

# SKY SHOUT

ISSUE 07 | SPRING 2025  
ambucopter.org.uk

## THANK YOU

Your support saves lives.



### PLUS:

#### MISSION UPDATES

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

#### CARDIAC ARRESTS

Find out the difference  
you can make.



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

# UPCOMING EVENTS

Why not push yourself to the limit and take on one of our challenge events with #teamhelimed29?

## 26 JUNE – CYCLE THE C2C2C

Enjoy cycling 100 miles through some of Lincolnshire's beautiful countryside as you journey from the medieval city of Lincoln to the coast and back again as part of #teamhelimed29.



## 28 JUNE – PEAK DISTRICT ULTRA CHALLENGE

Set off from Bakewell with 2,000 adventurers and test yourself to the limit running 100km in the fabulous Peak District National Park, taking in some of Derbyshire's finest scenery. Shorter challenges of 50km, 25km and 10 miles are also available.



## 31 AUGUST – SKYDIVE

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 LNAA.



## 7 SEPTEMBER – GREAT NORTH RUN

Probably the world's biggest and best half marathon. Sign up for one of our charity spaces and join 60,000 runners taking on the 13.1-mile route from Newcastle to South Shields.



## 19-23 MAY – HELLO YELLOW WEEK!

### Support LNAA during Hello Yellow Week!

Everyone can take part! As we celebrate the end of our 30th anniversary, we want as many schools, businesses and organisations as possible to dress up in yellow for one day during one week in May and give a shout out for the life-saving work of our crew.

Find out how you can take part at: [ambucopter.org.uk/helloyellow](http://ambucopter.org.uk/helloyellow)



FOR MORE INFORMATION ON ANY OF THE ABOVE EVENTS, PLEASE VISIT [AMBUCOPTER.ORG.UK/EVENTS](http://AMBUCOPTER.ORG.UK/EVENTS) OR EMAIL [CHALLENGES@AMBUCOPTER.ORG.UK](mailto:CHALLENGES@AMBUCOPTER.ORG.UK)

# WELCOME TO YOUR SKY SHOUT



As I write in this first issue of Sky Shout for 2025, everyone here at LNAA is still on a high after recently being rated Outstanding by the Care Quality Commission.

We achieved the 'Outstanding' rating across all the key areas of inspection which is a fantastic reflection of the dedication and commitment of our entire team.

You can read more from the report on pages 6 and 7. This outcome wouldn't have been possible without your support and we are incredibly grateful to all of you who continue to enable our highly skilled crews to be by the side of patients.

You can read about one of those patients, Isla, on pages 10 and 11, a determined young woman who hasn't let her experience hold her back.

Elsewhere, our crews have been busy responding across Lincs & Notts, while our staff and volunteers have had a busy few months working in our shops, giving talks, presentations and attending events across the two counties.

On pages 8 and 9 one of our HEMS Paramedics Chris Steele gives an insight into how our clinicians deal with cardiac arrest patients and there is some advice for you on how to respond if you think someone is showing signs of cardiac arrest.

Of course there's much more to read, even if we can't fit all the things we want to talk about into one newsletter!

**Needless to say that all of it is thanks to your support, now and in the future. So, thank you.**

Very best wishes

**Karen Jobling**  
Chief Executive Officer

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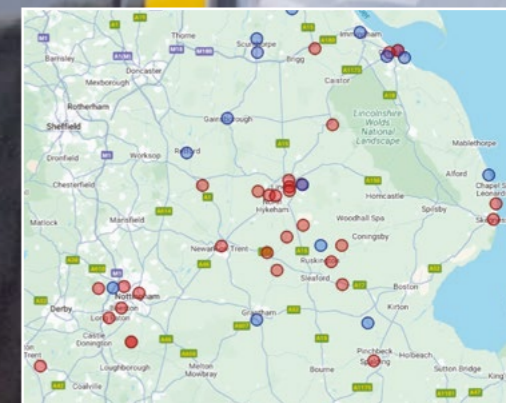
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# MISSIONS

Christmas and New Year was a hectic time with the crews being called out 32 times. They also had a busy start to 2025 and by 12 January they had responded to 47 incidents including 22 medical emergencies, 8 road traffic incidents and 6 accidental injuries. Here is a snapshot of some of those missions.



Incidents from 2 to 12 January responded to by the LNAA crew on board our helicopter and critical care cars.

## THUR 2 JANUARY

**10.54pm:** Helicopter dispatched to an RTC in Grantham and lands in a field close to the scene. Crew treat four patients, airlifting one to Nottingham's Queen's Medical Centre.

## FRI 3 JANUARY

**2.24pm:** Critical care car crew attend a cardiac arrest in Lincoln. Patient stabilised and escorted to Lincoln County Hospital.

**4.45pm:** Critical care car dispatched to an incident in Lincoln. Crew treat a patient for their injuries and escort by ambulance to Lincoln County Hospital.

**5.50pm:** Crew dispatched to a major road traffic incident in Lincoln. Working with other emergency services colleagues, crew treat three patients and escort one to Lincoln County Hospital by road ambulance.



**7.03pm:** Crew dispatched to an accidental injury in Swadlincote, Derbyshire and treat a patient for a leg fracture and escort to Royal Derby Hospital.



## SAT 4 JANUARY

**5.36pm:** Critical care car meet East Midlands Ambulance Service en route to Lincoln County Hospital. Crew treat a patient with stroke symptoms and escort to Lincoln County Hospital.

## SUN 5 JANUARY

**11.16am:** Crew dispatched within four minutes to a major road traffic incident near Barnetby, North Lincolnshire, involving East Midlands Ambulance Service, Lincolnshire Police and Lincolnshire Fire and Rescue Service. Crew intubate one patient and administer blood

transfusions at scene before flying to Hull Royal Infirmary.

**11.26pm:** Crew treat a patient at Grimsby, Lincolnshire for injuries sustained after a fall before escorting to Hull Royal Infirmary.

## MON 6 JANUARY

**12.54pm:** Notts critical care car is dispatched to a cardiac arrest at Loughborough, Leicestershire.

**3.42pm:** The Notts crew attend a second incident in Loughborough, to treat a patient suffering injuries from a fall.

## TUE 7 JANUARY

**10.10am:** Crew called to Long Eaton, Nottinghamshire to treat several patients suffering chemical inhalation. Crew stabilise one patient with breathing difficulties and escort to Nottingham's Queen's Medical Centre.



**11.10am:** Helicopter lands at Digby Lincolnshire. A patient is stabilised for injuries sustained in a fall and crew airlift to Nottingham's Queen's Medical Centre.

**2.29pm:** Helicopter flies to Scunthorpe. Crew treat a patient in cardiac arrest. Once stabilised, crew escort the patient to Scunthorpe General Hospital.



**3.25pm:** Crew called to an equestrian incident near Caythorpe, Lincolnshire and treat one patient before escorting to Lincoln County Hospital.

## WED 8 JANUARY

**6.49am:** Critical care car called to a cardiac arrest at Lincoln.

**8.01am:** Critical care car respond to a road traffic incident at Doddington, near Lincoln and treat one patient for their injuries.

**10.21am:** Helicopter flies to a cardiac arrest at Grimsby, Lincolnshire. The crew are at the patient's side within 19 minutes.



**10.28am:** Crew arrive at Beeston, Nottingham to treat a child who has slipped and fallen.

**1.08pm:** Helicopter dispatched to a cardiac arrest at Immingham, Lincolnshire. After stabilising the patient, crew airlift them to Diana, Princess of Wales Hospital, Grimsby.

**4.07pm:** Helicopter crew called to a cardiac arrest at Cleethorpes, Lincolnshire.

**4.56pm:** Crew called to another cardiac arrest, this time in Newark, Nottinghamshire.

**5.23pm:** Notts critical care car crew called to Nottingham to treat the sixth cardiac arrest of the day.

## THUR 9 JANUARY

**7.05am:** Notts critical care car crew attend a cardiac arrest in Newark, Nottinghamshire.

## FRI 10 JANUARY

**9.22am:** Critical care car responds to an incident near Cherry Willingham, Lincolnshire. Crew treat one patient for their injuries and transport to Nottingham's Queen's Medical Centre.

## SAT 11 JANUARY

**10.23pm:** Crew called to help an unconscious patient near Billingham, Lincolnshire.



## SUN 12 JANUARY

**4.34pm:** Critical care car team arrives in Grimsby to treat a patient with traumatic injuries and then escort them to Hull Royal Infirmary by road ambulance.

## OUR BUSIEST MARCH ON RECORD

We responded to 153 emergencies in March this year, compared to 123 in 2024 and 139 – the highest previously recorded – in 2023.

**153 EMERGENCIES**

**34 RTCS**

**74 MEDICAL INCIDENTS**

**24 ACCIDENTAL INJURIES**

**3 ASSAULTS**

*"Our fantastic doctors, paramedics and pilots continuously strive to be the best they can so that they consistently deliver world-class care to patients. Being able to respond to this number of incidents is all thanks to everyone who supports LNAA."*

Laura Evans,  
Head of Operations, LNAA



**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.



We have been rated ‘Outstanding’ by the Care Quality Commission (CQC). Following an assessment of Lincs & Notts Air Ambulance (LNAA) in July 2024 and a follow up in February 2025, we were informed of an Outstanding rating.

We have been rated Outstanding by the CQC across all five of its inspection key lines of enquiry – a level only achieved by a very small proportion of the UK’s CQC-inspected healthcare organisations. This is our first time being inspected so to achieve this level of rating is even more important to us.

**What is the CQC?**

The CQC makes sure health and social care services provide people with safe, effective, compassionate, high-quality care and encourage care services to improve. The CQC is the independent regulator of all health and social services in England. A copy of the CQC report is available at [www.cqc.org.uk](http://www.cqc.org.uk)

**Inspectors rated LNAA as Outstanding against their 5 key areas of inspection:**

**Are emergency and urgent care services...**

- ☒ safe
- ☒ responsive
- ☒ effective
- ☒ well-led
- ☒ caring

Here’s a snapshot of what the CQC said:

**SAFE – rated as Outstanding**

- There was a proactive, systematic approach to managing safety. Leaders embedded and maintained a culture to continuously improve and encouraged openness and collaboration, and safety was everyone’s top priority.
- Staff were actively encouraged and appreciated for raising concerns about safety and ideas to improve. Leaders ensured there were enough skilled staff to deliver safe care and could demonstrate adaptive strategies for responding to demand and capacity issues.
- Information and intelligence was actively sought to ensure people were always safe and protected from bullying, harassment, avoidable harm, neglect, abuse and discrimination.

**EFFECTIVE – rated as Outstanding**

- Staff carefully assessed people’s needs before providing care and treatment. Care and treatment were delivered using evidence-based guidance to give the best outcomes.
- Leaders inspired a culture of improvement and exploring the very best practice. The service worked closely with other healthcare providers, including all the emergency services, to ensure it was part of a system of health and care and a multidisciplinary team approach.
- Patient feedback, research and monitoring was used to improve outcomes for patients. Staff followed legal frameworks around consent and understood patients’ rights.

**CARING – rated as Outstanding**

- Patients were truly respected and valued as individuals. They were always treated with respect and kindness during their care, and this extended to their loved ones, friends and families and others at the scene.
- Staff made sure to protect people’s dignity. The service kept in touch with patients and families by contacting them after the incident if appropriate, answering questions and providing support and pastoral care.
- Staff felt valued, respected and supported at work and were enabled to be their best.

**RESPONSIVE – rated as Outstanding**

- People and communities were always at the centre of how care was planned and delivered.
- The service worked closely with other emergency services to deliver a multidisciplinary approach and staff provided information to patients and their families at the time of the incident and in follow-up contact.
- Patients were able to give feedback about their experiences.



**WELL-LED – rated as Outstanding**

- Leaders and staff understood and embodied the culture and values of the workforce and the organisation. They had the skills, experience and credibility to lead the service well and were compassionate and inclusive.
- Staff felt confident they could speak up and knew how to do this.
- There was a clear system of governance and risk management based around delivering safe and prompt care and treatment.
- The service promoted equality for patients and families and had policies to guide managers and staff to ensure equality and diversity was encouraged within the workforce.

*“Everyone at Lincs & Notts Air Ambulance is so proud to share the results of our CQC rating. As, you’ve read, along with being rated ‘Outstanding’ overall, we are outstanding in all the key areas inspectors look at, which are safe, effective, caring, responsive and well-led.*

*This outcome is a fantastic reflection of the dedication of all our teams, who ensure that we are the best we can be for patients. Everything we do is for them and we thank our crew, staff, volunteers and supporters who have been integral in this remarkable achievement.*

*We will continue to work hard to be at the cutting edge of pre-hospital emergency care so that we can be by the side of more patients in future.”*

**Karen Jobling, CEO**

# CARDIAC ARRESTS – HOW YOU CAN MAKE A DIFFERENCE

In 2024, 17% of emergencies that LNAA was tasked to were to people suffering a cardiac arrest. Every second counts when attending these life-threatening medical emergencies and bystanders can also play an important role in helping to save someone's life.



LNAA paramedic, Chris Steele explains how the advanced medication and equipment they bring to an out-of-hospital cardiac arrest patient is vital and how early bystander CPR can make a difference to a patient's recovery.

***“On arrival at the scene, we may find the patient is receiving basic life support by a member of the public. Or the ambulance service may be using a defibrillator to detect heart rhythms. We rapidly establish the cause of the arrest, the care given so far, reassess the patient, and formulate a plan with the aim to reverse the cardiac arrest and achieve a good heart rhythm.”***

We ensure good quality CPR continues and we carry devices to deliver mechanical chest compressions and advanced monitoring to guide resuscitation.

If the patient continues to deteriorate there may be the need to put the patient on a ventilator which will take over their breathing.

**We have the use of many advanced life-saving medicines. Some control certain heart rhythms, others break down life-threatening blood clots in the heart's arteries. We can administer antidotes to reverse poisonings, and we also administer pain relief and can sedate a patient once the heart is back in normal rhythm.**

We use ultrasound to assess the cause of the cardiac arrest. It may be possible to reverse the cause, for instance by performing a thoracostomy to decompress a collapsed lung.

Once the heart is restarted, we continue to monitor the patient and can use advanced medications to improve blood pressure.

We then make the decision whether to continue resuscitation on-scene or rapidly transport the patient to the most appropriate hospital, pre-alerting the emergency teams ready to continue the patient's care.”



## LEARN CPR

Over 70% of people suffering an out-of-hospital cardiac arrest (OHCA)\*, received basic life support from a member of the public. Enhancing public awareness and training in CPR, as well as increasing the accessibility and use of defibrillators are essential steps toward improving OHCA survival rates.

If you witness a cardiac arrest, you should try to remain calm and follow the key steps below.

### 1 Check for responsiveness and breathing

Tap them gently on the shoulder and shout, “Are you okay?” If they don't respond, they may need help.

### 2 Call for help

Or ask someone to call 999.

### 3 Start CPR Immediately

- Kneel beside them. Put your hands on the middle of their chest (where the heart is).
- Push hard and fast: You press down about 2 inches deep, and keep pressing at a rate of about 100-120 pushes per minute.
- If trained give 30 compressions followed by two rescue breaths. Pinch their nose shut, put your mouth over theirs, and blow air into their lungs. After two breaths, go back to doing 30 chest pushes.
- If untrained or unwilling to give breaths continue hands-only CPR.

### 4 Use a defibrillator (AED)

If you have access to an AED, you can use it. Just follow the machine's voice, it will tell you what to do next.

### 5 Continue until help arrives

Keep doing CPR and using the AED until either the person starts breathing, a medical professional takes over or you are too exhausted to continue.

\*British Heart Foundation.

## CHARLIE'S STORY



*Charlie and his family with the crew that saved him*

A dad who suffered a cardiac arrest while carrying a TV upstairs says he owes his life to his teenage son's quick-thinking and the treatment he received from the Lincs & Notts Air Ambulance crew.

It was February 2023, and Charlie Wagstaff and his family were moving house. They had spent much of the day carrying things into their new home at Marston, near Grantham. But without warning, Charlie (47) suffered a cardiac arrest while carrying a TV up the stairs and collapsed at the top, not breathing.

**Luckily his son, Josh, understood what was happening and immediately started CPR. Within ten minutes Lincs & Notts Air Ambulance crew were by his side, taking over the CPR and giving advanced life support which brought Charlie's heart back into rhythm.**

A LNAA clinician sedated and stabilised Charlie before he was taken to Nottingham's Queen's Medical Centre.

Charlie spent a few weeks recovering in hospital, where doctors also fitted him with a cardioverter defibrillator.

# “WITHOUT LNAA I WOULD HAVE LOST MY LEG”

Isla desperately needed the LNAA crew when the horse she was riding reared and landed on top of her, breaking her leg in five places. As the horse thrashed about on top of her, she knew she was in serious trouble.



Isla and her horse Boris

**“If I had lost my leg, as a 19-year-old life would have been too hard.”**

19-year-old Isla's one passion in life was to ride horses. She had never been lucky enough to own her own horse, so she worked as a freelance rider and had a reputation for training difficult horses.

One of her favourite horses was Chad, an ex-racing horse. Over time, horse and rider had formed a special bond.

One day in August 2023, Isla was walking the horse in fields near her home in Gringley on The Hill, Nottinghamshire when he suddenly reared and fell backwards, crushing her.

Isla lay on the ground, terrified, waiting for her horse to move. Her leg was dislocated and pointing towards her face and, worryingly, she couldn't feel anything. Forcing down the erupting panic, she grabbed hold of her leg and pushed it out of eyesight.

Luckily Isla was with her mum, who immediately calmed the horse and raised the alarm. Due to the severity of Isla's injuries and the remoteness of the location, LNAA's critical care team were dispatched and within 10 minutes the air ambulance was landing in the field close by.

**LNAA Doctor Richard Bayliss and HEMS Paramedic Mick Goodwin gave her advanced pain relief and straightened her leg by putting it in a brace.**

Dr Bayliss said: “It was clear that Isla had a very serious injury to her leg with multiple fractures of her thigh bone. We gave Isla strong pain medication to sedate her. This allowed us to straighten her leg with a traction splint, place her on a stretcher and move her into the aircraft without her being in pain.

**“We flew her to Hull Royal Infirmary, the nearest major trauma centre, for a CT scan to look for other serious injuries and where an operation could be performed for her broken leg.”**



Isla in the air ambulance



Isla's X-ray of her femur

Isla recalls the moment when she was handed over to the hospital team. She said:

**“I felt extremely vulnerable, my mum had not been able to come in the helicopter and I felt incredibly attached to the doctor and paramedic. I trusted them and I didn't want them to leave me.”**

Fortunately, Isla had been wearing a body protector which protected her vital organs and spine. Without that it is a strong possibility that the horse would have killed her.

**Isla spent two days with her leg in traction which eased the pressure on her joints and helped the blood flow along her leg. She then underwent six hours of surgery, when she had a rod and six pins inserted into her femur.**

Isla struggled to cope once out of hospital, the contrast of riding free in the countryside to being bedbound



Isla recovering in hospital

was her worst nightmare. Although full recovery wasn't guaranteed, she was determined to get back to her former self and incredibly Isla was walking unaided within five months. It wasn't long after that she was back riding once again.

The accident was the key turning point in Isla's life. Unable to take her university place, she chose a new career path. She got a job, which enabled her to buy her own horse and through riding him, her confidence is growing once again. She said:

**“I didn't realise the extent of what they did to me that day. I kept thinking why was LNAA called to me? I wasn't in a life-threatening condition. But then I found that I nearly lost my leg due to restricted blood flow.**

They are life-savers – they saved my leg and without my leg I wouldn't have the life I want to live. I can't thank them enough for looking after me.”



Isla and the crew that saved her

# OUR SUPER SUPPORTERS

## 30TH ANNIVERSARY RAFFLE WINNERS ENJOY HQ VISIT

A huge thank you to everyone who purchased a ticket in our 30th Anniversary Raffle, you raised over £92,000.

Our lucky winners visited HQ for a behind-the-scenes look at the work of LNAA.

Winner of the £5,000 jackpot, Jennifer Grooby from Grantham, Lincolnshire, said: "I have been a long-term donor to LNAA as I realise what a vital role in saving lives the service provides, making the difference literally between life and death due to the speed of response and medical intervention as required prior to arriving at hospital. Taking part in the raffle was another way of contributing to the charity."



## GET AN INSIGHT INTO THE BUSY LIFE OF LNAA WITH BY YOUR SIDE PODCAST

Sit back and listen as we immerse you into the busy life of the Lincs & Notts Air Ambulance. Whether it's with Dr Isla Wormald, one of LNAA's critical care team, or farm contractor James Bannister who got

## HORSE RIDERS STRIDE OUT FOR LNAA



A huge thank you to Bert Proctor and Joey Wilson, for organising their Horse Ride at Broomhill Grange, Edwinstowe earlier this year.

**100 riders braved the elements to complete the 12-mile course and raised an amazing £2,300 for LNAA's life-saving work.**

Community Fundraising Manager, Steph Bradshaw said: "We are extremely grateful for this wonderful donation. As a charity, we receive no direct funding from the government and rely on the support of organisations, businesses and individuals within Lincs & Notts to fund the £13 million needed to keep our crews delivering life-saving treatments 24/7, every day of a week."

trapped in farm machinery whose life was saved by LNAA. Each episode brings a different insight.

**Find out more: [ambucopter.org.uk/podcast](https://ambucopter.org.uk/podcast)**

## BURLESQUE CHAIR DANCE GROUPS RAISE MONEY

Burlesque Chair Dance Groups across Lincs & Notts came together to stage a captivating burlesque chair dance performance and raised over £4,500 for LNAA.

Saxilby Burlesque Chair Dance group instructor, Claire Keeling organised the extravaganza in memory of dance member Julie's daughter Sophie who sadly died in 2022.

Julie now volunteers for Lincs & Notts Air Ambulance and said: "A huge thanks to all the groups and dancers who took part to raise vital funds for Lincs & Notts Air Ambulance. This charity is very close to my heart as the crew attended our house when our daughter needed help.

I know how important fundraising is to keep the critical care crews operational 24/7. This incredible contribution will make a real difference, funding a complete helicopter mission and helping us to save lives across our two counties."



## PILGRIM HOSPITAL CHARITY SHOP FUNDS UNIFORMS FOR LNAA VOLUNTEERS



**Volunteers from the Pilgrim Hospital Charity Shop in Boston, Lincolnshire visited HQ recently to meet the crew and present them with a fabulous donation of £23,750.**

LNAA's Trusts and Grants Manager, Caroline Howell, said: "This is an incredible donation which will purchase helmets for our three new doctors, blood warmers to be used in transfusions, vital equipment to help when our crew anaesthetise patients, as well as future new uniforms for our team of volunteers.

Pilgrim Hospital Support Group Chairman, Mick Clarke said, "We have seen and heard how our donation will be spent, and we know it will go towards saving people in rural communities. Our roads are dangerous – the helicopter is vital to get quickly to some of these outlying villages and the doctors and paramedics are vital to treat people who are ill and in need of emergency care."

Since November 2023, Pilgrim Hospital Charity Shop based on Rosegarth Street, Boston, has raised over £43,000 for LNAA from the sale of goods donated to the shop. It is open from 10am-1pm, Monday to Saturday.

## CRAFTERS KNITTING UP A STORM FOR LNAA

A huge congratulations to the Come Knit With Us crafting group who have raised an impressive £2,300 for the vital work of LNAA.

The 30-strong group based in Crowland, Lincolnshire, meet once a week to enjoy a friendly atmosphere of crafting, creating delightful handmade crafts which they then sell at the Johnson Community Hospital in Spalding, Lincolnshire and the Crowland Community Hub throughout the year.

Group organiser, Wilhelmina Pope said: "We chose LNAA because we all acknowledge that any one of

us may need the services of the crew to attend at any time."

**To date, the group have raised an impressive £9,065 for LNAA's life-saving work.**



# MEET DAVID, LNAA'S NEWEST VOLUNTEER

When David Carrick, from Hibaldstow, North Lincolnshire retired, it wasn't long before he needed to do something with his hours. And so, in October 2024 he signed up to become a Lincs & Notts Air Ambulance (LNAA) volunteer.

He shares what this role means to him:

***"I was already aware of LNAA because for several Christmases, my son has transformed my home into a dazzling winter wonderland to fundraise for its life-saving work. I went with him to visit their HQ and was so impressed with everything I saw and heard about LNAA and what the crew do every day of the year, that I knew I wanted to do my bit."***

Jeanette, LNAA's Volunteering Co-ordinator, gave me the recruitment form and I ticked to do every role possible, I was so keen to play my part.

The Volunteer Induction Day was incredible. You come along thinking that you know a reasonable amount about LNAA and then realise that you know very little about what the pilots, doctors and paramedics do on a daily basis to save patients' lives.

**What I learnt was invaluable. I was given an insight into the different volunteering roles and at the end of the day had a good oversight of how the charity operates.**

I was soon getting involved with different teams within LNAA. Every Tuesday I work at HQ, and help the Facilities Team carry out checks. Then I spend the rest of the day with the Individual Giving Team writing personalised thank you cards for our new supporters. I also represent LNAA in the north of Lincolnshire and can be seen bucket collecting at supermarkets and attending events collecting donations on LNAA's behalf.

After a day with LNAA, I drive home buzzing... because I feel I have done something worthwhile. **When I see the helicopter flying overhead, I know in my small way that I have helped the crew get to someone who is really in need.** I am volunteering for a charity that could be needed by everyone, perhaps someone who even lives in my village."



David at LNAA HQ

## DONATE YOUR TIME – BECOME A VOLUNTEER

As a charity, we rely on the efforts, ideas and expertise of those who volunteer for us. Donating your time helps us to raise vital funds to keep our helicopter in the air and our critical care cars on the road.

As a volunteer you will be our ambassador, representing us to the wider public. We have lots of different roles available to choose from, just look on our website for more details.



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

# WHAT TO DO IF THE HELI APPROACHES

**With Lincs & Notts Air Ambulance being called out on average, four times a day, there is a chance of you seeing our helicopter and crew in action.**

We attend many types of emergencies in many different locations from urban city centres to rural country roads and coastline. This means our pilots search for the nearest, safe place to land, whether that is a field, in a park, on a road or even a back garden!

The patients we treat can have life-threatening injuries so by following the advice below, you can play your part in helping us arrive at the patient's side as quickly as possible, giving that person the best chance of survival.



### Keep your distance

If you see the helicopter hovering overhead, please make as much space as possible. That could be by moving to the edge of a field or golf course or vacating a school playing field. Please shield yourself, pets and children behind solid structures where possible.

The pilots do not need marshalling, they just need everyone clear of the area.

### Be prepared for the 'downwash'

The helicopter's rotors produce over four tonnes of downwash to the surrounding area so the further away you are the better. Think about items around you like picnic blankets and chairs. Please hold on to children, especially prams, dogs and all loose items.

### Do not approach the aircraft if the blades are turning

Please give our doctors and paramedics time to exit the aircraft, collect their equipment and attend the emergency. The pilots still have work to do after landing but if they're able, they will chat with you.

Please wait for them to come to you and stay several metres away from the helicopter.

Sometimes we may have to land a distance away from where the incident took place, this occurs especially in urban locations. Our critical care team may ask you for directions or if you can drive them to the location. Please offer support if they ask for this but never, ever drive above normal driving conditions.

### A chance to meet the pilot

One pilot will always remain with the helicopter whilst the critical care team attend to the patient. If time permits there may be opportunity to approach and meet the pilot and take pictures. Please be aware that at any point you may be asked to leave as the clinical crew may be returning with the patient to transport quickly to the nearest hospital.

### Consideration for the patient

Our team will have been called out because someone is having the worst day of their life. Please respect the privacy of the patient and their family and give our crew as much space as possible to carry out their work.

### Allow the crew to board ready for take-off

Please give space for the crew to return and board the helicopter. A smooth and speedy departure is vital to ensure the patient can be transported to hospital as speedily as possible.

### Keep your distance until the helicopter has left the site

Follow the same guidance as for landing. Please do not approach the area until the helicopter is flying away from the site.

### Take photos

Although we ask you not to take photos of the patient and family, we would love you to take pictures and videos of our helicopter landing and taking off, and please do share and tag us on our social media channels.



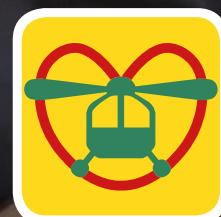
# ONE IN TWO LIFE-SAVING MISSIONS ARE FUNDED BY GIFTS IN WILLS

Our crews respond day and night, 365 days a year to the most critically ill and injured, giving patients the very best chance of survival.

They attend an average of four missions every day and one in two of those are funded by gifts in Wills.

Leaving LNAA a gift in your Will is a wonderful way to carry on supporting a cause that matters to you long after your lifetime, and is a gift that can help our communities now and in the future.

Scan here to request a **FREE**  
Gift in Wills guide or visit  
**[ambucopter.org.uk/wills](https://ambucopter.org.uk/wills)**



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