

SKY SHOUT

ISSUE 03 | SUMMER 2023
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DELIVERING EXCEPTIONAL CARE

Thank you for
your support.



PLUS:

MISSION UPDATES

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

KRIS' STORY

A father-of-three
owes his life to LNAA.



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

Upcoming Events 2023

29/06/2023 – 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 with a charity space in the C2C2C cycle ride.



02/07/2023 – IT'S A KNOCKOUT

Possibly one of the best fun events of the year. Get a team of 10 people together, create your name and sign up to join the action. A fantastic team-building opportunity and a chance to have fun and help your local community at the same time.



16/07/23 – SNOWDON AT NIGHT

Join team #Helimed29 and take on this exciting challenge for LNAA. Meet your guide for the night at Llanberis before beginning your trek under a blanket of stars (or mist!), progressing to the top of Snowdon as twilight begins to surface. Reach the summit in time to watch the sun rise.



10/09/2023 – GREAT NORTH RUN

The world's biggest half marathon. Team #Helimed29 invites you to join 57,000 determined runners for this year's Great North Run, famous for its warm North East welcome and unbeatable atmosphere.



21 & 22 JUNE 2023 – LINCOLNSHIRE SHOW

We are excited to announce that the LNAA relief helicopter will be joining the county's other emergency services in the new 'Blue Light Zone' at the Lincolnshire Show in summer.

Immerse yourself in a simulated experience flying our own iconic AW169 helicopter, grab a photo opportunity with the crew, meet our doctors,

paramedics and pilots to find out more about the pre-hospital emergency care that they deliver. Watch demonstrations by Lincolnshire's emergency services as we showcase how we work together when attending road traffic incidents. Join 60,000 visitors to this two-day spectacular and make sure to come and visit us.



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

WELCOME TO YOUR SKY SHOUT



If there's one thing I've learned while being the CEO at this wonderful charity, it's that it really does take a community to keep our helicopter flying, our cars on the road and our crew out there by the side of patients who really need them.

Staff, crew and volunteers all keep the wheels of the operations turning with their efforts across the organisation, 365 days a year. This is made possible because of your support. And, there are others who contribute to our life-saving service because they have experienced, often first-hand, the difference that is made to patients, thanks to the skill level of our doctors and paramedics.

One of these patients is Kris Jones, who you can read about on page 8. His story is truly inspirational, and we are delighted that he is now part of the LNAA team as a volunteer.

You may recall the launch of the Prizebuilder game as part of our Lottery and I'm happy to say that you can hear from one lucky rollover winner Colin on page 11.

Another of our volunteers Joshua, described in this very magazine how his life was saved by the LNAA crew after he was involved in a horrific motorbike crash. He features here again on page 10 as he has pledged to leave the charity a gift in his Will.

We've now been delivering blood transfusions on scene for five years and as we enter our sixth, you can read on page 6 about the difference it can make to patients like Joshua and many others. This project relies on the support of our wider community – this time the blood bikers, who come from Lincoln and Nottingham every day to deliver and collect blood products.

This community of ours really is rich, varied and includes you as a valued supporter. I do hope you enjoy finding out a bit more about the difference that's made by the community we all belong to.

On behalf of everyone here, thank you for your support.

Karen Jobling

Karen Jobling
Chief Executive Officer

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MISSIONS

Our crew have responded to nearly 400 missions in the first three months of 2023. One busy spell in February, we were called to 43 incidents including road traffic collisions (RTC), cardiac arrests, falls and equestrian injuries - all in the space of nine days.



Call-outs responded to by the LNAA crew on board the helicopter and critical care cars

SUN 19 FEBRUARY



0.15am: Critical care car called to a medical emergency in Nottingham. Crew treat a patient at the scene.

9.05am: Helicopter dispatched to a cardiac arrest in Barnetby le Wold, North Lincolnshire.

10.54am: Crew flown by helicopter to attend to a patient involved in a horse-riding accident.

2.58pm: Helicopter called to a medical emergency in Bourne, Lincolnshire. Crew treat and intubate a patient at home before escorting to hospital by road ambulance.

5.27pm: Notts critical care car dispatched to a medical emergency near Nottingham. A patient is treated and stabilised at home before being taken to hospital.

7.57pm: Crew of the Notts critical care car

attend a patient who had fallen downstairs at home. The patient is escorted to Nottingham's Queen's Medical Centre.

MON 20 FEBRUARY

12.14am: Helicopter flies the crew to a patient suffering a cardiac arrest near Newark.

4.03pm: Crew dispatched to a cardiac arrest at a home near Sleaford, Lincolnshire. Fire & Rescue assist and patient is escorted to Lincoln County Hospital.

8.16pm: Critical care car dispatched to another medical emergency near Sleaford. Crew work with colleagues from East Midlands Ambulance Service to stabilise patient.



TUE 21 FEBRUARY

12.10pm: Helicopter and crew attend an emergency on the East Yorkshire coast.

Helicopter lands on beach alongside HM Coast Guard. Working with Yorkshire Ambulance Service paramedics and the coastguard, crew treat a patient and escort to Hull Royal Infirmary.

2.59pm: Helicopter flies the crew to treat a patient who had fallen downstairs at home in Gainsborough. Patient escorted to Lincoln County Hospital.

WED 22 FEBRUARY

4.07pm: Helicopter called to a horse-riding accident in Nottingham. Patient treated and escorted to Nottingham's Queen's Medical Centre.

10.18pm: Critical care car sent to a cardiac arrest in Lincoln. Pain relief given to patient at scene before crew escort to Lincoln County Hospital.

THUR 23 FEBRUARY

12.28pm: Helicopter flies crew to a medical emergency east of Lincoln.

3.10pm: Helicopter dispatched to a RTC near Doncaster to treat two patients. One patient

treated and airlifted to Hull Royal Infirmary. A second patient treated by crew at the scene and taken by ambulance to Hull Royal Infirmary.



8.24pm: Crew of the Notts critical care car attended a fall from height in Nottingham. Patient treated and escorted to Nottingham's Queen's Medical Centre.

8:54pm: Nine minutes later the crew is tasked to an emergency at Swadlincote, Derbyshire. Patient stabilised and escorted to Nottingham's Queen's Medical Centre.

10.09pm: Another emergency for the Notts crew to treat a patient who had fallen from height.

11.50pm: This busy night finishes for the crew of Notts critical care car as they go to an accidental injury in Nottingham.

FRI 24 FEBRUARY

10:57am: Helicopter flies crew to Scunthorpe, landing on a school playing field close to the scene of a medical emergency.

10:45pm: Notts critical care car tasked to a medical emergency in Nottingham.

10.50pm: Five minutes after clearing, they attend a second medical emergency nearby and treat a patient at the scene.

SAT 25 FEBRUARY

6.41pm: Crew of the Notts critical care car attend a cardiac arrest. Patient intubated and escorted to Nottingham's Queen's Medical Centre.



7.50pm: Helicopter called to a RTC. Patient stabilised and taken to Hull Royal Infirmary.



9.58pm: Crew dispatched to a major RTC near Scunthorpe, involving East Midlands Ambulance Service, Lincolnshire Police and Lincs Fire & Rescue. Team sedate a patient and administer life-saving drugs before escorting to hospital.

SUN 26 FEBRUARY

11.44am: Helicopter called to a cardiac arrest at Spalding, Lincolnshire.

2.46pm: Helicopter flies the crew to a RTC, again in Spalding. An adult and a child are treated and taken to hospital.

MON 27 FEBRUARY

6.30am: Critical care car called to a RTC on the A607, Lincolnshire. Two patients are treated at the roadside and taken to Nottingham's Queen's Medical Centre.

5+ MISSIONS A DAY

We responded to, on average, 5+ missions a day. Sunday 19th and Thursday 23rd February were our busiest days with 6 missions each day.

15 PATIENTS

We transferred 15 patients to 4 hospitals including 11 to major trauma centres at Nottingham and Hull.

43 INCIDENTS

Our helicopter was called out to 21 incidents and our critical care cars responded to 22 incidents. 23 incidents were in Lincolnshire, 18 in Nottinghamshire, 1 in Yorkshire and 1 in Derbyshire. On Thursday the crew of the Nottinghamshire critical care car was called to 4 incidents within 4 hours.

9 ROAD TRAFFIC COLLISIONS

Our crew were called to 9 road traffic collisions, 8 in Lincolnshire, 1 in Nottinghamshire.

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VISIT ambucopter.org.uk/donate
or scan this QR code with your smartphone.



FIVE YEARS OF BLOOD ON BOARD

Massive blood loss can be the most urgent issue at the scene of an emergency. The ability to carry out blood transfusions can really mean the difference between life and death. A Q&A with Dr Tom Eckersley...



Dr Tom Eckersley

In 2017 LNAA began carrying blood on board the helicopter and the Critical Care Cars. Since then, 350 units of blood have been given to patients, from those involved in serious road traffic collisions, to mothers in childbirth.

“Patients who are bleeding to death need two things; an operation to stop the bleeding and a blood transfusion to prevent their heart from stopping before we can get to the hospital. We cover 3,500sq miles, so a bleeding patient can be a long way from a major hospital capable of dealing with their injuries. Having blood available on scene can keep a patient alive long enough to reach a

specialist hospital for their injuries, instead of having to go to the nearest hospital for a blood transfusion.” Dr Tom Eckersley

Lincolnshire and Nottinghamshire are agricultural counties and people from both counties travel to the Lincolnshire coast during the summer. This introduces a range of different road users, such as HGVs, tractors, caravans, and motorcycles to Lincolnshire who can be unfamiliar with the county’s roads. During the summer almost half of the charity’s workload is attending road traffic collisions and sadly the summer months see many motorcycle incidents.

AS THE CREW GO TO MORE PATIENTS EACH YEAR, MORE BLOOD TRANSFUSIONS ARE GIVEN.

UNITS OF BLOOD GIVEN IN THE LAST FIVE YEARS

2017-19 – 94
2020 – 31
2021 – 77
2022 – 148

Q&A with Doctor Tom Eckersley

Q: In what circumstances is blood given?

A: Blood products are given to patients who have suffered life-threatening bleeding most commonly as a result of trauma from a RTC. We have also given it for life-threatening bleeding such as a bleeding stomach ulcer or bleeding following childbirth.

Q: Describe an incident in which you gave blood.

A: The first patient I gave blood to working with LNAA was a teenager knocked off his bike by a lorry in rural Lincolnshire. He was bleeding to death from multiple broken bones and internal injuries and was nearly an hour-and-a-half from the nearest paediatric major trauma centre which could provide the life-saving surgery he needed. The blood products we carried enabled us to get him there and receive the specialist care he required.

Q: How much has it transformed the service?

A: Carrying blood products has undoubtedly allowed LNAA to save more lives by enabling patients who would have previously died from blood loss get to hospital. Giving blood also improved the condition of those arriving in hospital so they can undergo life-saving surgery.

Q: Describe the two products we carry and why it’s best to have both.

At LNAA we carry both red blood cells and plasma. Red blood cells are the part of blood that carry oxygen to the organs, and plasma is the component of blood that contains clotting factors which help the blood to clot. If you are suffering life-threatening bleeding, then it is essential to have both so that we can help the body to clot and stop bleeding and also keep vital oxygen being delivered to the organs. Carrying both components is important because it mirrors what the hospital would give when the patient arrives.

LEBBS 10th Anniversary



10TH ANNIVERSARY

Lincoln County Hospital supplies LNAA with blood products. Over 100 bikers generously volunteer with the Lincolnshire Emergency Blood Bike Service (LEBBS) to ensure LNAA has fresh blood on board its helicopter and critical care cars by making a delivery each day to LNAA HQ. Any unused plasma is returned to Nottingham’s Queen’s Medical Centre as the nearest Major Trauma Centre, by the Notts Blood Bikes.

In March, the LNAA crew joined in the celebrations of

LEBBS as they celebrated their 10th Anniversary.

Over 30 blood bikers were welcomed to the LNAA Headquarters in recognition of the special relationship between the two charities.

“It was just wonderful for us to come to the LNAA base today and share our special milestone. The relationship between LNAA and LEBBS is a special one.”

Blood biker Anne Skelcher

THEY SAVED MY LIFE...

...The gratitude I have for them will be with me for the rest of my days.”

Former football manager Kris Jones says he owes his life to LNAA after he was airlifted from the A1 following a collision with a lorry, in which he suffered a traumatic brain injury. The dad-of-three was in a coma for three months. His family were told he wouldn't survive but he can now walk, talk and has a future to share with his children.

On 4th August 2014, Kris was travelling home after a hard day's work. Football was (and still is) his passion and he was looking forward to a meeting at Sleaford Town Football Club.

His next memory was waking up in Lincoln County hospital with his family at his bedside. It was the end of October and three months had passed.

Kris had to be told what happened. "I was on the A1, driving home and I hit a stationary lorry head-on at 70 miles per hour."

Lincs Fire & Rescue cut Kris out of the car and paramedics from East Midlands Ambulance Service initially treated him at the scene. His injuries were so extensive that Lincs & Notts Air Ambulance were called.

The doctor and paramedic team stabilised Kris and due to the severity of his injuries, he was taken by helicopter to Nottingham's Queen's Medical Centre, a journey that took six minutes by air rather than 40 minutes by road ambulance.



Kris with his children (20XX)

Kris regained consciousness and started the long process of rehabilitation. He recalls: "I couldn't walk or talk, everything seemed as if I was in a drunken haze."

Kris does remember the first time he laughed. "My son was pulling my trousers up over my shoes. I had an awkward feeling in my hamstring and as he pulled my leg forward, my muscle spasmed and my foot popped up catching him on his chin. He started laughing, and I started laughing. It was a weird sound and caused quite a commotion in the hospital!"

After 11 months Kris left hospital. "Walking again was never going to be easy and it took two years before I was able to get out of my wheelchair and take some steps."

Eight years later, Kris lives in an annexe beside his parents' home and has three personal assistants who help with his daily routine. Walking and speech are both improving but he suffers with double vision, fatigue, and struggles with his dexterity.

Perhaps it is his infectious sense of humour which helps him get through each day. As he says: "I cannot tie my own shoelaces but why would I need to do that when my carer can do that for me! I get up, go to the gym and support football. An old friend now manages Sleaford AFC and I still support them. Football was my life and I liked nothing more than to have a kick



Kris in the hospital (20XX)

"In critically head injured patients such as Kris, we would administer medication to arrest potential bleeding within the skull. Pre-hospital anaesthetic would be given to provide protection to the airway and brain, and a ventilator would mechanically breathe for the patient during transportation to a Major Trauma Centre."

DOCTOR ISLA WORMALD

about with my sons. My daughter has started to play the game and one day maybe I can go and watch her play."

Kris has visited LNAA HQ to thank crew for the incredible life-saving work that they do. He is now a volunteer for LNAA, sharing his inspirational story at corporate events and encouraging others to support the charity.

Kris still has a long way to go but he has proved that if he sets his mind to do something he will do it. "I appreciate that I won't achieve the standard of lifestyle I had before the accident, but I have got time to put in the best I can as my children grow up. And I still have the potential to walk my daughter down the aisle."

TED'S LASTING LEGACY

Judith Patterson has carried out her husband's wishes to leave a legacy to the Lincs & Notts Air Ambulance (LNAA). Ted Mott and his wife Judith shared 56 wonderful years together at their home in Walesby, Nottinghamshire. Sadly, Ted died of a cardiac arrest on 31st January 2022.

She said: "When I see the helicopter flying overhead, I am full of pride knowing his legacy is doing so much good in helping so many people."

Ted's legacy will help fund helicopter fuel, blood products and equipment. All these things help the team get to patients and provide potentially life-saving care. It also paid for invasive blood pressure equipment capable of stabilising blood pressure when patients are traumatised.

Head of Individual Giving, Michelle Hill said: "Gifts in Wills are extraordinary acts of generosity. Ted's legacy means we can continue to be at the cutting edge of innovation and provide the best possible treatment for patients."

Ted never forgot how the Essex & Herts Air Ambulance treated his niece after she was involved in a car accident. Having no children of their own, they decided to leave gifts in their Wills to support their own county's air ambulance service.



"LNAA is vital in getting to people quickly, enabling advanced treatments to be delivered to patients before they get to hospital. Hopefully Ted's story will inspire others to leave a donation to LNAA when and if they are able to. Never think it's only a small amount. Everything helps."

Judith Patterson

"MY GIFT WILL HELP THEM SAVE SOMEONE ELSE..."

Car Mechanic Joshua Marriott's back was broken in several places after his motorcycle was in a collision with a car in June, 2020.

Also broken were two bones in his neck, both wrists, four ribs and he had suffered internal bleeding from a ruptured spleen.

All he remembers is the emergency services and the arrival of the Lincs & Notts Air Ambulance (LNAA). When he woke up in Nottingham's Queen's Medical Centre 6 days later, he was determined to get better so he could support his partner Chelsea and their new born son Lorenzo. Three years on Josh is now a valued volunteer at LNAA, helping in a variety of ways, in particular assisting with the weekly tyres, brakes and oil checks on the critical care cars.



Joshua holding his son Lorenzo

"This is how I can pay back for what the crew did that day. They saved my life and have given me the chance to watch my son grow up. If it wasn't for the air ambulance I wouldn't be here today. This is why I am leaving them a gift in my Will. In this small way I can play my part in making sure they continue to receive the donations they need to continue their life-saving work."

1 in 3 of all missions are funded from gifts in Wills. Visit www.ambucopter.org.uk/wills

OUR SUPER SUPPORTERS

VOLUNTARILY CLOCKING UP THE MILES

With 4,000 miles clocked up on his mobility scooter (only since 2017!) Arthur Williams (81) has collected more than £173,000 for the Lincs & Notts Air Ambulance.

Inspired by friends who supported LNAA in the agricultural sector, he became a driver for the charity after retiring from his long lorry driving career in 2006.

Six years later, after being left unable to drive, he took to his mobility scooter to continue collecting. He is also now a valued member of the charity's Mansfield Woodhouse shop, helping out every day.

Arthur says that being with LNAA has changed his life - before becoming a volunteer he had never even been into a pub alone! But once he took up the role of collecting cash from pubs and shops across Nottinghamshire, his confidence grew. This also led to Arthur having his first ever meal alone



in a pub. Sadly, Arthur's partner in collecting, Tony, passed away recently. In the face of such a sad event, Arthur continued to help out at the Mansfield Woodhouse shop and following an offer from an old friend, he will soon be back on the road by car collecting more donations from across the county.

LUCKY LOTTERY WINNER

Lottery winner Colin Davies was left stunned when he got a phone call to say he'd won £100,000 in the LNAA prizebuilder rollover.



"You don't really play the LNAA lottery thinking you'll win some money," said Colin, who lives in Lincoln.

Colin has shared some of his winnings out with all seven of his grandchildren and says he's still thinking about what to spend the rest on.

On his visit to LNAA HQ, Colin witnessed the helicopter land, something he saw often when serving as an RAF Marine Engineer. Colin said: "I never took off or landed in a helicopter, I was always winched up to them or down from them!"

Why not sign up to the LNAA lottery today? ambucopter.org.uk/lottery

THE ULTIMATE CHALLENGE

RAF ICT technician, Steve Paige is running not one but ten ultra marathons during 2023. He clocked up his third race in March by competing in the Great Seaside Ultra Marathon held at Skegness.

"Every muscle in my body ached but mentally I was buzzing!" Raising money for LNAA, he said: "It is a great local charity that performs an important role for local people." Steve's final race will be the Ladybower 50km in Derbyshire in October.


Take on your own challenge for LNAA. ambucopter.org.uk/events



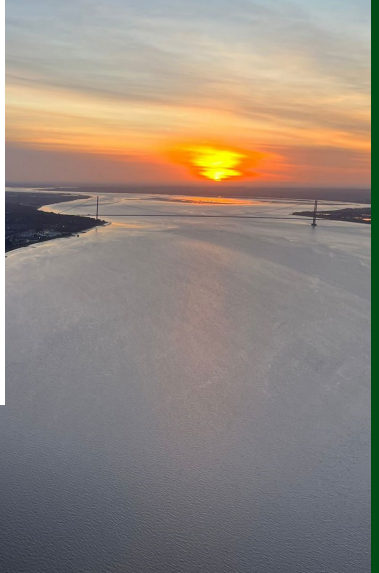


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COUNTRYSIDE.**

Have you spotted our helicopter.
Share your photos with us via social media.

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#YouCanSaveLives



**MISSION
LOCATIONS
IN 2022:**

**XX% IN LINCOLNSHIRE
XX% IN NOTTINGHAMSHIRE
X% COVERING 6 OTHER COUNTIES**