

Summer Edition 2017

SCAA NEWS



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WELCOME TO THE SUMMER EDITION OF OUR NEWSLETTER

Hello everyone. Thank you for taking the time to read this and I hope you enjoy catching up on all the latest news from Scotland's Charity Air Ambulance (SCAA).

SCAA's financial year ended on 31st March 2017 and I am delighted to say that you have again helped to raise well over £2million in the last year to keep us saving and improving lives in Scotland. This is a truly magnificent achievement and on behalf of everyone at SCAA, thank you!

As I highlighted in our last newsletter, our available hours increased from 10 -12 at the beginning of April and, through the generosity of individuals and organisations, we are confident the additional cost of this enhanced service will be covered. During the first month of this capability increase, we were tasked to a number of emergency call outs that we may not have been able to respond to previously – some potentially life-changing.

We're very proud that the work of SCAA's crew was recognised earlier this year and you can read more about this on page 3. We also feature in the latest BBC1 series of "Close Call" when one of our missions to rescue an injured dumper truck driver was detailed.

The need for SCAA's vital service continues daily and that's why your support is invaluable. So, if you want to play our life-saving lottery from just £1 per week, take part in an event, volunteer your time or leave a gift in your will, then please do get in touch – we would be delighted to hear from you.

Best wishes



David Craig
Chief Executive





STEVE'S STORY

Steve thought he had a simple ear infection – albeit an increasingly painful one. But when he passed out through agonising pain and deteriorated rapidly with what proved to be Bacterial Meningitis, it became a race against time to get him to hospital.

And in a remote and rural part of Scotland – with the quickest emergency response being helicopter – Scotland's Charity Air Ambulance (SCAA) was to prove a lifeline for the former Commando.

Steve explained: **“The morning I passed out I was scabbling through the medicine cabinet trying desperately to find something that would give me relief as my head felt ready to explode.”**

His wife and a close neighbour and friend tended to the barely conscious Steve and a 999 call brought a locally-based paramedic racing to the scene. Calls to doctor support confirmed suspicions of meningitis, recognising that Steve was failing fast.

Completing a mission several miles away from the drama at the time, SCAA was able to fly to Steve's aid in just minutes and paramedics worked rapidly to treat and prepare him for the flight to hospital.

Steve's wife Lynne followed by car to hospital and admits it was “the longest journey ever”.

“I was terrified he would be gone when I got there,” she said. “I was so worried I would lose him.”

Four days later Steve regained consciousness in ICU and was horrified to learn of how critically ill he had been. And doctors told him there were no guarantees he would have pulled through if SCAA hadn't got him to hospital so quickly.

“To wake up to that information was really scary – and really sobering,” said Steve, who runs an outdoor activity company. “I'm reasonably fit – how could this happen to me?”

“I thought I just had an ear infection – I could never have guessed it would be a touch-and-go race against the clock. And I don't believe I would be here today without SCAA. It makes you realise how crucial an air ambulance is for remote areas.”

“They saved me when time was running out and I will spend the rest of my life thanking SCAA.”

Happy Birthday To Us!!

SCAA Celebrate Their 4th Birthday!

Launched in 2013, we responded to our first emergency call on 23rd May – a serious road traffic accident in Dunoon that resulted in a patient being airlifted to the then Glasgow Southern General for specialist treatment. Since that day, the team has responded to over 1,450 emergency call outs, covering the length and breadth of Scotland.

As a charity, SCAA receive no Government funding, meaning that we rely entirely on the generosity of the Scottish public – so from everyone at SCAA thank you for helping us reach this terrific milestone.



SCAA Crew Hailed As Heroes

SCAA has been voted Scotland's Rural Heroes 2017. Our crew picked up the coveted title at the Scottish Rural Awards – the ultimate benchmark of excellence in rural Scotland.

Our team of two pilots and six paramedics were the judges' unanimous choice for the award. They stated that the service was "truly remarkable" with the potential to benefit every single resident of Scotland, calling it "a crucial lifeline that Scotland simply could not do without".

SCAA Chief Executive David Craig said: "We are extremely proud of our amazing crew who always go the extra mile and the Rural Heroes Award shows that this sentiment is echoed by the people of Scotland."



Construction Company Build Support For SCAA

Scottish building contractors Hadden Construction Ltd. has chosen to celebrate their landmark 25th anniversary by cementing a generous two-year support partnership with SCAA. They plan to host a range of fundraising activities including a golf day, quiz night and anniversary ball.

Chairman and founder Scott Hadden explained: "SCAA was the undivided choice of the board when selecting a Scottish charity to support to mark 25 years in business. It's a very special time for us and we want to do something special for SCAA – it's our way of giving back to benefit communities across Scotland."

Helen MacGregor, regional fundraising manager with SCAA, welcomed what she described as a "fabulous and generous gesture" by the construction company.



SCAA Trots Off With Horse Trials Partnership

We are thrilled to have been selected as the nominated Charity Partner for the 2017 Blair Castle International Horse Trials (24th – 27th August).



Equestrian accidents account for 1 in 13 of our emergency call outs, highlighting the underlying bond between the sport of eventing and the work of SCAA.

Come and say hello at this event, where we will have lots going on, including an adrenaline-fuelled abseil from the oldest and tallest part of Blair Castle, which you can sign-up for now; a stand with something for everyone, including a beat the pilot competition; a cross-country course buggy service; a shop and drop facility and you can also take part in a course walk or whisky tasting evening being held on behalf of SCAA. For further details on any of these activities, please call us on **0300 123 1111** or email enquiries@scaa.org.uk



WELCOME ABOARD!

SCAA is delighted to welcome on board two new paramedics.

Wendy Jubb and Rich Garside both take to the air with SCAA after several years working together as land ambulance paramedics with the Scottish Ambulance Service at the busy Dunfermline station.

Both have successfully completed their HEMS (Helicopter Emergency Medical Service) training which sees them become key helicopter crew members, competent in additional skills such as navigation.



WENDY (43) is thrilled to be working with Scotland's only charity funded helicopter air ambulance.

“It’s exciting to be able to merge all my experience as a paramedic with the dedicated and thrilling work of the airborne crew,” she said. “Working at SCAA presents an amazing opportunity and I’m really proud to be on board.”

A mother of three, Wendy worked out of Dunfermline ambulance station for six years following a career which embraced care assistant, technician and paramedic roles and an exciting five years as a researcher with the University of Iceland where she obtained an MSc in Physiology.

Wendy also has a BSc Hons in Aquatic Bioscience from Glasgow University and – along with Rich – has recently completed a BSc in Professional Practise (Paramedical Science).

When not working at the sharp end, Wendy enjoys running, skiing, sailing, handcrafts and festivals – or looking after her three tortoises Timmi, Mr T. and Toes.

“I have volunteered for other charities and appreciate the dedication and hard work of everyone involved,” she said. “I hope to play a part in all aspects of SCAA’s amazing work.

“I’m proud to be selected for this exciting and challenging platform of pre-hospital care. It’s a privilege to be there when people are in most need and at their most vulnerable and the air ambulance means reaching those people faster with the better chance of improved outcomes.”



RICH (39) is no stranger to adventure having previously worked as a Youth Hostel manager at Gairloch and served with Torridon Mountain Rescue.

Now living in Dollar, Rich joined the Scottish Ambulance Service in 2010, working initially in the control room before serving five years as road crew based at Dunfermline.

“I was ready for a new challenge in my career,” he explained, “and being part of a helicopter air ambulance crew is my dream job.

“Part of my reason for becoming a paramedic was a real passion for the job and a desire to help those in need. This drive will be even greater at SCAA and I’m so proud to be joining this amazing charity team.”

As a member of a mountain rescue team, Rich saw first hand the benefits an air ambulance can bring to any emergency.

“I saw how quickly they could bring help to the scene and the speed with which casualties could be transferred to hospital,” he said. “Having lived in a remote community, I know the distances that can sometimes be involved and how vital a helicopter can be.

“I’m delighted to be part of that kind of service for both people and communities,” he said, “and to help develop SCAA and enhance the skills we can bring to patients.”

Married with a daughter, Rich is a keen hillwalker and also enjoys climbing, mountain biking and fell running, having competed in races such as Ben Nevis, the Isle of Jura and the LAMM. Another great passion is touring Scotland in his trusty campervan and walking his Collie dog Skye.

Rich has a BSc Hons in Geography from the University of Wales and has recently completed his BSc in Professional Practice (Paramedical Science) from the University of Stirling.

ALISTAIR'S STORY

It was a manoeuvre Alistair had completed many times before. But when the front of his kayak struck something as he pushed over the 15-foot drop from the bank into the River Avon, the 39-year-old mechanical engineer knew he was in trouble.



Alistair broke his back in two places as the kayak slammed down hard on the water below and the boat rolled over trapping him helpless beneath the raging current.

“My mates managed to free me and haul me to the bank,” recalls Alistair. “The pain was excruciating and I was so cold. I was aware of people around me, cutting my clothes from me and wrapping me in blankets and heat pads. Every minute seemed like an hour. Then I heard the helicopter overhead and people told me I was being airlifted to hospital.”

Search and Rescue, Scottish Ambulance Service and Police Scotland all helped SCAA paramedics carry Alistair from the steep-sided Avon Gorge to the waiting helicopter.

“It was a real struggle to get me up the steep slope and through the undergrowth,” he said. “The pain was unbearable – every step they took was agony for me.”

“SCAA is a top notch team and a charity well worth supporting – my friends saw the part SCAA played in my rescue and we’ll be doing what we can to fundraise.”

SCAA flew Alistair to Edinburgh Royal Infirmary in under 10 minutes.

“The paramedics were great – very professional – and the treatment on route to hospital was fantastic.”

Alistair also praised the speed and comfort of the charity air ambulance.

“I dread to think what pain and discomfort I would have been in travelling by road. SCAA’s speed and comfort makes a huge difference when you’re in agony and every movement is torturous.”

Alistair spent several days in hospital and a further six weeks on crutches as he pushed himself to get fit again. And nine weeks after his accident, Alistair was back in his kayak.

“I’m nearly back to full fitness again but without SCAA it could have been a different story. They got me quickly and comfortably to hospital and that made a huge difference.”

SIGN UP FOR A #TEAMSCAA CHALLENGE!

Our events attract many fundraisers who run, walk, cycle and even skydive in aid of SCAA! All our events are listed on our website (scaa.org.uk) but here are a few options to tempt you.

Blair Castle Fundraising Abseil 26th & 27th August

As the official charity partner of this year's Blair Castle International Horse Trials, we are delighted to offer you the chance to take part in a unique, adrenaline-fuelled abseil down the oldest and tallest part of Blair Castle. Braveheart adventurers are being invited to drop nearly 100ft off the Castle's iconic 13th century square tower while raising funds for SCAA's airborne life-saving service.

Participants are required to raise a minimum of £100 in sponsorship and pay a £10 registration fee. A small number of places will be released on a first come first served basis each morning for a fee of £40.

Sign up now at <https://goo.gl/jMHBX3>



Highland Perthshire Marathon – 2nd September

Full marathon or half marathon, run or bike – the choice is yours!

This challenge will get your heart pumping as you run or cycle through the beautiful countryside. The event, now in its fifth year, begins in Aberfeldy with the route passing through the heart of Perthshire. Please contact us to register.

SuperNova Run – 10th, 11th & 12th November

This fantastic 5k route is a great opportunity to immerse yourself in an illuminated journey and explore the home of the Kelpies – the two 30-metre high horses near Falkirk.

Everyone is welcome at this event, however entrants under 15 must be accompanied by an adult. Runners are encouraged to wear fluorescent clothing to enhance the visual spectacle of this event and will receive an LED head torch, water bottle, buff and of course a medal at the end! Please contact us to register.



For more information on these and other participation events, please contact us at fundraising@scaa.org.uk, or phone **0300 123 1111** during office hours.

HELPING US HELP YOU



We can never thank our supporters enough – without you we wouldn't be able to keep saving and improving lives across Scotland.

Every single donation makes a difference to SCAA. Since our last newsletter in December 2016, the people of Scotland have raised a phenomenal amount for us. Here are a few highlights.

Shopping Local

Three Thrift Shops have recently been organised in aid of SCAA, with volunteers from the communities of Coupar Angus, Blairgowrie and Aberfeldy each taking over a charity shop within their town for a week. Selling a variety of items from children's toys to household goods, these shops raised an astonishing £6852.61.



Savills Staff Continue The Challenge

Savills named SCAA as their Charity of the Year in 2016 and since then staff at their Fochabers, Edinburgh and Glasgow offices have gone on to raise over £15,000 for SCAA. They raised this tremendous amount by taking part in the Lanrick Challenge, Three Peaks Challenge, a sponsored bike ride and the Glasgow Kiltwalk, as well as organising a Christmas auction and even an office leg wax!



New Carrier Bag Milestone

We have now received £14,091 from donated 5p carrier bag charges – that equates to an astounding 281,820 carrier bags! The initiative has been a great success, with charities benefiting and plastic bag usage dropping by 85% in the UK since its introduction. If you have a shop, we'd be grateful if you would consider SCAA as your beneficiary for the carrier bag levy.



Fuelling SCAA Across Scotland

MRH (GB) Limited, the UK's largest independent petrol station owner and operator have supported SCAA by placing collecting cans in 68 of their stations across Scotland, from Elgin to Dumfries. Since October 2016, these collecting cans have raised a fantastic £10,000 – keep an eye out for them on your travels.

MTC Media Ltd and SCAA take off together again

We are absolutely delighted that MTC Media Ltd has very generously gifted a new website to SCAA, three years since they flew in and delivered the original website. It is expected that the new site will be ready to launch in time for our next newsletter, offering a new and improved user experience and lots of up to date information on the work of SCAA. For further information on MTC Media Ltd, please visit mtcmedia.co.uk

mtc.



Family Fundraising Following Daughter's Trauma

Owners of the MacDonald Arms in Balbeggie have become avid fundraisers for SCAA after their daughter, Lucy, was knocked down on her way home from school. SCAA attended the scene and Lucy has made a good recovery. Fantastic efforts by this family have seen them raise £2993 so far through a Burns Supper, quizzes, a beer festival, a dominoes night and placing a collecting can on the bar.

VOLUNTEERS

Thank you once again to our fabulous volunteers for their continued dedication and support, whether it be shaking collecting cans, helping in the office, marshalling at an event or giving a talk on our behalf!

If you are interested in volunteering for SCAA please contact us at enquiries@scaa.org.uk or phone 0300 123 1111 during office hours.





Thanks to
Clydesdale Bank
for producing
this for us.



WHERE THERE'S A WILL, THERE'S A WAY

This year SCAA has joined forces with Remember a Charity, a consortium supporting over 180 charities in the UK working to promote legacy giving.

As a charity, SCAA relies on the generosity of supporters to continue providing our services. We hope that once friends and family have been looked after, you might consider leaving us a gift in your Will. Any amount given is invaluable to the future of SCAA and will allow us to continue providing frontline time-critical care to the people of Scotland for years to come.

Remember a Charity in Your Will week takes place between Monday 11th – Friday 17th September 2017. For more information on this or leaving a gift in your Will, please visit www.scaa.org.uk/legacies or call us on 0300 123 1111.

DONATE



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by direct debit and debit or credit card



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