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## Volunteering with us

We receive 999 emergency calls to people in a life-threatening condition every day. Each one of these calls could need basic life-saving skills as quickly as possible.

We reach most of these patients within eight minutes, but if someone in the next street had the basic skills and equipment they could get there in even less time. This would make a big difference in saving a life.

By volunteering to become an Ambulance Community Responder, you could be responding alongside us to life-threatening emergency calls in your area. We would give you training, equipment and support, and you could start saving lives.

**When time is the difference between life and death, you could make a big difference in saving someone near you in a medical emergency.**

### Eligibility

To be eligible to volunteer you must:

- Be physically fit
- Work well under pressure
- Be a good communicator
- Have held a full driving licence for at least two years
- Have access to a roadworthy vehicle
- Undergo a Criminal Records Bureau check

You can find out more at an [upcoming information evening](#) or [by expressing interest](#).

To find out if you've got what it takes to be a successful volunteer read our [volunteer profiles](#).



### Express interest



Find out more about becoming a community first responder.

[▶ Upcoming information evenings](#)

### Making a difference



Read about Kelly's experience as a volunteer community first responder.

[▶ Kelly Hayes - Walthamstow volunteer profile](#)

### Good Sam App to locate defibrillators

We are working in collaboration with Good Sam and NESTA to develop a phone app which will alert registered volunteer responders to a cardiac arrest near them.

[▶ App technology to help save lives](#)