

# CALON TAN



Gwasanaeth Tân ac Achub  
Canolbarth a Gorllewin Cymru

Mid and West Wales  
Fire and Rescue Service

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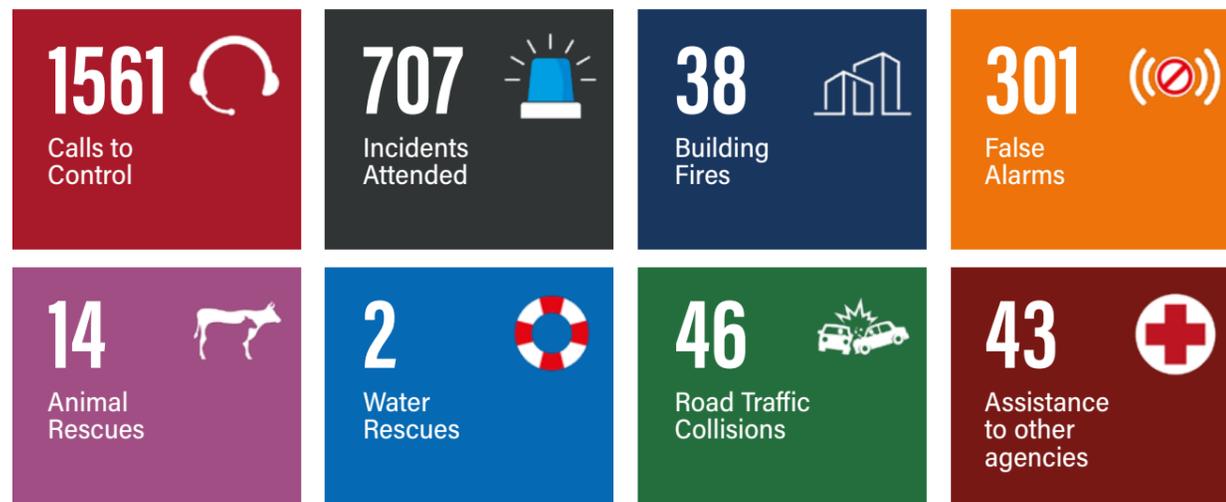
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## INCIDENT STATISTICS JULY 2023



**GTACGC  
MAWWERS**  
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**

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.



# FIRE CADETS GAMES 2023!

On Saturday, 12th August, MAWWFRS Fire Cadets and the Service mascot, Sbarc, attended the Fire Cadets Games in Merseyside. Joining more than 140 cadets, 18 teams and 13 different Fire and Rescue Services from across the UK to compete in events around the iconic Royal Albert Dock in Liverpool.

The Cadets took part in activities that reflect what young people do within their Fire Cadet unit, including water rescue, home fire safety checks, public engagements, a presentation, first aid scenarios, and the main event which was a Fire Service relay race.

The first relay race for MAWWFRS was against Merseyside A, followed by a head-to-head with South Wales Fire and Rescue Cadets. With a combination of their skills in knots and lines and overall knowledge the team became slicker and won two out of three heats.

The Cadets put their all into every event and came first place in the First Aid scenario event. The Fire Cadets and Cadet Instructors received a commemorative medal for taking part in the games, as did Sbarc!

Karen Mayze Fire Cadet coordinator for MAWWFRS said: "Fire Cadet Units provide fun and challenging, inclusive opportunities for young people to reach their full potential, giving them the tools to contribute to safer, stronger, and healthier communities." The weekend came to an end with a presentation from Merseyside Chief Fire Officer Phil Garrigan, who thanked all the Cadets for taking part.

As a Service, we would like to say well done and thank you to all the Cadets and Instructors for their commitment and dedication to the weekend, and for the time they give to Fire Cadets scheme.

For more information on the Fire Cadets Games, please visit [www.ukfirecadets.org.uk/Cadet-Games-2023](http://www.ukfirecadets.org.uk/Cadet-Games-2023)



Further information on how to apply to become a Fire Cadet for MAWWFRS can be found at:  
**Fire Cadets - Mid and West Wales Fire and Rescue Service**  
**(mawwfire.gov.uk)**

# EARLSWOOD TRAINING FACILITY EXPERIENCE DAY

On Tuesday, August 22nd 2023, a Fire and Rescue Service Experience Day was held at Mid and West Wales Fire and Rescue Service's (MAWWFRS) Earlswood Training Facility in Neath Port Talbot.

MAWWFRS Experience Days provide an opportunity for anyone interested in becoming a firefighter to gain an understanding of the role of a modern-day firefighter, the various aspects of the recruitment process, the importance of fitness as well as being able to try on the firefighting kit and use equipment. This subsequently enables those individuals to make an informed decision before beginning the application process.

During the Earlswood Experience Day, attendees got to wear full firefighting kit before completing strength and endurance tests, took part in a simulated incident while blindfolded to experience realistic conditions, before having a tour of a fire engine and a question-and-answer session.

Throughout the day, MAWWFRS training experts were on-hand to explain and oversee all exercises, as well as being able to answer questions and provide as much guidance as possible to prospective firefighters.

One of the Earlswood Experience Day attendees was Ethan, a 23-year-old self-employed delivery driver from Gorseinon. Over the last year, Ethan has developed his interest in boxing through regular training and wants to use his new capabilities to help people.

Speaking on his interest in becoming a firefighter, Ethan said: *"I'm aware that community is at the heart of what firefighters do, whether that's working together as a team or attending various incidents in their local area to keep communities safe. I'd really like to be a part of that and serve my local community."*

With frequent on-call recruitment drives as well as upcoming wholetime recruitment opportunities, this Experience Day will prove invaluable to all who attended when preparing their application and undergoing the recruitment process.

More information on MAWWFRS Experience Days, including dates and how to register, can be found on the [Service website](#).



# Spotted AT THE SHOW!



## VACANCIES

# MID & WEST FIRE AND RESCUE SERVICE ARE SEEKING TO RECRUIT WHOLETIME FIREFIGHTERS

To be considered, you will need to demonstrate that you share our Core Values and are prepared to commit to the level of training and fitness required to meet the challenging demands of the role.

Although Firefighters are trained to deal with a variety of rescue and firefighting incidents, it's also important that they are equipped to work within our communities to reduce risk, visiting homes, schools and community groups providing safety information.

If you would like to apply, you will need to register your interest via our online system which can be accessed on the Careers page of our website during the dates and times below:-

**Online registration opens -  
09:00 on Friday, 07 September 2023**

**Online registration closes -  
12:00 on Thursday 14 September 2023**

This registration takes approximately 30 minutes in total and all details can be found within the Candidate Information Pack (link below). You can apply at any point, day or night, within the registration dates and times above. All those who register within these timeframes will be considered. Please note, there will be no access to registration outside of the dates and times above and applications or expressions of interest submitted by other means will not be considered.

## DO YOU HAVE WHAT IT TAKES TO JOIN OUR TEAM?

We are looking for community focussed and disciplined individuals who are committed to making Wales a safer place.

To learn more about the recruitment process, use the link below to access the Candidate Information Pack.

### Information Pack

If you have any enquiries, you are invited to contact our dedicated Wholetime Firefighter recruitment team through e-mailing:-

[recruitment@mawwfire.gov.uk](mailto:recruitment@mawwfire.gov.uk)

Please do not contact any of our offices - information will only be given via the designated e-mail address.

Mid and West Wales Fire and Rescue Service recognise the value of having a diverse workforce and encourage applicants who represent the communities that we serve throughout Wales.

This recruitment process can be completed through the medium of English or Welsh.

**LLAWN AMSER**  
Recriwlio Diffoddwyr Tân  
**WHOLETEIME**  
Firefighter Recruitment

**RECRIWTIO NAWR!** | **RECRUITING NOW!**

## 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**  
Reciwrtio 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!**



## MENOPAUSE TALK

# CAROLYN HARRIS MP HOLDS MENOPAUSE TALK AT MORRISTON FIRE STATION

On Friday, August 4th, Carolyn Harris, Member of Parliament for Swansea East, visited Morriston Fire Station to deliver an informative and inspirational 'Menopause at Work' talk.

Menopause is a natural event and transition that women experience, however, the timing and symptoms are different for everyone. Menopause and perimenopause (the period of time leading up to menopause) can cause a variety of physical and mental symptoms such as brain fog, hot flushes, fatigue, itchy skin, anxiety and mood swings.

The menopause affects everyone, either directly or indirectly, whether it's a woman experiencing the process or a male friend or relative understanding and supporting them during this time. Despite the majority of the population being affected in some way and the variety of symptoms, the menopause can often be misunderstood or misdiagnosed - with 41% of medical schools having no mandatory training on menopause.

During the session, Carolyn Harris MP, who is also Chair of the All-Party Parliamentary Group on Menopause, spoke openly and honestly on her own experience of the perimenopause, including the effects the menopause can have on women's home and work life, as well as the various support and treatments available.



Carolyn Harris MP said: *"Unfortunately, many women who are experiencing the menopause are not getting the right services and support available to them. When I look back at my own experience, I thought I was experiencing a nervous breakdown, when in fact it was the symptoms of my perimenopause affecting me. Since advocating for menopause support and seeking my own treatment, I'm now able to help and support other women through their own experiences. One in ten women leave work because of their menopausal symptoms, however by raising awareness on the menopause to employers, my hope is that even small adjustments can be made to support women going through this process."*

The talk, which was attended by female and male operational and support staff, provided the opportunity for an open discussion on the effects of menopause, followed by a question-and-answer session.

Also in attendance was Mid and West Wales Fire and Rescue Service's (MAWWFRS) Chief Fire Officer, Roger Thomas, who said: *"I, and everyone else here today, have learnt a great deal and I would like to thank Carolyn Harris MP for holding such an open and honest talk today."*

*MAWWFRS is committed to becoming a more inclusive organisation and I believe sessions such as today's will not only help raise awareness but also destigmatise conditions such as menopause in order for us to adapt the way we work to support our colleagues who are experiencing this process."*

Mid and West Wales Fire and Rescue Authority Member and Swansea City Council Councillor for Castle Ward, Patience Bentu, was also present. Cllr Bentu said: *"I am delighted to have been invited here today for Carolyn's talk which I've found incredibly valuable, especially for workplace conversations."*

*I've appreciated the opportunity to learn more on the advice, support and treatments available to women experiencing menopausal symptoms and as the MAWWFRS Diversity and Equality Champion, I look forward to being involved in making the Service more inclusive."*

Menopausal symptoms can last for months or years - the average is around four years - and can change with time. The word 'menopause' actually refers to a single - when you haven't had a period for 12 months in a row - the transition period leading up to this day is known as the perimenopause.

90% of women will get menopausal symptoms, for help and support, contact your GP or local pharmacist.

Information, guidance and support are available here:

[NHS Website](#)

[The Menopause Charity](#)

[Age UK](#)



## SURVEY



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

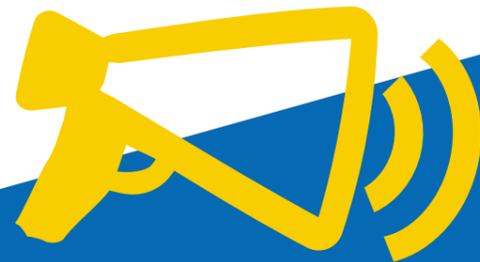
Did you know that Mid and West Wales Fire and Rescue Service cover almost 12,000 square kilometres – almost two-thirds of Wales. The Service is responsible for providing public safety information, prevention and protection programmes, and emergency response cover for the mid and west Wales area.

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.



## EVENTS

# STATION OPEN DAYS

HQ Open Day - 1st Sept

Haverfordwest Open Day - 9th Sept



**GORSAF CAERFYRDDIN / PENCADLYS**

Heol Llwyn Pisgwydd,  
Caerfyrddin, SA31 1SP

**CARMARTHEN STATION / HQ**

Lime Grove Avenue,  
Carmarthen, SA31 1SP

**DIWRNOD AGORED OPEN DAY**

**BWYD BARBECIW**  
**ARDDANGOSIADAU BYW**  
**PROFION FFITRWYDD**  
**RAFFL**

**BBQ FOOD**  
**LIVE DEMONSTRATIONS**  
**FITNESS TESTS**  
**RAFFLE**





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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