



NATIONAL BURN AWARENESS DAY

21st October 2015

Toolkit

Supported by



CFOA
Chief Fire Officers
Association

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COOL the burn with running tap water, CALL for help, COVER with cling film



Prevention and good first aid are key to reducing the number of burns and scalds occurring each year, especially in children and the elderly

Thank you for supporting the National Burn Awareness Day 2015. The intention of the first day last year was to start low key and see how things developed. Children's Burns Trust (CBT) is working with the British Burn Association (BBA) to grow the momentum and reach an even wider audience this year. We are exploring ways to work collaboratively on this, and already have the support of, amongst others, the Government's Fire Kills campaign and the Chief Fire Officers Association. Many other agencies and charities are also keen to be involved.

Some of the events organised by NHS Burns Services and BBA Prevention Committee members across the UK in 2014 included:

- information stands, both in the hospitals, and the community
- activities organised and posters displayed at children's centres and GP surgeries
- social media items
- local tv and radio interviews
- press articles
- Fire & Rescue Service & St John's Ambulance involvement at events
- Contact with local councils and schools requesting that details of the day be emailed to parents

Ideas for 2015 include:

- Members of burns teams, child safeguarding agencies & healthcare professionals to visit schools
- More stands, in hospitals and community settings
- Greater press & social media coverage
- Greater Fire & Rescue Service Community Team involvement
- Awareness events and activities in the workplace
- Approach local councils for their support
- Individual events

We hope that you will find this toolkit useful. It has been designed to provide you with information that may be helpful to you in showcasing your work in burns and prevention. We would invite you to set up an activity on National Burn Awareness Day, and to publicise it in your community. The cumulative impact of targeted activities taking place across the country will, it is hoped:

- Help to raise the awareness of the shocking number of people burned each and every day – the vast majority of which are preventable.
- Promote good first aid

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Paul Fuller, Chief Fire Officer of Bedfordshire Fire and Rescue Service and a Trustee of the Children's Burns Trust says:

"A shocking number of people suffer accidental burns each and every day. Over 5000 children aged under 5 were admitted to hospital in 2014 with burn injuries, many with scalds.

"So many of these accidents are preventable: being *aware* of the potential hazards in your home is the first step, then *acting* to stop these risks leading to serious injuries.

"Remember, young children don't know to pull away from heat, and a baby's skin is 15 times thinner than an adult's^[1] - a burn or scald at this age could need years of repeated surgery as the child grows, because scarred tissue does not grow with them. We need to make sure that we protect them, and to do this, we need to recognise that everyday things such as running baths, leaving hair straighteners or saucepans unattended, and even having a cuppa, can be potential dangers to children.

"There are so many small steps that you can take to help keep your child safe. For example, always put hot drinks out of reach of children: even a drink that has been standing for ten minutes can scald a baby or toddler in just a few seconds.

"When you run a bath, put cold water in first, then top up with hot, and never, ever, leave babies or young children alone in the bath. Cover any low-level hot pipes with insulating material if you can, in case children fall against them.

"Keep matches, lighters, and candles out of children's reach and, ideally, safely away out of sight; and make sure you have a secure fire guard around a fire or heater.

"And remember that heated appliances – whether irons or hair straighteners, will retain heat after you've used them. Your child could be burned if they touch them – even if they've been unplugged for quarter of an hour!"

^[1] <http://www.capt.org.uk/Get-involved/Campaigns/Burns-and-scalds-campaign/Key-messages>



FACTS AND FIGURES FOR 2014/15

From the International Burn Injury Database (iBID)

Some alarming facts and figures of the burns and scalds that are happening every day:

- **Hot drinks** are the most common cause of scald injury in children – followed by contact with electric cookers, hair straighteners, irons and central heating radiators.
- **232 children a month** require admission to an NHS Burns Service following injury with hot liquids (this figure only relates to the more serious scalds - it does not include the thousands seen by A&E departments)
- **Sunburn** is a notable cause of injury in the 5 – 14 year age group.
- In the over 65s the pattern of injury is similar to that for children – but with **a greater number of central heating radiator contact injuries** and too hot bathing immersions.
- The average cost to the NHS for a major burn is **£168,155** – but what is the cost to the individual and their family?
- **5,234 children under the age of 5** were so badly burnt that they had to be admitted to a NHS specialist burns service in 2014 – more than 14 toddlers every single day.
- A significant number of adult injuries resulted from **hot fat, barbecues, garden fires and bonfires**.
- The majority of injuries, especially to children and the elderly, occur between **3 and 6pm**.
- The most common **place of injury is the home** for children (77%) and the elderly (81%). For adults it's the workplace.
- There is a clearly defined relationship between **high rates of burn injuries and areas of social deprivation**.

The iBID is a collaboration between the Burn Services of England and Wales and NHS England. In 2014/15 twenty two hospitals providing burn care contributed to the figures above. They do not include burn injuries seen in emergency departments or admitted to hospitals that are not specialised burn services.

Estimates of burn injuries seen in Emergency Departments (EDs)

By collecting detailed information from a small number of Emergency Departments extrapolations of the number of burn injuries can be made. The results of this work suggest that over 110 children per day are seen in EDs in the UK with burn injuries – one third of all injuries seen each day.

The vast majority of all these injuries are preventable.

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FIRST AID

Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring. Two important things to remember are:

COOL, CALL AND COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. **Cool** the burn with **running cold tap water** for **20 minutes** and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound)
2. **Call** for help – 999, 111 or local GP for advice
3. **Cover** with cling film or a sterile, non-fluffy dressing or cloth. Make sure the patient is kept warm

STOP, DROP, ROLL

“Stop, drop and roll” is used when clothing catches fire. Children can get confused about when to stop, drop and roll. It is important to know when to do this. Children who do not have a good understanding of stop, drop and roll will sometimes do this if they burn a finger or need to get outside if the smoke alarm sounds. Only use stop, drop and roll when clothing catches fire.



SAFETY GUIDANCE IN THE HOME

A burn injury is for life. Being burned or scalded can mean years of painful treatment and, in the worst cases, hundreds of operations to release the scar tissue.

DO

- Install smoke alarms on each floor and test regularly
- Make and practice Fire Escape Plans with the whole family
- Run COLD water first in the bath or sink before adding hot water – test the temperature
- Install thermostatic mixing valves in all hot water outlets
- Keep saucepans at the back of the stove NOT near the front – turn handles to the back
- Keep electric kettles, irons, hair straighteners or wires out of reach
- Keep secure fire guard screens in front of open fires, heaters & radiators
- Store matches and lighters out of reach



DON'T

- Drink hot drinks while nursing a baby or child
- Put a baby or child into a bath or sink until the water has been tested
- Warm baby bottles in the microwaves
- Leave hair straighteners unattended
- Use baby walkers – children move too quickly without control
- Allow children near BBQs or garden chemicals
- Allow children near fireworks
- Leave children unattended in the kitchen or near fires and heaters



ACTIVITY SUGGESTIONS AND IDEAS

Below are some ideas for activities that you could carry out on or around National Burn Awareness Day. Many are based on successful events that burns services and individuals held in 2014. You could hold a big event, in partnership with your local Fire & Rescue Service and other stakeholders, or run a small event with the support of a few friends, for example:

PARTNERSHIP WORKING with your Fire & Rescue Service

Mother and Toddler Groups, Nurseries, Children's Centres could join forces with their local Fire & Rescue Service – either visit the Fire Station or invite them to bring a Fire Engine to your premises. Get the parents and carers along, while the children enjoy playing on a fire engine, the adults can look at fire safety and burn prevention.

BURNS SERVICES INFORMATION & AWARENESS RAISING STAND

Set up a stand in your reception area, or local shopping area. Display posters, use national and local statistics, activities, leaflets etc. Have a comments board/book to gather feedback. Contact local radio and press. Ask your communications department to highlight the day, and to tweet / post on Facebook. Again, see if you can join forces with your local Fire & Rescue Service.

VISIT LOCAL SCHOOLS

Give an assembly on burn prevention/first aid.

REQUEST THE SUPPORT OF YOUR LOCAL BOROUGH COUNCIL

Ask them to advertise the day, ie: that details of the day be cascaded to parents through school email circulars.

ICED COFFEE MORNING

invite friends for Iced Coffee or Tea, while you enjoy sharing home baked cakes & cookies:

- Highlight the number of small children scalded by hot drinks
- Borrow a child's doll – dress it in a white babygrow – pour half a cup of blackcurrant squash over it and then look at the case study for a parent-led hot drinks pledge (p17 of this toolkit)

OTHER IDEAS?

This list is by no means prescriptive – if you have other ideas for events, please do go ahead and hold them.

.... And don't forget, after 21st October we'd love to hear what you did and how it went



COMMUNICATION TOOLS – SPREADING THE WORD

How often has a friend, family member or colleague told you that they were burned or scalded – or that they know of someone who was?

We need to make sure that the people who can help spread the word are kept in the loop, so they can help share information in the best way possible to raise awareness. Identify the people you know who are most likely to be able to help you to publicise your participation in National Burn Awareness Day 2015 and enlist their knowledge and experience to help you.

- If you intend to tweet in the lead up to, or on, National Burn Awareness Day, then please mention @CBTOfficial, and the hashtags #Be BurnsAware #CoolCallCover. We will be asking for retweets from national organisations, MPs and celebrities during the week. Please consider asking your local MP to tweet/retweet, and if you have developed a relationship within an organisation or well-known figure who you will be asking to retweet about your activities, please let us know so that we can retweet their support.
- Although we are raising awareness of the British Burn Association's National Burn Awareness Day among our supporters and stakeholders, it's your event and, as such, we encourage you to undertake your own local media activity. If you manage to secure any regional TV/press coverage, we would very much like to hear about it.
- Reference in your communications to your involvement in a nationwide day, in collaboration with partners and supporters across the country, will help reinforce the scale of our joint endeavours.
- Core text for a news release, briefing or newsletter article is provided on the next page. We will be partially evaluating the success of the day by monitoring the amount of media coverage generated – so any publicity you secure will count.

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Press Release / Briefing / Article

Your Logo / contact details

XXXX is helping to raise awareness of National Burn Awareness Day

A burn injury is for life. The scars are physical as well as psychological and can present life-long challenges. Many are as a result of an accident that could so easily have been prevented. XXX is committed to helping raise awareness of this year's National Burn Awareness Day, taking place on 21st October 2015.

NHS Burns Services, Fire and Rescue Services, charities, companies, burns survivors and their families across the country will be holding a range of events and activities, engaging with people in their communities, and showcasing the work they do to prevent these accidents from happening.

- Details of your local activity/event

“We aim to help people understand not only the size and extent of the burn injury problem in our communities, but also the simple things that can be done to prevent these injuries.” Says Consultant Burns and Plastic Surgeon, and chair of the British Burn Association's Prevention Committee, Ken Dunn.

Some alarming facts and figures of the burns and scalds that are happening every day:

- Hot drinks are the most common cause of scald injury in children – followed by contact with electric cookers, hair straighteners, irons and central heating radiators.
- 232 children a month require admission to an NHS Burns Service following injury with hot liquids (this figure only relates to the more serious scalds - it does not include the thousands seen by A&E departments)
- Sunburn is a notable cause of injury in the 5 – 14 year age group.
- In the over 65s the pattern of injury is similar to that for children – but with a greater number of central heating radiator contact injuries and too hot bathing immersions.
- The average cost to the NHS for a major burn is £168,155 – but what is the cost to the individual and their family?
- 5,234 children under the age of 5 were so badly burnt that they had to be admitted to a NHS specialist burns service in 2014 – more than 14 toddlers every single day.
- A significant number of adult injuries resulted from hot fat, barbecues, garden fires and bonfires.
- The majority of injuries, especially to children and the elderly, occur between 3 and 6pm.
- The most common place of injury is the home for children (77%) and the elderly (81%). For adults it's the workplace.
- There is a clearly defined relationship between high rates of burn injuries and areas of social deprivation.

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Paul Hancock, President of the Chief Fire Officers Association said:

“We fully support Burn Awareness Day’s goal of preventing injuries, particularly to children and the elderly.

“Burns don’t only cause physical wounds, they cause emotional scars too: to both those who suffer the burns and to those who feel they may have been in some way responsible.

“It’s essential that adults are aware of the potential hazards in their homes – whether these are hot kettles and saucepans within reach of small hands; unguarded fires and heaters; or high-temperature bath water – and take steps to reduce the risks to family members.

“And if, despite your precautions, the worst does happen, make sure you know what to do. Remember: COOL the burn with running tap water, CALL for help, and COVER with cling film; and if your clothes are on fire, STOP, DROP and ROLL.”

Business Secretary Anna Soubry said:

“There are simple steps we can all take to reduce the chance of us or our families suffering from burns. I want to thank the Children’s Burns Trust and the British Burn Association for their work to raise awareness on this important issue.”

All statistics provided by the international Burn Injury Database (iBID)

- ENDS -

NOTES TO EDITORS:

For more information about the above event contact: xxxxxxx

For more information about National Burn Awareness Day contact info@cbtrust.org.uk

About the British Burn Association (BBA):

The BBA is a non-profit making organisation whose membership is made up of those people interested in taking forward the Aims of the Association which are burn prevention, and the propagation of knowledge on the best treatment and rehabilitation following a burn injury.

The Association organises educational events and an annual scientific meeting to provide a forum for both members and non-members.

National Burn Awareness Day on 21st October 2015 is the second one organised by the BBA Prevention Committee.

About the Children’s Burns Trust (CBT):

The Children’s Burns Trust is a national charity – making a positive difference in three ways:

- Working with others to raise the awareness of burns and scalds including **PREVENTION** campaigns.
- Working with NHS professionals to provide direct help and funding for **REHABILITATION**.
- Giving direct financial **SUPPORT** to families and hospitals and providing advice & access to burns related information.

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Social Media

The @CBTofficial Twitter account will be tweeting in the weeks prior to and on National Burn Awareness Day. Please consider re-tweeting us, or let us know if you are publicising your events so we can give you a re-tweet. Or perhaps you could link to the website page <http://www.cbtrust.org.uk/prevention/awareness/NationalBurnAwarenessDay.shtml> from your Facebook account?

Some suggested tweets

(but do please feel free to make up your own!)

We are supporting National Burns Awareness Day 21 Oct to raise awareness of prevention & first aid
#BeBurnsAware

236 children a month require admission to an NHS Burns Service following injury with hot liquids #BeBurnsAware
<http://www.cbtrust.org.uk/prevention/awareness/NationalBurnAwarenessDay.shtml>

Average cost to the NHS for a major burn = £168,155 – but what is the cost to the individual & family? #BeBurnsAware <http://bit.ly/1ufnLE1>

Prevention & good first aid are key to reducing the number of burns and scalds occurring each year #CoolCallCover <http://bit.ly/1ufnLE1>

Children and the elderly are especially vulnerable to burns and scalds #BeBurnsAware <http://bit.ly/1ufnLE1>

Know how many burn injuries occur in your area? <http://www.cbtrust.org.uk/reports/index.shtml> #BeBurnsAware

Good first aid after a burn/scald can make a huge difference in recovery times & severity of scarring <http://bit.ly/1IC3QaP> #CoolCallCover

What water temperature will cause a scald? <http://www.hotwaterburns.org/#!guess-the-temperature/c1t0n>
#BeBurnsAware



Useful Links

British Burn Association – <http://www.britishburnassociation.org/>

Bathroom Manufacturers Association – Hot Water Burns Like Fire
<http://www.hotwaterburns.org>

Chief Fire Officers Association - <http://www.cfoa.org.uk/>

Changing Faces - <https://www.changingfaces.org.uk/Home>

Child Accident Prevention Trust - <http://www.capt.org.uk/>

Dan's Fund for Burns - <http://www.dansfundforburns.org/>

Fire Kills Campaign – Department for Communities & Local Government
<https://www.gov.uk/firekills>

Katie Piper Foundation - <http://www.katiepiperfoundation.org.uk/>

The Royal Society for the Prevention of Accidents (RoSPA) -
<http://www.rospace.com/>

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John's Story

At the age of eight I suffered 55% burns. After years of rehabilitation I am currently a Junior Doctor following my dream to become a Burns Surgeon. Here is my story.

My Accident

It was a ritual in our house to have an evening bath. We always ran the hot water first before turning on the cold. On one November night, it was my job to turn off the hot water. I slipped on a puddle of water on the floor and fell into the bath. It was boiling. I screamed for help and after what seemed like forever my Mum ran up the stairs and got me out.

I was in hospital for 2 months. I had several operations and required two weeks in intensive care. Those 2 months were the hardest I have ever had in life. I was always in pain and missed my family. But it wasn't just tough for me; it put a lot of strain on my parents. I have 4 other siblings and the responsibilities of work, childcare and visiting me in hospital 30 miles away was tough.

Life with Burns

Recovering from major burns was tough both physically and mentally. I had over ten years of follow up, which included further operations on scars. Going back to life was very tough. I was bullied a lot and was very conscious when leaving the house.

I was well looked after by the hospital and my family. As time passed I learnt how to deal with my burns and people's reactions. Once I had fully accepted what had happened I became a lot less self-conscious and a lot happier.

Becoming a doctor

I spent a lot of my childhood going in and out of hospital. The team at the hospital become my family and I really looked up to them. They gave me my life back and the best way to pay them back is to do the same for others. As I missed a lot of school, I had a lot to catch up on but I worked hard and put the hours in.

I am currently a junior doctor and I absolutely love my job. My accident was a stupid mistake that could have very easily been prevented. However my scars have made me the person I am today, they are a constant reminder of how precious life is and that with a bit of hard work anything is possible.

Laura's Story

I was 6 weeks off my second birthday when the incident happened. I personally only have mild recollections, dreams if you will of what happened to me. According to my Mam every one was busy, baby brother downstairs (6 weeks old), chores been done by Mam, and Dad upstairs running a bath since finishing work. Dad was a coalman, so came in dirty and black as night, ran the bath and then let it run whilst getting a change of clothes. This night after Dad had ran the bath using only hot water no cold, I had walked into the bathroom pulled myself up on the bath then fell in. Mam heard screaming and crying so rushed in. She picked me up in her arms then rushed me to A+E handing me to the nearest nurse possible.

I spent 4 weeks in the plastics department then another few weeks in paediatrics. I was bandaged from the neck down. I suffered 40% burns at second degree to my body. Arms, right side, legs, feet and under my right buttock. My Mam fought to get me a pressurized body suit in order to help my scars heal. I spent a lot of time asleep and my Mam never left my side much at all. Spent at least a week in the hospital with me, leaving an aunt to watch the other children.

On leaving the ward my Mam was sent away with just two books on burns care, no offer of counselling or support for her also. I spent my whole life feeling alone. That I was a freak (monster) having these scars. It wasn't until I was 17 that I met anyone else who had suffered like I did. I spent my youth being bullied, stared at and even dumped from previous relationships due to my scars. I then attended a burns camp at Grafham Water Park for a week with other children aged from 7-17. A burns camp we only found due to a newspaper clipping my mam saved from years ago. This camp allowed me to feel safe, not judged, and to be with other people who had the same experiences. The best experience of my life to date.

My life events have led me to want to be a burns nurse, to work and help other people who have suffered burns injuries. To not only help heal physical wounds, but also help aid them emotionally and answer questions they have as I have been through it all myself. In doing this I am hoping to heal myself further and meet more people like me. To make sure no one feels alone.

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. **Cool** the burn with running cold tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound).
2. **Call** for help: 999, 111 or local GP for advice.
3. **Cover** with cling film or a sterile, non-fluffy dressing or cloth. Make sure the patient is kept warm.

This is my story

Being a 13 year old with burns is hard as people can be pretty mean and I am struggling with my confidence, I may look and sound like a normal happy teenager but I am not. I can't be the same, and I never will.

Some people can just take in the fact they're burnt and they will never go away but my mind won't let me accept them, I hate them. But they make me ME and who I am today, so here goes, this is my story.

I was about 18 months old and was bathing with my older sister, she was only young too. My oldest sister was washing her – as she took her eye off me for a second to wash my other sister I turned the tap on myself. By the time she could get me out of the bath I was already burnt on my arm, my legs and feet. It was an accident, one that could have happened to anyone but it happened to me.

How I deal with my burns

To be honest I am not very good, I am scared of people – I am so scared of what they might say or think, I don't want to be different so I hide them. Only my close friends have seen them. I never wear shorts without tights, or a dress/skirt. I always hide them away on holiday. I hate to wear bikinis, I think people are looking.

Also I am scared to get changed in the same room, in PE I go in the toilets. I can't go on school camps because people will see them. Some people are different and others don't understand them. So I don't go, because I am scared.

But I get help from my nurses and Burns Camp.

Burns Camp is the best thing that's helped with my burns. When I go to camp I fit in, even if it is only for the weekend, but I don't feel the outcast or different because we all have them, so we show them off like a medal. They're something that's been given to us so we show them off. There are some people at camp with really bad burns, or some that are hardly noticeable, but we're all the same and camp has helped so much with my confidence. I was a lot worse, and I love going – I look forward to it all year and just going and seeing all my friends, and how much they have changed in the last year.

So that's my story about my burns.

Lizzie



Developing a Parent-Led Hot Drinks Pledge

Caia Park, Wrexham

Provided by CAPT Child Accident Prevention Trust www.capt.org.uk

“The doll incident was so shocking. We had a lot of babies the same size as the doll and we saw how far the dye travelled over the dolls body. Our parent groups felt they wanted no half measures. They wanted no more hot drinks where children were playing.”

Jo Dodd is the co-ordinator of family support groups run at Gwenfro Community House on the Caia Park Estate in Wrexham, Wales. Her groups are just some of the family groups on the estate which have implemented a parent-led pledge to protect children from hot drink scalds.

The Caia Park estate has a population of about 12,500. Many of the families who live there are young parents with children under the age of five. In 2009 a dedicated health team was set up to improve health outcomes for the estate – and preventing child accidents was high on the agenda. When the Unintentional Injuries Group, Wrexham approached team leader, Liz Painter to find out if the project could host some child safety training she was very enthusiastic.

“We know that under 5s are so prone to accidents, particularly in an area like this, where there are lots of social pressures around housing, low incomes and problems like drugs and alcohol.” Liz explains.

Liz was able to identify some funding and commissioned a two-day training course from Karen McFarlane, Children in Wales. This was delivered to staff working with young families from the many organisations working on the estate. Health visitors, social workers, housing officers, and staff from voluntary and statutory organisations took part.

Liz says that the training was extremely successful and it was clear that there was a need to “cascade” key elements of it to other workers and groups on the estate. Many participants had been affected by the “scalds” demonstration – where dye was poured over a baby doll, to show how far liquid can travel on a small body. This was identified as a key message to share as widely as possible, with the aim of persuading all family groups on the estate to take steps to ban hot drinks in areas where children were present.

“This is a challenging place to work but there’s a real commitment to tackling issues through genuine partnerships. We knew we couldn’t impose a policy on groups – so we had to inspire them to find their own solutions.” Liz explains.

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Together with colleagues from organisations such as Flying Start, The Family Support Health Visiting Service and the Caia Park and Hightown Early Years Forum, plans were created to “cascade” down the training. Liz worked closely with colleagues such as Pat Kearsley, Development Worker for the Early Years Forum, which is a voluntary sector organisation. Liz and Pat developed a training pack which they used to start delivering key safety messages to these groups.

Pat’s remit is to support play groups and toddler groups, and her voluntary organisation also employs a support worker who runs many of the family groups on the estate. Pat is also very experienced in identifying the need for and developing bids for funding streams. She takes a very hands-on approach to safety issues by buying small items of equipment to give away free to families wherever possible. She also understands the importance of passing on child safety messages to parents and children in fun and impactful ways such as organising “activity days” to the zoo and “elf and safety” treasure hunts.

“It’s no good preaching safety messages to families round here. We have to be subtle about delivering messages in ways that they can accept, which is why the doll demonstration worked so well.” Pat explains.

Cathy Davies is a family support worker at the Gwenfro Hut Family Support Group. Cathy says; “We did wonder if families might make a bit of a fuss if we suggested the idea of banning hot drinks, especially as we have a group on a Thursday morning that we call a ‘Coffee Morning’, and we know how much parents welcome the chance to sit down, put their feet up and have a cup of tea. But because of the way Liz showed us the doll and pictures of children who’d been scalded, all the parents agreed that we had to do something to keep our children safe.”

“When Liz came and showed us we were gobsmacked by how much damage a cup of tea could cause” says mum Sarah Davies. “So we all agreed we needed to keep them away from children. And now at home I tell my friend you can have your hot drinks – but in the kitchen, you can’t have them in the front room where my son is playing.”

At the Gwenfro Hut parents like Sarah agreed that they wanted to restrict hot drinks to the kitchen area only – and parents take it in turns to have a hot drink in there, while other parents keep an eye on their children. The kitchen was already ‘fenced off’ from the rest of the building with a waist-high barrier and had a robust safety gate, so this worked well as a solution. This solution is only one of many that individual family groups have developed across the estate.

At Gwenfro Community House the kitchen area was considered too small to be of much use for hot drinks, but parents who saw the doll/dye demonstration were equally adamant that there should be no more hot drinks in the area where children play. “We’ve had a shelter put outside, so you can go and have a hot drink there. I don’t think we ever enjoyed a drink in the rooms anyway, cos this is like a real house and they’re quite small and someone was always saying ‘watch out for that child’” explains mum, Christina, who attends one of the groups at the Community House. “Now it’s nice to go out for a bit of a break Have a hot drink and get away for a few minutes.”

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COOL the burn with running tap water, **CALL** for help, **COVER** with cling film



“Yes, we realised it was an accident just waiting to happen,” says mum and volunteer, Lynda Haycock. “Everybody has signed up to the pledge and we all keep it.”

The ‘pledge’ was developed by Liz and Pat to help groups explain the hot drinks ‘policy’ to new members. They recognised that it was important to help groups explain the approach to new parents, in a way that wouldn’t seem unfriendly or dictatorial. So Liz designed a colourful poster that reads ‘We Pledge To protect our children from the risk of scalding by having our hot drinks in a safe place away from the children. Please sign below if you agree to our pledge and want to keep our children safe in this group.’

Jo Dodd, coordinator of family support groups at Gwenfro Community says that nobody has taken offence at the idea of not being allowed to have hot drinks in the house. “Our parents were clear that they wanted no half measures. It’s been really successful because the parents came up with the solution and they are very aware about making sure it works.”

And to demonstrate how strongly parents have taken ownership of the pledge, Jo casually strolls into the play area with a mug of cold water in her hands. Immediately a chorus of mums point out to her that she shouldn’t bring a hot drink into this area.

www.capt.org.uk

www.cbtrust.org.uk
www.hotwaterburns.org.uk
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Feedback

Your feedback is very important – it will not only help shape future National Burn Awareness Days, but also enable the sharing of information with strategic partners about the impact the day might have made.

We would therefore be very grateful if you could email your answers to the following questions as soon as possible after 21st October 2015, to:

info@cbtrust.org.uk

subject: NBAD 21.10.15 Feedback

- **What activity** did you run on National Burn Awareness Day?
- What was your **main aim**?
- Who were your **target audience**?
- How many people did you **directly engage** with?
- How many people might you have **indirectly engaged** with (eg through local media coverage or through umbrella organisations?)
- **How many staff/volunteers** were involved in your activity?
- Did you **achieve your main aim**?
- How much **media coverage** did you achieve?
- **How useful** was the information received from the Children's Burns Trust before the event?
- What **additional information or support** would have been helpful?
- **Any other comments** ...?

All feedback will be passed back to the British Burn Association's Prevention Committee.

www.cbtrust.org.uk

www.hotwaterburns.org.uk

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ADDITIONAL CHILDREN'S BURN'S TRUST MATERIAL AVAILABLE ON REQUEST

We are keen to support any activities that you organise for National Burn Awareness Day on 21st October 2015. While much of the material is already included in this toolkit, an individual pack can be sent to you free of charge – if you require larger numbers we would be grateful if you could contact us to discuss a donation towards postage and packing. Items marked with an asterisk can be supplied electronically, and therefore free of charge.

Each pack would include:

Under 5's Resource Pack	Burn and scald prevention guidance for Parents & Carers of the Under 5's* National Burn Awareness Day Poster* Case histories of burns survivors* Case history of parent-led hot drinks pledge* 25 x A5 Hot Water Burns Like Fire Leaflets* Lizzie's Accident story book Whoops! Child safety project booklet
Schools Prevention Pack (Primary)	Burn and scald information* National Burn Awareness Day Poster* Case histories of burns survivors* Hazard Kitchen poster* 25 x A5 Hot Water Burns Like Fire Leaflets* Lizzie's Accident story book Phil the Fire Engine – The House Fire – story book
Fundraising Pack	Burn and scald information* National Burn Awareness Day Poster* Case histories of burns survivors* Fundraising ideas and sponsorship information*

The Children's Burns Trust receives no government funding and is only able to continue the work we do as a result of our own fundraising efforts and supporters. As with many charities, our income has suffered enormously in recent years. We greatly appreciate all donations – whatever the size.

Donations can be made by cheque, made payable to CBT and sent to 2 Grosvenor Gardens, London SW1W 0DH, via our website page: <http://www.cbtrust.org.uk/support/getinvolved/donate.shtml> or by BACS to our Barclays Bank Account No 90755362, Sort Code 20-21-78 in the name of Children's Burns Trust, reference "Donation NBAD"
Thank you!