The WAY OUT

Spring 2025 Issue 16

The Newsletter of **South & Mid Wales Cave Rescue Team**

King's Coronation Medals

This autumn saw over 80 team members receive the King's Coronation Medal for their long standing voluntary service to South and Mid Wales Cave rescue Team.

At our rescue practice at the end of November we were joined by Lady Kathryn Silk, the High Sheriff for Powys, who was kind enough to present the majority of the King's Coronation Medals to our long standing team members, with the remaining medals presented at our AGM in January.

The medals have been awarded to eligible members of the armed forces and emergency services, including voluntary rescue teams like us.

We'd like to congratulate all of those who have been awarded the medal, and thank all our team members for their continued dedication to helping those in need underground. Those who weren't able to attend this event will receive their medals at our AGM in January.

2025 Executive Committee:

At our AGM in January we elected Dave Dunbar as our new Chairman, taking over from Lisa Boore who continues to support the team as an Ordinary Member of the Executive Committee.

James Waite takes over as Communications Equipment Officer, a huge thank you must go Keith Goodhead, who stepped down after many years in that role .

A full list of team roles and how to contact those people can be found in the Members Area of our website.

2025 Dates:

8th March - Skills Training

6th April - BCRC AGM

17th May - Rescue Practice

28th June - Mines Practice

13th Sept - Rescue Practice

11th October - Skills Training

18th-19th October - Advanced First Aid Training Course

8th November - Advanced First Aid Assessment

6th Dec - Rescue Practice

2026:

18th January - AGM

14th March - Rescue Practice

Our online calendar can be viewed in the members area of the website.

In addition to the above there will also be our usual mid-week stores / equipment evenings.

Please note that all Team Members should attend at least one training event every two years to remain a current, active member

Auction - TBC

We will be running our annual fundraising auction at Penwyllt, date to be confirmed.

This year all the money raised will be going to help with phase 2 of the SWCC roof replacement project, which includes our rescue store's roof.

Branded Kit

For anyone looking to add a logo to their life we have some opportunities to buy some branded team kit:

Branded Buffs

Our first batch sold out so here comes the second edition!

The new wearable neck tube design will be available from mid February and available to purchase at team practices and skills sessions.

These cost just £9 will any profits going to support the work of the team.

Purchases may also be possible at other times by contacting fundraising@smwcrt.org for further details.

Enamel Badges

Hot off the press! We will have enamel badges of the SMWCRT team logo available for purchase from around mid-February as well.

These will be priced at just £3 per badge.

Polo shirts

Team branded polo shirts are available from our local supplier. A new link to order these will be added to the member's area of the team website in the coming weeks.

Easyfundraising

This is a fantastically simple way to raise money for your team at no additional cost to yourself. You just sign-up to support South and Mid Wales Cave Rescue Team, then either download the donation reminder, or visit the Easyfundraising website before shopping online with a supporting retailer.

After your order is complete, the retailer will donate a percentage of your purchase value to the team. All the major online retailers such as Amazon, Ebay Booking.com, Trainline, TUI, Expedia, P&O Ferries Hotels.com, Dominos, Just Eat plus 7,000 others!

We have currently raised a total of £2,048.89 via this platform.

Please consider signing up for this. We currently have 63 supporters and could do with lots more. If you join via this link, then every person joining and demonstrably using Easyfundraising will earn an extra £5 for the team.

Incident Summary for 2024

27/1/24 - Young person with dislocated knee on return from Llangattock cave.

18/2/24 - Fall in Agen Allwedd entrance series resulting in full stretcher carry out.

23/3/24 - Dog rescue on the Nant Y Moel mountainside.

21/7/24 - Dog rescue near Pen y Cymoedd Windfarm, Aberdare.

31/8/24 - Overdue cavers in Daren Cilau.

13/10/24 - Casualty ledge bound in the Cwmystwyth Mines area.

29/12/24 - Overdue Party in Agen Allwedd due to high water in Bisa Passage

Plus 2648 hours of training time!

SARCALL Reminder:

As a reminder, below is the Method for responding to a SARCALL message when receive one during a call out. It is important to respond to these messages even if you are unable to attend an incident.

You can also respond easily to SARCALL messages via the SARCALL App, more information on this is available at sarcallapp.com

SARCALL responses should be texted from your mobile phone to: **07537 415551**

Response	SMS Syntax	Example
Available in xx minutes	**SAR Axx yyy**	**SAR A60** Am in Cardiff
Limited Availability	**SAR Lxx yyy**	**SAR L120** Available after 17:30
Not Available	**SAR N yyy**	**SAR N** Sorry in a meeting
Home Safely	**SAR H**	
On Holiday for x Days	**OFF SMWCRT xxxD**	OFF SMWCRT 14D