

# SKY SHOUT

ISSUE 06 | WINTER 2024  
[ambucopter.org.uk](http://ambucopter.org.uk)

## THANK YOU

With your support we can  
continue saving lives.



### PLUS:

#### MISSION UPDATES

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

#### CARING FOR ALL AGES

Providing the best care  
for babies and children.



**LINCS & NOTTS**  
**AIR AMBULANCE**  
SAVING LIVES EVERYDAY

# 30

YEARS

1994 - 2024



# UPCOMING EVENTS

Push yourself to the limit with one of our #teamhelimed29 challenges.

**15 DECEMBER 2024 – LINCOLN SANTA FUN RUN**

The iconic Christmas run is sure to get you into the Christmas spirit. Join #teamhelimed29 and run or walk two laps around historic Uphill Lincoln together with 2,000 Santas in a sea of running red! Ho Ho Ho!

LNAAs supporter Michelle Peters ran in 2023 and said: "The atmosphere was brilliant, with the people at the side of the road cheering everyone on. It was a sea of red and white, even the dogs were dressed up!

And it was so funny to hear the kids telling their parents to keep running and not give up!"

The event is now open so why not register the whole family and start Christmas early. Or grab your workmates and run as a team – groups of 10 Santas receive a discount.

Visit [ambucopter.org.uk/events/lincoln-santa-fun-run-2024/](https://ambucopter.org.uk/events/lincoln-santa-fun-run-2024/) to book your place.



**9 MARCH 2025 – NOTTINGHAM 10K**

Returning with an exciting new and improved city centre route, the 2025 Nottingham 10K will start in Old Market Square and finish inside the grounds of Nottingham Castle. #teamhelimed29 invite you to join in the action and sign up for one of LNAAs's charity places.



**6 APRIL 2025 – CITY OF LINCOLN 10K**

Follow the success of the team from Camper UK in 2022 and join #teamhelimed29 as we take part in this picturesque route covering Lincoln's most iconic sights. Run along Roman walls and stunning gardens around the city before the big finish beside Lincoln Cathedral.



**6 APRIL 2025 – 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, runners get to explore the capital on a route like no other!



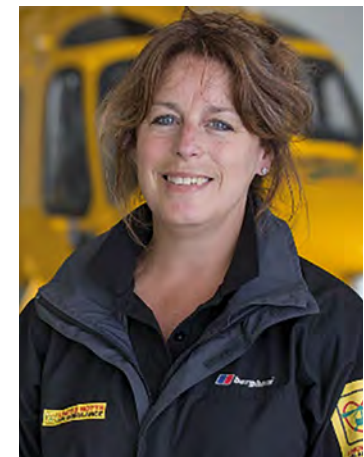
**FLY IN THE CLOUDS FOR LNAAs**

Push yourself out of your comfort zone and take on a tandem skydive from 10,000ft. Flying through the clouds at 120mph, you will have a truly unforgettable experience whilst raising vital funds for Lincs & Notts Air Ambulance.

Visit [ambucopter.org.uk/skydive](https://ambucopter.org.uk/skydive) to learn more!



# WELCOME TO YOUR SKY SHOUT



I can't believe how time flies – literally! Since the last edition of Sky Shout, the helicopter has been away for its annual service and returned a few weeks later, we've welcomed new clinicians to our crew, and we're six months into our 30th anniversary year.

Following our anniversary launch event, we spent an afternoon in June thanking our wonderful volunteers for the tireless and generous support they give to the charity, whether at events, as Trustees, here at HQ or in our shops. You can find out more about them on page 14.

You can also hear on page 6 from one of our paramedics, Lucy Tyrell, on what it takes to treat children and babies who need our care. A child becoming seriously ill or injured is every parent's nightmare, but our crews are trained to the highest skill level enabling them to provide the very best care.

An amazing story of a past patient on page 10 just shows the difference our service has made across the decades, all because of the support from people like you – rather fitting for our 30th year.

Finally, if you're looking for a really fantastic Christmas gift for someone special in your life, why not make the most of this last chance to put your loved one's name on our helicopter? Simply donate £100 or £10 a month for 10 months to our Side by Side campaign, and we'll send you a personalised certificate to give them. Find out more on page 9, and join with other amazing supporters who have put their loved one's name on our air ambulance.

**Thank you for your past, present and future support. We couldn't be here without you.**

**Very best wishes**

**Karen Jobling**  
Chief Executive Officer

## CONTENTS

### MISSIONS

4-5

### CARING FOR YOUNG PATIENTS

6-7

### OUR GREAT YARN BOMB CHALLENGE

8

### SIDE BY SIDE

9

### LNAAs SAVED BOTH OUR LIVES

10-11

### OUR SUPER SUPPORTERS

12-13

### DO SOMETHING AMAZING WITH YOUR TIME

14

### WALK SIDE BY SIDE FOR OUR 30TH ANNIVERSARY

15

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Registered Charity No. 1017501

**FOR MORE INFORMATION ON ANY OF THE ABOVE EVENTS, PLEASE VISIT [AMBUCOPTER.ORG.UK/EVENTS](https://ambucopter.org.uk/events) OR EMAIL [CHALLENGES@AMBUCOPTER.ORG.UK](mailto:challenges@ambucopter.org.uk)**



# MISSIONS

During the busy summer, from June to August, our crews responded to 456 missions including 123 road traffic collisions, 154 medical emergencies and 74 accidental injuries. On Saturday 15 June the helicopter was called to five missions in just 10 hours. Then followed a busy eight days when we were called out 48 times.



Incidents from 15 to 23 June responded to by the LNAA crew on board our helicopter and critical care cars.

## SAT 15 JUNE

**12.24am:** Notts crew treat a patient in Derby who is then transported to Nottingham's Queen's Medical Centre.



**8.44am:** Helicopter called to a multiple RTC. Working with emergency services colleagues, crew treat three patients and airlift one to Sheffield's Northern General Hospital.

**11.03am:** Helicopter crew called to an accidental injury near Worksop, Nottinghamshire.

**11.29am:** After arriving back at HQ, helicopter and crew dispatched to a cardiac arrest.

**2.17pm:** Another emergency for the helicopter as it arrives within 23 minutes to a residence in Cleethorpes. Crew treat a patient

and escort to Grimsby's Diana, Princess of Wales Hospital.

**6.45pm:** Helicopter flies crew to Grimsby to treat a patient and escort to Grimsby's Diana, Princess of Wales Hospital.

## SUN 16 JUNE

**6.30pm:** Helicopter crew treat a patient following a horse-riding incident. Once stabilised, patient escorted to hospital.

## MON 17 JUNE



**12.35am:** Notts critical care car crew respond to a medical emergency in Nottingham.

## TUE 18 JUNE

**10.34am:** Helicopter called to an RTC near Sleaford, Lincolnshire. Patient stabilised and airlifted to Nottingham's Queen's Medical Centre.



**2.35pm:** Crew dispatched to a multiple RTC near Spalding, Lincolnshire. Working with other emergency services, crew administer life-saving drugs to one patient and airlift to Cambridge's Addenbrooke's Hospital. A second patient is treated for multiple rib fractures and escorted by road ambulance also to Addenbrooke's Hospital.

**7.25pm:** Crew treat a child injured in a fall and escort to Lincoln County Hospital.

**11.38pm:** Lincs critical care car arrives in Alford, Lincolnshire. Crew treat a patient involved in an RTC and transport to Boston's Pilgrim Hospital, Lincolnshire.

## WED 19 JUNE

**9.44am:** Helicopter crew called to Alford, Lincolnshire. A patient is stabilised and escorted to Boston's Pilgrim Hospital, Lincolnshire.

**11.24am:** Crew treat a patient with suspected spinal injuries after a fall in Horncastle, Lincolnshire. Patient transported to Lincoln County Hospital.

**12.53pm:** Helicopter dispatched to an aviation incident near Skegness, Lincolnshire. Crew treat a patient for head injuries and airlift to Nottingham's Queen's Medical Centre.

**5.49pm:** Helicopter called to a motorcycle incident near Grantham. Patient is treated for their injuries and airlifted to Nottingham's Queen's Medical Centre.

## THUR 20 JUNE



**12.46pm:** Helicopter flies crew to the Lincolnshire Wolds to treat a motorcyclist involved in an RTC. Once stable, patient is airlifted to Hull Royal Infirmary.

**4.31pm:** Crew respond to a horse-riding injury near Nottingham. The patient is stabilised and

escorted to Nottingham's Queen's Medical Centre.

**9.41pm:** Critical care car called to a multiple RTC near Sleaford, Lincolnshire alongside East Midlands Ambulance Service and a neighbouring air ambulance crew. Working together, LNAA crew sedate and administer life-saving drugs to one patient, and stabilise a second. Both are escorted to Nottingham's Queen's Medical Centre.

## FRI 21 JUNE

**8.47am:** Crew responds to a cardiac arrest in Pinchbeck, Lincolnshire.

**3.19pm:** Helicopter flies crew to an RTC near Boston, Lincolnshire involving a motorcyclist. A patient is sedated and escorted by road ambulance to Boston's Pilgrim Hospital.

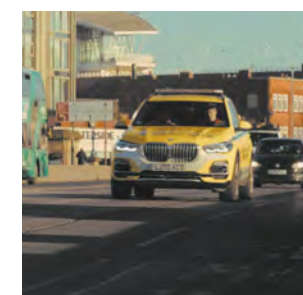


## SAT 22 JUNE

**10.59am:** Crew respond to a house fire near

Lincoln. Crew intubate and treat one patient for burns before handing over to the trauma team at Nottingham's Queen's Medical Centre.

## SUN 23 JUNE



**1.11am:** Notts critical care car crew attend to a patient in cardiac arrest near Newark, Nottinghamshire.

**1.28pm:** The A1 is closed to allow helicopter to land close to an RTC near Grantham, Lincolnshire.

**5.58pm:** Helicopter flies crew to Alford, Lincolnshire. They treat a patient before escorting to Boston's Pilgrim Hospital, Lincolnshire.

**9.20pm:** Notts critical care car called to an RTC in Nottingham. Crew treat a patient with multiple injuries and escort to Nottingham's Queen's Medical Centre by road ambulance.

## 5+ MISSIONS A DAY

We responded to, on average, 5+ missions a day, including 9 missions in the hours of darkness.

## 48 INCIDENTS

Our helicopter and critical care cars were called out to 48 incidents including 9 in the hours of darkness.

## 19 PATIENTS

We transferred 19 patients to eight hospitals, including 13 to major trauma centres in Nottingham, Hull, Sheffield and Cambridge.

## 14 ROAD TRAFFIC COLLISIONS

Our crews were called to 14 road traffic collisions, 11 in Lincolnshire, 2 in Nottinghamshire and 1 in Yorkshire.



**YOU CAN KEEP US FLYING AND SAVE LIVES**

**CALL** 01522 548469 (option 1)  
**VISIT** [ambucopter.org.uk/skyshout](https://ambucopter.org.uk/skyshout)  
or scan this QR code with your smartphone.



# CARING FOR YOUNG PATIENTS

**Did you know that approximately 10% of LNAA patients this year have been children?**

Our doctor and paramedic teams respond to patients of all ages, from the point of birth into childhood, teenage years, early adulthood and beyond.

Thankfully, life-threatening emergencies are less frequent in children but when they do happen, our crews are ready and trained to respond. Our doctors and paramedics have significant experience in caring for young patients and this helps guide care and interventions on scene. In addition, our paramedics take on further training to support the care of mother and baby during and after birth. Getting this expertise to scene means our clinicians can provide the best care for these patients.

Remaining calm and an ability to perform under pressure are important character traits for all our missions and this can be particularly challenging when children are involved. Our crew are usually made aware of the age of a patient when on the way to an incident.

Paramedic Lucy Tyrell said:

***“This gives us time to mentally prepare for the mission ahead, which may include some mental maths as the dosages of the medicines and sizing of equipment we carry has to be altered for the lower weight and age of patients.”***

“We carry lots of paediatric-specific equipment and reference cards to help tailor the care provided (and double check our maths). Equipment sizes suitable for all ages are incorporated into our kit bags which weigh approximately 15 kilos.”



Lucy Tyrell, HEMS Paramedic

The crew can provide a variety of interventions, including gaining access to veins to administer medications and providing airway support and ventilation. They carry really small cannulas to assist in this and specialist airway equipment.

“Children and babies lose heat more rapidly than adults due to their large surface area to body mass ratio – preventing heat loss and keeping little ones warm is a particularly important part of their pre-hospital care. We carry both warming blankets and a tiny, heated mattress for babies known as a Transwarmer.”

These pieces of equipment cost £33 (warming blanket) and £42 (Transwarmer) – all funded by your donations!

**“We couldn’t help these children without your generosity.”**

**IN THE FIRST SIX MONTHS OF 2024, WE SAW 50 PATIENTS UNDER THE AGE OF 18.**

Children who experience an emergency are often accompanied by parents or caregivers. This is a frightening and distressing time for both patients, loved ones and witnesses. It is important to build a rapport with both patient and those on scene with them to improve their experience as well as outcome. Our teams work hard to explain interventions and the medical plan with children's caregivers including which hospital is best suited to their clinical needs. We have the capacity to fly one person with a child in the aircraft as needed, so the child isn't alone on their journey to hospital.

At LNAA we are very fortunate to also have an incredible aftercare team. Our Patient and Family Liaison Officers (PFLO) are on hand to follow up and continue care after we have transferred to hospital and for the remainder of the patient and family journey.

**“It is really important for families to be able to receive this care and support after an incident and we are lucky to be able to receive visits to HQ from children and families who have benefited from our care on scene.”**

***“We were recently called to treat a one-month old baby with breathing difficulties. We were able to place the baby on a Transwarmer device and use blankets to keep body temperature stable which is incredibly important for babies as they cannot regulate their temperature. We also used a Paediatric Nasal End Tidal CO2 device to closely monitor the baby's ventilation and breathing. This equipment allowed us to provide advanced monitoring and transport safely to Nottingham's Queen's Medical Centre.”***

**Paramedic Jacob Allison**



## LUCY'S LIFE-SAVING PAEDIATRIC EQUIPMENT



**TRANSWARMER: £42**



**WARMING BLANKET: £33**



**PAEDIATRIC VENTILATOR CIRCUIT: £49**



**PAEDIATRIC NASAL END TIDAL CO2 DEVICE: £9**



**Scan the QR code or visit [ambucopter.org.uk/skyshout](https://ambucopter.org.uk/skyshout) to donate now and help us save a child's life.**



# OUR GREAT YARN BOMB CHALLENGE

*“This celebration has flown far beyond our expectations.”*

Throughout the summer months, helicopters landed on postboxes and gateposts, in parks and shops, on park benches and even in churches! They continue to land, helping to raise awareness of LNAA.

LNAA's Volunteer Manager, Kate Kerrigan said: **“We thought we may get a couple of enquiries. Some 830 enquiries later, with 347 individual yarn bombs spotted, this celebration has flown far beyond our expectations.”**

“We wanted to give as many people as possible the opportunity to be a volunteer by creating something in the comfort of their own home. That's how the yarn bomb was created!”



## HELICOPTER CRAZY AT WISTERIA PLACE



House Manager, Kelly Jefford challenged people living in Wisteria Place, Bulcote, Nottinghamshire to create as many knitted helicopters as they could.

Kelly had need of the LNAA crew some years ago and the charity is close to her heart. She said: **“Taking on this challenge was my way of giving something back. It was wonderful when everyone got on board with their overwhelming support.”**

The Wisteria Place community created a mini production line with residents doing as much or as little as they wanted. As a result, 33 woolly helicopters sat on their own mini helipads, adorning the entrance, walls and gateposts, around the McCarthy Stone retirement homes complex.

## FARNSFIELD HELICOPTER IS TOPS

Avid topper designer Lee-Anne Willis from Farnsfield, Nottinghamshire, spent two weeks crocheting her masterpiece from an intricate pattern she created.

When she heard of LNAA's Yarn Bomb Challenge she knew she had to take part. She said: **“The Lincs & Notts Air Ambulance attended a friend of mine last year, and that brought home to me how important their work is in helping people in their time of need.”**



**SIDE BY SIDE  
GIVE A UNIQUE  
GIFT THIS  
CHRISTMAS**

Christmas is rapidly approaching, but there's still just enough time to give someone you love a truly incredible Christmas gift. One that will help save lives across Lincs & Notts day and night, 365 days a year. Even on Christmas Day!



## THEIR NAME ON OUR HELICOPTER

Simply make a very special donation of **£100\***, or **£10 a month for 10 months**, to our Side by Side Campaign and you can put the name of your loved one on our life-saving Lincs & Notts Air Ambulance.

Then every time our crew of pilots, paramedics and doctors fly to someone who is critically ill or injured, your loved one will be side by side with them, helping to make their life-saving work possible.

We'll send you a certificate personalised with your loved one's name, so they'll know they'll always be by our side. Don't miss this chance to give your loved one the Christmas gift that save lives, right here in Lincs & Notts.

**GET YOUR UNIQUE CHRISTMAS  
GIFT FOR A LOVED ONE TODAY AT  
[SIDEBYSIDE.AMBUCOPTER.ORG.UK](http://SIDEBYSIDE.AMBUCOPTER.ORG.UK)**

\*You can add a name of your choice to our helicopter for a minimum gift of £100. Your chosen name will be on our helicopter for a minimum of 12 months from date of installation. Terms & conditions apply, please go to [sidebyside.ambucopter.org.uk](http://sidebyside.ambucopter.org.uk)



**“I run my own business installing and maintaining telecommunications. I often work alone high up on a ladder or using power tools. LNAA's services would be vital in the event of an accident, their fast response would get me to hospital quickly. This is the reason I am putting my company name Lincs WiFi Solutions Ltd on the helicopter.”** Jason Hill



**“My grandad Cecil Atkinson suffered a cardiac arrest whilst driving his beloved tractor. The LNAA crew attended but he sadly passed away. The Patient and Family Liaison Team have been great support to our family and so we have put ‘The Atkinson Family’ name on the helicopter to say a huge thank you for their outstanding care.”** Lucy Atkinson, Cecil's granddaughter



# LNAA SAVED BOTH OUR LIVES

Sisters-in-law, Elaine and Yvonne thank LNAA for saving their lives – 25 years apart. Elaine was left fighting for her life following a horrific road traffic collision, while her sister-in-law Yvonne stopped breathing when she went into cardiac arrest.



Elaine after her accident in 1997

In August 1997 Elaine, her mum and teenage daughter were travelling to Skegness with their five-month-old puppy Jasper, in the car.

All Elaine remembers is seeing a car heading towards them. She braced herself for impact.

She said:

*“Time stood still. The pain was excruciating. The steering wheel was in my ribs, the car keys were pushed into my right knee, and something else stuck in my left knee. My left foot was trapped under the clutch pedal, and I knew I had also snapped both bones in my right arm because of bracing for the impact.”*

The family sat trapped in the car, helplessly watching as Jasper jumped out of the smashed windscreen and ran away.

The emergency services soon arrived including the LNAA crew in their Bölkow helicopter.

It seemed like an eternity to Elaine before the Fire and Rescue Service had cut the door and roof off the car, freeing her from the wreckage.

While Elaine was being freed, the LNAA crew had treated and transported a patient from the other vehicle, to hospital. Paramedics fought to stabilise her and as she drifted in and out of consciousness, she heard someone shouting ‘we need the air ambulance back’.

The crew were soon back at her side, ready to take her to hospital, a journey that took about four minutes.

She said:

*“It felt strange being slid up through the back of the helicopter. A paramedic sat to my left and reassured me that my mum and daughter were ok.”*

Elaine had multiple broken ribs and bones in both forearms, and left foot and both knees were severely damaged. During seven and half hour’s surgery, her heart stopped beating four times as surgeons battled to save her life.

After 11 days, she was transferred to Chesterfield Hospital, Derbyshire. One day Elaine was moved to a side room. She did not know why, until the door opened and there stood her mum and daughter with Jasper, the puppy. Following a radio appeal, farmers had found the pup unharmed, curled up in a corner of a cornfield.



Jasper

Elaine said:

*“I had never heard of LNAA until I needed them, and I thank God that they were there, because I wouldn’t be here today if it wasn’t for them.”*

Elaine now donates every month to LNAA. She said: “Without Lincs & Notts Air Ambulance, where would people be?”



Yvonne

In Spring 2021 the family needed LNAA again.

Elaine was at home with her sister-in-law, Yvonne, when she started to complain of chest pains and collapsed, not breathing. Elaine immediately rang 999, telling the dispatcher that she thought Yvonne was having a heart attack.

Elaine placed Yvonne on the floor and started CPR, receiving instructions from the dispatcher until East Midlands Ambulance Service arrived.

Relief then flooded through Elaine when she heard the helicopter and knew LNAA were approaching. The critical care crew gave life-saving drugs to stabilise Yvonne and then Doctor Paul Hancock escorted her to Sheffield’s Northern General with the road ambulance team. A few days later Yvonne had a stent fitted and was soon on the way to recovery.



Elaine



# OUR SUPER SUPPORTERS

## CHARITY RIDE OUT SUCCESS FOR MANSFIELD BIKERS

Over 250 bikers braved the rain and hail to complete the 10th Annual Two Wheel Centre Ride Out and raised an incredible £3,500.

The bikers set off from Mansfield, Nottinghamshire through picturesque villages to Market Rasen, Lincolnshire before returning via Lincoln. And even a knitted helicopter from LNAA's Great Yarn Bomb Challenge joined in the fun, riding high on the helmet of one of the bikers.

Two Wheel Centre's Sale Administrator, Sarah Charlton, said: "In our 10 years of supporting LNAA, we have raised over £23,000 and this year we are hoping to push that to the £30,000 milestone to mark 30 years of extraordinary service from this incredible team.

**"You never know when, as a motorcyclist, equestrian, hiker (and so many other outdoor pursuits too numerous mention) you might need the life-saving assistance of the 'big yellow bird' so we feel our support over the years is the least we could do."**



## DEXTER & SHARPE CHOOSE LNAA AS CHARITY OF THE YEAR



Dexter & Sharpe Chartered Accountants chose LNAA as their Charity of the Year for 2024, with an aim to raise £4,000, the average cost of one life-saving mission by LNAA.

David Johnson, partner at Dexter & Sharpe said: "This collaboration embodies our commitment to supporting crucial services in our community, ensuring swift and vital assistance in times of need. With Lincs & Notts Air Ambulance, we aim to contribute significantly to their life-saving missions and make a meaningful impact together."

Since the start of the year, staff from branches across Lincolnshire have participated in the Lincoln Inflatable 5K, hosted a pancake breakfast and held Match the Pet Days. They also sponsored our Volunteers' Tea Party, held at Kelham Hall, Nottinghamshire and in July, took on the gruelling 12-hour Yorkshire Three Peaks Challenge.

**Thanks to all of the support the team has had, they smashed their target and have set their sights to raise £6,000 by the end of the year.**

## TRACTORS RUN ON FULL STEAM FOR LNAA

In June 2024, farmer and tractor man, Sam Brown joined 13 fellow farmers and took on the 360-mile Tour de Lincolnshire challenge to drive their vintage tractors around the boundary of Lincolnshire in just one week.

Sam, of Farmer Brown's Ice Cream based at Huttoft, Lincolnshire has cerebral palsy which means normal day-to-day activities can be challenging. Tractors are a very important part of his life and he has organised smaller tractor runs in aid of LNAA in the past but a dream of his was to do something bigger.

When the Tour de Lincolnshire team heard about Sam, they invited him to join their epic journey. A tractor was modified to carry his wheelchair, so he had mobility at all times over the six days.

**Starting and finishing at Sam's Ice Cream parlour, the tractor run was a huge success and raised £26,000 which will be split between Lincs & Notts Air Ambulance and St Andrew's Children's Hospice.**



## THE GEORGE CHAMBERS MEMORIAL ROAD RUN



One hundred vintage tractors, traction engines and classic vehicles took part in the fifth George Chambers Road Run, driving their colourful cavalcade in spectacular style through Lincolnshire's country lanes.

The event was organised by Kevin Chambers, of Hubberts Bridge, Lincolnshire in memory of his late father George, and raised over £3,500 for the Lincs & Notts Air Ambulance from entry fees, an auction and raffle, bringing a grand total of £17,997.51 from all four tractors runs.

LNAA Community Fundraising Manager, Steph Bradshaw said: **"It is truly amazing to witness the popularity and success of the Tractor Runs this year. These amazing donations will help keep our helicopter flying and fleet of critical care cars on the roads, delivering emergency treatments to patients when they need us most."**

## NATIONAL THREE PEAKS CHALLENGE

A team from Rix K9 based in Gainsborough, Lincolnshire took on the epic National Three Peaks Challenge in May, scaling the heights of Scotland's Ben Nevis, England's Scafell Pike and Wales's Snowdon in just 24 hours to raise £8,514 for LNAA – enough to pay for two life-saving missions.

Rix K9's Business Unit Manager, Craig Belshaw said: "As a local business in a rural area with challenging road networks, we see first-hand the incredible work this charity does for our community. When I found out it cost £4,000 for each mission they get called out to, it made me want to do some more serious fundraising for the service. After giving it some thought, we settled on trying to complete the National Three Peaks."

The gruelling trek of 23 miles and a 10,052ft ascent was certainly a challenge for the team.

**The team are hoping that by taking on this physical and mental challenge, they will inspire others to join us in supporting our life-saving work.**



FIND OUT HOW YOUR BUSINESS CAN PARTNER WITH US,  
EMAIL: [PARTNERSHIP@AMBUCOPTER.ORG.UK](mailto:PARTNERSHIP@AMBUCOPTER.ORG.UK)

THERE ARE SO MANY WAYS TO FUNDRAISE FOR US:  
[AMBUCOPTER.ORG.UK/FUNDRAISE-FOR-US](https://www.ambucopter.org.uk/fundraise-for-us)



# DO SOMETHING AMAZING WITH YOUR TIME

## 30 YEARS OF VOLUNTEERING



Mick and Val

**“LNA is the most worthwhile cause I can think of. I cannot think of any other charity I would volunteer for...”**

Mick & Val started their journey with LNA in April 1994 after hearing that the charity was looking for volunteers. They lived in Hawthorpe, south Lincolnshire. As Mick said: “We lived in the middle of nowhere and we knew of people that would have really benefited from LNA had it been around at that time.”

They began visiting village pubs at weekends, raising £350 per night, a considerable sum 30 years ago. People were interested in what they were fundraising for and many pubs requested their own collection tins. It was a sad moment when a few months later, the helicopter was grounded due to lack of funds. Mick said: **“We were working so hard raising money and yet the charity needed more support. When the air ambulance started flying a few months later we vowed to do our part to make sure it did not stop flying again.”**

In five years, their bucket collections raised around £40,000. Mick and Val are now into their 30th year and

still loving every minute. Val summed up why they still do what they do: **“It is the best, everyone is one big family, so friendly and loving.”**

**Carol Royce volunteers at LNA’s Mansfield Woodhouse shop.** She loves assisting customers, and with her passion for jewellery, is often found creating sparkling displays for the shop floor.

14 years ago Carol visited LNA’s HQ and saw the helicopter take off. She said: **“My son is a motorcycle rider, and I thought one day he may be the one needing their help. “I am proud of what I do, knowing that even an hour of my time has helped towards saving a life.”**



Carol

## A THANK YOU TREAT

In June, we celebrated our wonderful community of volunteers, with a beautiful Afternoon Tea at Kelham Hall, Nottinghamshire.

ShantyFolk of Loughborough provided the entertainment and long-service awards were given out to 60 volunteers in appreciation of their tireless commitment.

LNA’s Volunteer Manager, Kate Kerrigan said: **“Our volunteers are amazing. They have given over 14,000 hours of their precious time already this year. We just couldn’t do what we do without their support.”**

**A huge thanks also to Dexter & Sharpe Chartered Certified Accountants for sponsoring the tea party.**

**FIND OUT MORE ABOUT VOLUNTEERING AT LNA AT [AMBUCOPTER.ORG.UK/VOLUNTEER](https://ambucopter.org.uk/volunteer) AND BECOME A VOLUNTEER TODAY!**

# WALK SIDE BY SIDE FOR OUR 30TH ANNIVERSARY

In celebration of 30 years of our work across Lincs and Notts, you can join us on Sunday 23 March 2025 and walk ‘Side By Side’ through the picturesque landscape of Sherwood Pines, Nottinghamshire.

**Immerse yourselves in ancient woodlands as you stroll along the 5km loop with family or friends to the finish line to claim a well-deserved medal.**

Or, walk in memory of a loved one and take time to reflect in this oasis of peace and calm. This family-friendly walk is accessible for both wheelchairs and pushchairs with assistance.



© Forestry England

**FOR MORE INFORMATION AND TO RESERVE YOUR SPACE VISIT: [AMBUCOPTER.ORG.UK/SIDEBYSIDE](https://ambucopter.org.uk/sidebyside)**

## OUR GIFT WILL BE LIFE-SAVING TO OTHER PEOPLE



Chris (left) and Kath (right)

Former hospital worker Kath Rich and her partner Chris Allen, from Sutton-on-Trent, Nottinghamshire have decided to leave a gift in their Wills to Lincs & Notts Air Ambulance.

Kath retired around 15 years ago after working in the Stroke Ward at Newark Hospital, Nottinghamshire. She was then diagnosed with bowel cancer, but luckily it was treatable.

Chris became aware of LNA when he worked for Hutchinson Engineering Services, in Newark. They were

huge supporters of LNA and would have promotional items to sell on the counter. Like Kath, Chris has also beaten cancer, and then in August 2022, he was rushed to hospital and underwent heart surgery. Weeks of cardiac rehabilitation followed as he regained his fitness.

Both are now fit and healthy, enjoying their retirement and loving nothing more than walking their dogs in the surrounding countryside. They regularly see the helicopter flying overhead and always wonder who it is going to help. Kath said: **“It is a lifeline to people – the speed in getting patients to hospital is incredible, it makes a difference to people’s lives.”**

Chris said: **“It is a good feeling knowing I am leaving money to something that is going to save people’s lives.”**

**In 2023, gifts in Wills funded one in two of our missions. Including a gift in your Will today, no matter the size, will help Lincs & Notts Air Ambulance be by the side of more patients in the future.**

**TO FIND OUT MORE ABOUT GIFTS IN WILLS AND OUR FREE WILL-WRITING OFFER, VISIT: [AMBUCOPTER.ORG.UK/WILLS](https://ambucopter.org.uk/wills)**





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# Christmas

## **CAROL CONCERT**

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