY**  
**25TH NOVEMBER**  
**EARLSWOOD**  
**13:30 - 16:30**

**BOOK NOW!**

**FRIDAY**  
**8TH DECEMBER**  
**EARLSWOOD**  
**13:30 - 16:30**

**BOOK NOW!**





Gwasanaeth Tân ac Achub  
Canolbarth a Gorllewin Cymru

Mid and West Wales  
Fire and Rescue Service

#MwyNaDimOndTanau  
#MoreThanJustFires



[www.mawwfire.gov.uk](http://www.mawwfire.gov.uk)

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