

Fire + Rescue NSW

Nominee's name: Samuel Parkhouse

Current Role: Station Officer, Blacktown



Station Officer Samuel Parkhouse has dedicated over 18 years to Fire and Rescue NSW, currently leading as Station Commander at 63 Blacktown Fire Station. Throughout his distinguished service, Sam has specialised in Rescue and Urban Search and Rescue (USAR), not only deploying his expertise in the field but also mentoring others as an instructor in these critical areas.

Sam's commitment to the wellbeing of his fellow firefighters has been extraordinary. Drawing from experiences at major disasters—including the Dungog floods, Cyclone Debbie, the Black Summer Bushfires, and the 2023 Türkiye Earthquake—Sam identified a critical need for targeted mental health support within the service. In response, he developed and launched the FRNSW Wellness Summit, a ground-breaking, evidence-based program supporting psychological recovery and workplace reintegration. Devoting over a year of personal time to its creation, the program has already demonstrated measurable success and drawn recognition from emergency and government agencies nationwide.

Beyond his operational duties, Sam continues to serve with humility and vision, earning deep respect across the emergency services community. His unwavering dedication, innovation, and genuine care for others exemplify the values of the RESCA. Samuel Parkhouse is a most deserving nominee for this prestigious recognition.