

SKY SHOUT

ISSUE 02 | WINTER 2022
ambucopter.org.uk

OUR AMAZING PROGRESS

Discover how we
have developed.



PLUS:

MISSION UPDATES

See what a week in the life
of our busy crew looks like.

LARA'S STORY

Giving a family precious
final hours together.



LINCS & NOTTS
AIR AMBULANCE
SAVING LIVES EVERYDAY

Upcoming Events 2023

25/03/23 – THE GREAT BRITISH SEASIDE MARATHON

Run a marathon or ultra-marathon along the coastal path from Skegness to Sutton on Sea and back, taking in a mix of everything that makes the British seaside so great - beautiful nature, rolling waves and the fun of a seaside town!



02/04/23 – LONDON LANDMARKS HALF MARATHON

Not your average half marathon! This is the only half marathon to go through both the City of London and City of Westminster. From cultural landmarks and heritage to the city's quirky and hidden secrets, explore the capital on a route like no other!



29/06/23 – C2C2C

Enjoy cycling 100 miles through some of Lincolnshire's beautiful countryside, as you cycle from the medieval city of Lincoln to the coast and back again as part of #TeamHelimed29 with a charity space in the C2C2C cycle ride.



02/07/23 – IT'S A KNOCKOUT

This fun event, run by the Humberston Lions, is back and is bigger and better than ever. Foam, crazy costumes and bouncy castles create this fab fun day at Meridian Park in Cleethorpes. Grab a team of six and compete to score points in a variety of thrilling games.



CHRIS' SNOWDON AT NIGHT CHALLENGE

Head of Operations Chris Bailey eats, breathes, and sleeps the Lincs & Notts Air Ambulance. And he doesn't just go the extra mile, he recently went the extra 228 miles!

July's Snowdon at Night fundraising challenge saw Chris go above and beyond. At 1,085 metres, Snowdon is the highest mountain in Wales. But not satisfied with the mere challenge of the climb, Chris, who is an avid cyclist, pedalled for 12.5 hours from Lincolnshire to Llanberis to get to the foot of the mountain before tackling the peak.

Cheered on by colleagues, Chris left LNAA headquarters, just south of Lincoln, and cycled into a strong headwind, starting his epic journey. He did have the

option of travelling in the comfort of a minibus with the rest of the challenge team but head down, Chris battled the wind to arrive at Derby by the end of the day.

Rising at 6am the next morning, he got back into the saddle and cycled across the Welsh border to arrive at Llanberis, Snowdonia. Following a short rest, he was ready to face the night-time climb with his colleagues, arriving at the summit in time for sunrise.

Chris raised £1,300. Well done to him and to the rest of the team, together they raised £5,342.

Snowdon At Night challenge will take place again in 2023, watch out for details.



WELCOME TO YOUR SKY SHOUT



This time of year seems to have come around quickly and while the festive spirit brings people together, it is also a time for reflection.

I am sure many of us will reflect on this year as an eventful one, including the

introduction of two new Prime Ministers and the advent of a new King, following the sad death of Her Majesty The Queen.

Here at LNAA we know that there are many people closer to home dealing with the trauma of significant injury or illness, or with the loss of family members and friends. One of those people is Chris Meldrum, who in the face of an unimaginable tragedy, plunged himself into fundraising to keep our crews by the side of patients when they need them the most. You can read his inspiring story on page 8.

We are set to close the year with an increase in missions and at the time of writing, our crew had already been dispatched to 1,249 emergencies across Lincolnshire and Nottinghamshire. You can read more about a particularly busy week on page 4.

It is thanks to people like you who support us through the many ways you do that our doctor-paramedic teams get to a patient's side quickly, with the skill level required to give that person the best chance of survival. On page 6 you can read about the advances made by our teams that continue to improve the outcomes for patients.

As we send you our well wishes and updates in this Christmas edition of Sky Shout, we do have in our minds the impact of the cost of living crisis on our supporters. It means all the more to our crew and our patients that you continue to give so generously. It is your support that helps to save lives out there at the beachside, on the roadside and across the countryside.

On behalf of everyone at the charity, thank you.

Karen Jobling
Chief Executive Officer

CONTENTS

MISSIONS
4-5

CLINICAL DEVELOPMENT
6-7

LARA'S STORY
8-9

OUR SUPER SUPPORTERS
10-11

LNAA LOTTERY
BACK COVER

CONTACT US

Head Office:
Lincs & Notts Air Ambulance
Headquarters
HEMS Way
Bracebridge Heath
Lincoln
LN4 2GW

General enquiries:
01522 548469
enquiries@ambucopter.org.uk

Lottery enquiries:
01522 531308
lottery@ambucopter.org.uk

FOR MORE INFORMATION ON ANY OF THE ABOVE EVENTS, PLEASE VISIT
WWW.AMBCOPTER.ORG.UK/EVENTS/ OR EMAIL CHALLENGES@AMBCOPTER.ORG.UK

MISSIONS

Summer proved to be extremely busy for LNAA and in June alone our crews responded to a total of 159 incidents, dealing with some in record temperatures.



Call-outs responded to by the LNAA crew on board the helicopter and Critical Care Cars.

During one busy period in June, our crews responded to 52 missions in just eight days.

SUN 19 JUNE



12.01pm – Helicopter and crew attend a patient suffering a cardiac arrest near Lincoln.

1.59pm – Helicopter called to Newark, crew tend to a patient with breathing difficulties.

MON 20 JUNE

8.10am – Helicopter dispatched to a fall from scaffolding near Grantham. Patient treated at scene and escorted to Nottingham's Queen's Medical Centre.

11.21am – Helicopter and crew attend a road traffic collision in North Lincolnshire. Patient

treated and escorted to Hull Royal Infirmary.

4.00pm – Helicopter called to a second road traffic collision, this time in Doncaster.

5.10pm – Helicopter dispatched to a medical emergency north of Lincoln. Patient treated on site and taken to Lincoln County Hospital by East Midlands Ambulance Service.

TUE 21 JUNE



11.45am – Helicopter dispatched to a cardiac arrest in Dronfield, Derbyshire. Patient intubated at scene and escorted to Sheffield's Northern General Hospital.

8.41pm – Helicopter flies to a road traffic collision near Grimsby. Patient treated at scene and escorted to Hull Royal Infirmary.

WED 22 JUNE

4.47pm – Helicopter dispatched to an incident at Newark, crew treats a patient and flies them to Nottingham's Queen's Medical Centre.

11.17pm – Lincs Critical Care Car called to a cardiac arrest, crew treats and intubates a patient at home before being escorted to Lincoln County Hospital.

THURS 23 JUNE

7.45am – Helicopter dispatched to Alford, Lincolnshire, to a report of a road traffic collision. Working with East Midlands Ambulance Service, crew sedates the motorcyclist and airlifts them to Hull Royal Infirmary.

4.48pm – Following a road traffic collision in Scunthorpe, crew treats one patient at the scene.



10.26pm – Notts Critical Care Car dispatched to an incident in Retford. Patient treated and escorted to Sheffield's Northern General Hospital.

FRI 24 JUNE

1.11pm – Helicopter called to a collision involving a cyclist and a car. Cyclist treated at the scene and airlifted to Lincoln County Hospital.

5.30pm – Crew attends and treats a patient involved in a horse-riding accident.

8.55pm – Helicopter and crew dispatched to treat a child involved in a cycling incident on the Lincolnshire coast.

SAT 25 JUNE

11.46am – Helicopter called to a drowning on the Lincolnshire coast. Child treated at the scene

before being airlifted to Nottingham's Queen's Medical Centre.



7.10pm – Helicopter flies the crew to treat a motorcyclist involved in a crash at Alford, Lincolnshire.

10.06pm – Notts Critical Care Car dispatched to a medical emergency at Ripley, Derbyshire. Crew treats a patient before being escorted to Royal Derby Hospital.

10.42pm – Lincs Critical Care Car called to a medical emergency at Skegness.

SUN 26 JUNE

2.25am – Lincs Critical Care Car sent to a medical incident at Skegness. Patient treated at the scene, then escorted to Boston Pilgrim Hospital.

9.30am – Helicopter and crew dispatched to a horse-riding accident near Doncaster. Patient treated at the scene.

1.42pm – Helicopter called to a fall from height in Boston.

10.20pm – Crew of the Notts Critical Care Car attends a patient who had fallen downstairs at home. Patient escorted to Nottingham's Queen's Medical Centre.



YOU CAN KEEP US FLYING AND SAVE LIVES

CALL
01522 548469
VISIT
ambucopter.org.uk/skyshout



or scan here to donate online.

6+ MISSIONS A DAY

We responded to, on average, 6+ missions a day. Saturday was our busiest day with 11 missions.

52 INCIDENTS

Our helicopter was called out to 32 incidents, including 3 incidents involving children, and our Critical Care Cars responded to 20 incidents. 32 incidents were in Lincolnshire, 15 in Nottinghamshire, 3 in Derbyshire and 2 in Yorkshire.

14 PATIENTS

We transferred 14 patients to 6 hospitals including 9 to major trauma centres at Nottingham, Hull and Sheffield.

12 ROAD TRAFFIC COLLISIONS

Our helicopter was called to 12 road traffic collisions, 9 in Lincolnshire, 1 in Nottinghamshire and 2 in Yorkshire.

CLINICAL DEVELOPMENT

The last three years have seen rapid change and growth at LNAA, from a new HQ to increasing the hours we fly each day. But behind the big milestones are many steps that contribute to the success of each new stride and enhance the skills our crew take to a patient and increase the number of patients they get to. And all of it has happened because of your generous support.



2020

Dr Gareth Davies brings his many years of experience in the air ambulance sector to LNAA as Medical Director. He will be integral in the development of the next three years of the service and in supporting the charity's transition to becoming clinically independent. New doctors, undoubtedly attracted by Gareth's presence and the clinical developments at LNAA, join our team.

Additional experienced paramedics join the crew as Emeritus Mentors and take up their roles in supporting new paramedics in becoming the best they can be.

Later in the year, we launch a Critical Care Car for Nottingham after our data showed that there was a need for highly skilled care for patients in and around the urban city centre. Since then, the crews have been to 712 missions from road traffic collisions to stabbings.



2021

We increase our paramedic team and transition from some being employed by EMAS to becoming directly employed by the charity – this is another step towards clinical independence and a strengthened team.

LNAA staff and crew move into HEMS Way, our purpose-built HQ bringing everyone together under one roof (including the helicopter and cars) for the first time.

The number of doctors working with LNAA continues to grow with dedicated recruitment of experienced HEMS doctors from around the country (and abroad!). The bolstered numbers of more than 30 facilitates 24/7 operations from HEMS Way.

We welcome Clinical Fellows who are Junior Doctors joining the team to gain experience in pre-hospital care. They work in their NHS hospital for six months and then with LNAA for six months, with the aim being to establish the workforce of the future.

We have our busiest year on record undertaking 1,496 missions.



2022

We register with the Care Quality Commission and become clinically independent. Led by Dr Gareth Davies and delivered by everyone at the charity, it is a pivotal point in our 28-year history. We are now able to develop the service based on the very specific and critical nature of pre-hospital care delivered by our HEMS team. This registration affects every aspect of the charity and means that as an organisation we can quickly adapt to emerging advances in drugs and treatments for the ultimate benefit of our patients. The experience and skill of the LNAA crew, along with Gareth and his team now really come into their own in delivering the very best care to patients.

“We are about to embark on the next three years of our strategy which will see us reach more patients. We will be researching, developing and implementing new ways of working through clinical innovation to treat patients with catastrophic internal bleeding who would not ordinarily survive the journey to hospital, people whose hearts have stopped and need their blood supply back when the specialist centre is miles away, and expanding on our roadside anaesthesia to make sure we are at the cutting edge of that process.



Blood on board is increased to carry four units of red blood cells and four units of fresh frozen plasma. Our red blood cells are delivered by the Lincolnshire Emergency Blood Bikes Service from Lincoln County Hospital and the plasma is delivered by the Nottinghamshire Blood Bikes from Nottingham's Queen's Medical Centre.

We welcome the arrival of a new helicopter with increased capabilities.

Pilots and clinicians commence night flying training using specialist Night Vision Goggles.

All of this can only happen thanks to the generosity of our supporters. Your donations keep our crews by the side of patients and help our doctors and paramedics continually improve their chances of survival.”

*Dr Gareth Davies
Medical Director*



“ON THE 17TH OF JUNE OUR WORLD CHANGED FOREVER...”

It was a beautiful summer's day. Lara, 19, and her friend Jennifer were on their way home after a day out to Skegness. Her parents Chris and Louise had finished work and were sat in the garden at home in Nottingham, enjoying the sunshine. Then the telephone call came.



Lara (left) and Jennifer (right)

“The police informed us that Lara had been involved in a car accident and was being attended to at the roadside,” said Chris. “We waited for around an hour for an update and it was only then that we realised the accident was much more serious than we had first understood it to be. Lara was in a bad way and was being air-lifted, after a significant amount of life-saving work at the roadside, to a major trauma unit in Sheffield by the LNAA.”

The Lincs & Notts Air Ambulance crew, Dr Mike Hughes and HEMS Paramedic Jemma Varela had arrived on scene by helicopter and treated Lara.

Lara's parents travelled to hospital and were joined by her brother Ross and his girlfriend Charlotte.

Chris said: “Lara was already in theatre and a team of consultants worked hard on trying to mend her broken body. At around 2am we were able to go to the Critical Care Unit and be by her bedside as she battled to survive. There were moments where she looked like she

was winning that battle but ultimately, she would slip away and by 10am our wee darling had passed away. We hugged and kissed her. The nurse was so kind and helped us take handprints and take some of her hair for a memory box.”

“Those final few hours are soul destroying in many ways. However, we are hugely appreciative of the considerable efforts of all those that worked hard to save Lara. Without them, and in particular the LNAA, we simply wouldn't have been able to spend those precious last few hours together as a family. To say goodbye.”

Chris and Louise had to deal with the emotional rollercoaster of two funerals for Lara and her friend shortly after. “We needed to get away and stop the chaos of the world from consuming us,” said Chris. “So many people, so many things to deal with, so much grief to deal with, not just ours.”

Whilst they were away, Chris noticed an advert asking for people to take part in the Great North Run and raise money for the Lincs & Notts Air Ambulance. “It was simply meant for me,” he said. “I looked at Louise and said I hate running, but how can I say no to this?” So, Chris signed up and with only six weeks to the race, he started to train for the event and on the 11th September travelled to Newcastle to compete in the half marathon race.



Chris running The Great North Run

Chris said: “The number of people who have sponsored me is humbling, currently the amount raised is around £16k.” In addition, the family have been regularly donating to the LNAA shop in Mapperley.

“Lara's injuries were extensive. As a team we used all the techniques and equipment we had available to us to stabilise her enough so we could transport her via the helicopter to Sheffield Northern General Hospital, some 80 miles away. We continued to treat Lara during the journey, which took 20 minutes by air and would have taken over an hour and a half by road.”



DR MIKE HUGHES

“We have such admiration for the LNAA but have also been angered that there is no central funding for such a critical support service. So, we will do all we can to support them and provide more families with their expertise in their moments of need.”

Lara was a fun-loving girl and she and her mum were like best friends. There were plenty of “don't tell dad”

moments that made their bond special. One of those was when Lara decided to get a tree of life tattoo, a symbol that will be forever associated with Lara. She followed in the footsteps of her elder brother Ross and became a valued member of The Nottingham Ice Hockey Club and was proud to have played briefly at elite level with The Vipers. She will always be remembered at the club, and they are designing a tree of life emblem to go on their shirts in her memory.

OUR SUPER SUPPORTERS

YOU'RE NEVER TOO OLD....

Mary Clover started fundraising for LNAA when she was 80-years-old and has raised a staggering £16,493. Not bad for someone who has just celebrated her 85th birthday and is about to embark on her fourth skydive to raise even more money for LNAA!

“You fly at 120 mph, it is wonderful, it’s nearly as fast as the speed of the helicopter! You freefall for so long and then the parachute opens. It’s just wonderful seeing Lincolnshire landmarks from the sky, you just have to watch your feet when you are landing!”

Mary comes from an agricultural community and lived with her late husband John, a farm foreman, at Marshchapel, off the east coast of Lincolnshire, before retiring to Louth.

“I know of people who have needed the Lincs & Notts Air Ambulance. This part of the county is so cut off from anywhere, so the Air Ambulance is vital. If something happens on a farm you have everything on board the helicopter to treat people and get them to hospital quicker.”

“Fundraising is a big part of my life. I just love to help people.”



...OR TOO YOUNG TO HELP

Like Mary, nine-year-old Thomas Bowles comes from a farming family, and often sees the helicopter flying over the Lincolnshire fields surrounding his neighbourhood at Upton and Kexby, Gainsborough, close to the river Trent as it responds to calls.

When Thomas’s older brother Jack signed up for LNAA’s challenge to walk 6k in May, he thought he would litter pick at the same time and Thomas agreed to help. Together they cleared 46 bags of waste and presented us with a cheque for £240.

Thomas aspires to become a heart surgeon, a decision made after his great grandma died following a cardiac arrest. His interest in all things medical is astonishing and a recent visit to LNAA HQ enabled him to talk to crew and learn more about the life-saving critical care work they perform at the scene of an incident. It is wonderful to know that this has fuelled his aspiration even more.

BIG THUMBS UP FOR HELLO YELLOW DAY



During Air Ambulance Week in September, seventeen primary schools from Lincolnshire and Nottinghamshire took part in our first ever Hello Yellow Day.

Pupils and teachers were invited to donate £1 and dress up in yellow clothing for the day. To date, over £1,000 has been raised.

BIG THANKS TO RIDE OF THANKS

Hundreds of motorcyclists took to the streets in early September for their annual Ride of Thanks event raising £1,088 for LNAA. Roland Johns, volunteer and joint organiser of the event said:

“Around 280 bikers completed the 62-mile circular route taking in some of the most glorious villages that border the River Trent. It was lovely to be greeted at all the villages we passed through as people gathered to watch this fantastic spectacle.”

More supporter stories: ambucopter.org.uk/news

LUCKY LOTTERY WINNER

Scunthorpe born Walter Evison was over the moon when he became the lucky winner of £1,000 in the Lincs & Notts Air Ambulance Lottery. “When I got the phone call, I was a bit stunned. I have never won anything like this in my life,” he said. By playing the lottery Walter feels he is playing his part.

“The Lincs & Notts Air Ambulance is precious, it saves lives. Whenever I look up at the helicopter flying overhead, I know that in a small way I have helped it fly that day. The sight of that helicopter coming to land must be such a relief to people who are injured and waiting for help. What more can you say?”

Walter and his wife Josephine are planning to use their winnings on their next holiday to Scarborough.

Sign up to the LNAA Lottery for just £1 per week. ambucopter.org.uk/lottery



WCF CHANDLERS CHOOSE LNAA AS CHARITY OF THE YEAR

In July 2021, WCF Changers chose us as their Charity of the Year. Since then, they have pedaled the distance around their delivery areas, endured a painful wax-off, completed the 100km Peak District Challenge and smashed their fundraising goal raising £3,625.96 - which will be match funded by the company, giving a total amount of over £7,250. The team also gives time to volunteer for LNAA at events including the Lincoln City Takeover during Air Ambulance Week.

Charlotte Carratt, Marketing Manager, said:

“We are absolutely in awe of the work of the Lincs & Notts Air Ambulance and are delighted to confirm that our partnership will extend until December 2023.”

Find out how your business can partner with us: email t.taylor@ambucopter.org.uk

Thank you to all our supporters across Lincolnshire and Nottinghamshire – your generosity means we can deliver our life-saving service 24 hours a day, 365 days of the year.



**LNAA
LOTTERY**

JOIN OUR NEW PRIZEBUILDER

**Be in with a
chance to win
a jackpot
of up to
£25,000!**

**Call
01522 531 308**



You must be 16 or over to play a lottery. Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust is licensed and regulated in Great Britain by the Gambling Commission under account number 5068. www.gamblingcommission.gov.uk. Promoter: Colin Cawood-Campbell, Lincs & Notts Air Ambulance, HEMS Way, Bracebridge Heath, Lincoln LN4 2GW. Registered Charity No 1017501. Lottery terms & conditions available on our website www.ambucopter.org.uk. Please gamble responsibly www.BeGambleAware.org.uk