

Winter Edition 2016

SCAA NEWS

Scotland's Charity Air Ambulance (SCAA)



Photograph courtesy of Craig Cantwell Photography

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WELCOME TO THE WINTER EDITION OF OUR NEWSLETTER



It has been a busy year for us all and as we approach the end of 2016, we have now responded to over 1,300 call-outs in 3½ years, an average of one emergency every day. In 2016 alone, we have responded to nearly 400 time-critical emergencies in our EC135 T2i helicopter and rapid response vehicle.

To help keep us flying, you have raised an incredible £2m during our financial year and we are completely indebted to the many businesses, communities, trusts, event participants, individuals and lottery players who have contributed to this staggering amount.

Our volunteers have travelled the length and breadth of Scotland delivering talks on our work, helping out at events or picking up the hundreds of collecting cans that are displayed in shops, pubs, cafes and petrol stations. We still need more volunteers so if you can help, please give our office a call on 0300 123 1111 and be a part of a growing, exciting and dynamic charity!

The next part of our journey is already in the planning, and I am delighted to announce that we intend to increase our operational hours from 10 to 12 hours a day from April 2017. This increased capability will cost the charity a further £100,000 per annum, but we are confident that this service enhancement will save and improve even more lives throughout Scotland.

On behalf of everyone at SCAA, thank you for your support and we hope that you will continue to keep us flying in 2017.

Have a Merry Christmas and Prosperous New Year!

David Craig
Chief Executive





KEVIN'S RESCUE

As the two-and-a-half-ton dumper truck slowly toppled over on the slope, driver Kevin McNab tried to jump clear. Landing on soft ground he looked back to see the vehicle crash down on top of him – the roll bar crushing his chest and the body of the vehicle smashing on to his leg.

Despite agonising pain, Kevin managed to wriggle into the soft ground and pull himself free of the dumper.

“I really thought I was going to die under my own dumper truck,” said the 42-year-old landscape gardener from Strathtay. “I then thought about my kids and that gave me the strength to make a superhuman effort to pull myself free. I think adrenaline took over.”

The severity of Kevin’s injuries meant he was only able to drag himself into a sitting position against the still-running vehicle, miles from anywhere on the south shore of Loch Tay.

“I was then able to reach my mobile phone and dial 999,” he explained. “My workmate was breaking rocks at the other side of the property and couldn’t hear my shouts above the engine, but luckily I had the phone and the ambulance controller kept me on the line talking and reassuring me that help was on the way. My friend eventually realised something was wrong and came to find me and did what he could to make me comfortable. The pain across my chest and in my leg was horrendous and I prayed for help to come quickly.”

That help, in the form of local farmers, First Responders, an ambulance crew and Scotland’s Charity Air Ambulance (SCAA), all arrived within seconds of each other and paramedics quickly assessed the situation and started pain relief for Kevin.

He was then stretchered to the nearby helicopter and airlifted to Ninewells Hospital where he spent nearly two weeks undergoing operations, skin grafts and treatment for a badly smashed shin and ankle and several broken ribs.

“I was signed off work for four months and spent a lot of time unable to walk or on crutches,” he said, “but I know it could have been a lot worse, the care, professionalism and speed SCAA bring is second-to-none and I’m so glad they were there when things went horribly wrong for me. Scotland’s lucky to have such a dedicated service and, although you never think you will need them, we should all be grateful they’re there.”

“ SCAA is an absolutely tremendous service. They got me out of a remote area and into hospital within **18 minutes** – the same journey would have taken at least **90 minutes** by road. ”

THANK YOU FOR KEEPING US FLYING



Did you know that each and every one of our time-critical life-saving missions are funded entirely by charitable donations and the amazing fundraising events that take place across Scotland?

Since our last newsletter, we have responded to over 150 call-outs and have airlifted patients from as far afield as the Isle of Gigha to Hawick. We would like to say a HUGE THANK YOU to each and every one of our supporters for keeping us flying 365 days a year. Here are some fundraising highlights.



A Station Platform with a Difference, Making a Difference

Run by volunteers, Pitlochry Station Bookshop has now raised a tremendous £20,000 plus for SCAA by selling second-hand books that have been donated. Found on the railway station platform, the quaint bookshop which has now been open for 11 years and supports six charities, attracts visitors from all over the world.

Caledonian Kings Rule the Rally

Iain, Martin, David and Scott recently took part in the 2 Ball Banger Rally raising £3,560 for SCAA. Taking part in their road trip, through an astonishing nine countries in four days, the Caledonian Kings worked hard to involve their communities in their fundraising efforts, holding a coffee morning, a quiz and raising sponsorship.



Lloyds Global Transaction Banking Teams Join Forces

The Edinburgh and Glasgow offices of Lloyds Global Transaction Banking kindly joined forces in September to place collecting cans in businesses in both cities during National Air Ambulance Week. They then continued their fundraising efforts and organised a disco, a quiz and three brave employees even took part in the Forth Rail Bridge Abseil. Their tremendous combined efforts and match funding has seen them raise £4,500, with monies from the collecting cans still to come.



Organise your own event

Feeling inspired? You can organise your own event and SCAA staff are always happy to help in any way we can. From organising a bake sale to hosting a quiz, the possibilities are endless. Get in touch to chat about your ideas.



Going the Extra Step

Meg Farron, who works for her local Co-op and acted as a Charity Champion while we were the store's 2015 Charity of the Year, has continued to fundraise for SCAA in her own time. Taking annual leave to organise and host raffles, for which Meg sources around 70 prizes from local businesses, has seen her raise an incredible £2,000 for SCAA.



Biking Community Congregate at SCAA

We have received fantastic support from the Scottish motorcycling community again this year, with 250 bikers participating in the Biker Bash organised by Phil Wright, which raised a super £2,500. Recognising how important the service is to bikers, this fundraising event sees people from all over Scotland meeting at the SCAA base before going on a tour around the beautiful Perthshire countryside and enjoying a BBQ en-route.



Outgrown Toys Help us to Grow

Five year old Kayla recently raised £300 by selling toys she had outgrown to raise funds for SCAA, who airlifted her Grandad after he became critically ill while working in his remote and rural business. Robert was airlifted to hospital in 30 minutes, a journey that would have taken 90 minutes by land ambulance. Kayla said "I love my Grumpy and I wanted to say thank you to the people who saved his life. They need pennies to fly." Kayla and her family donated a total of £1,700 after some of her family members also got on board with fundraising for SCAA.



Volunteers

Our volunteers continue to amaze us every week - donating their own time to help us in a variety of ways, from managing collecting cans or marshalling events to giving talks to groups, who are interested in our vital work. Our volunteers are an integral party of our team who we can't thank enough.



EVER WONDER WHAT WE GET UP TO WHEN WE'RE NOT SAVING LIVES?

Responding to emergency call-outs across Scotland is only part of the crew's busy schedule at Scotland's Charity Air Ambulance.

When not saving lives there are a whole host of tasks that keep both pilots and paramedics occupied throughout their shift.



Briefing

Once the aircraft is towed out of the hangar, positioned ready for deployment, pre-flight checks carried out and the engine "washed" through, the crew's schedule progresses to the daily briefing.

This brings together both the aviation and the clinical aspects of the charity operation as they study and discuss issues such as weather forecast, helicopter status, designated no-fly areas, updates on landing sites, status of sister air resources in Scotland and north of England and emergency/flight safety discussions.

Bag check

SCAA has three "live" 15kg medical response bags that contain exactly the same equipment – all checked and tagged. One in the helicopter, one in the rapid response vehicle and a spare which allows a rapid turnaround between call outs.

All three have to be checked and restocked as a high priority as soon as operational demands allow. The bags contain all portable equipment the paramedics might need at the scene – from life-saving drugs to bandages.



Aircraft inventory

On board medical kit is just as important to the team and must be checked and restocked regularly as a priority. Central cabinets in the aircraft hold essential items that are within easy reach for the paramedics in flight and other compartments hold everything from emergency airway kits to midge nets!



Aircraft clean

The inside of the helicopter is cleaned after every patient use for infection control purposes. Once a week it receives a “deep clean” by the crew when all the equipment and all the nooks and crannies are vacuumed and wiped.

The outside of the aircraft is also washed every week to remove any build-up of flies and other dirt. The crew set to with long brushes – first with a degreaser and then a wash and wax.

Training

Updating and maintaining their skills is vital to the crew, so both pilots and paramedics take part in a programme of training scenarios, honing their craft in everything from basic drills to advanced procedures.



Checking fuel

Fuel checks are carried out throughout the course of the day to ensure no contaminants are present in the fuel either in the aircraft’s 680 litre fuel system or in the fuel trailer which holds a back-up 2,300 litres.

Safety checks

Pilots carry out a check of the aircraft after each flight – including a close look at certain aspects of the rotor head mechanism. The EC135 has a flight endurance of around one and a half hours.



**And then there’s the paperwork!
Or time for a quick bite before the
phone rings with the next emergency.**

HOW CAN YOU SUPPORT US IN 2017?



We need to raise £2.2million every year to keep our air ambulance flying across Scotland. We are extremely grateful for all donations, no matter how big or small. Here are a few ways you could help to support us in 2017.



Regular Donation

You can support the life-saving work of SCAA by making a monthly Direct Debit donation, helping us to plan longer term. The different payment options are detailed below.



One-off Donations

These can be made for any amount using the following payment methods:



Online

www.scaa.org.uk/one-off-donation



Text **SCAA06** and your donation amount to **70070**.



Call **0300 123 1111**.



Post please make cheques payable to Scotland's Charity Air Ambulance and post to SCAA, The Control Tower, Perth Airport, Scone, Perthshire PH2 6PL.

If you are a UK taxpayer, please don't forget to Gift Aid your donation – it makes a huge difference to us at no cost to you.



Leaving a Gift in your Will

By leaving a gift in your will to SCAA, you will be helping to provide a future for those caught in time-critical emergency situations. To discuss how you can help please contact us on **0300 123 1111**.



SCAA Lottery

Our weekly life-saving lottery is a great way to support SCAA. Costing just £1 per play, our lottery gives you the chance to win £1,000 every week. To play, all you need to do is visit our lottery page at www.scaa.org.uk/lottery, or give us a call and we can post a form to you. Our weekly lottery results can be found on our website.



Fundraise While You Shop

Easyfundraising allows you to raise money for SCAA by simply shopping online with over 2,700 retailers. It doesn't cost you a penny extra, so take advantage of this fantastic fundraising idea and raise money easily and quickly by joining the thousands already using easyfundraising.org.uk.



Fundraise While You Work

There are many ways you can help while working, including staff fundraising; making us your Charity of the Year; or signing up for payroll giving – a flexible scheme that allows you to give regularly on a tax-free basis. For more information on how you and your organisation can become involved call **0300 123 1111**.



Volunteer or Fundraise

We always welcome new volunteers and fundraisers to the SCAA family. Have a look on pages 3 and 4 for ideas and inspiration.

LUCY'S RESCUE

Glasgow School of Art student Lucy, 21, was looking forward to a trip to the West Coast with friends. But as she travelled north on the A9 near Dalwhinnie, the car suddenly veered off the road and rolled before coming to rest on its side.

Two men in the front pulled themselves free of the wreckage, but Lucy and a friend were trapped in the back of the two-door vehicle.

“My friend was squashed beneath me and we couldn't move. I could feel my face was hurt, there was blood on my hands, and my neck and back were really painful. I was frightened.”

Passers-by raced to help the students and emergency services were quickly on the scene, assessing injuries and stabilising the vehicle before cutting the girls free.

“I felt more calm when the firefighters and ambulance crew were there – the first I was aware of the helicopter air ambulance was when I was being loaded into it.”

The potential of serious neck and back injuries prompted the call to SCAA, who were on scene within 20 minutes. Lucy was airlifted to hospital in Dundee – just 25 minutes by air, but nearly two hours away by road.



Lucy was diagnosed with a fractured clavicle, serious whiplash injuries and two hand fractures. She is still undergoing physiotherapy and treatment for PTSD.

“SCAA is an amazing resource for Scotland. Everyone thought my injuries were worse than they turned out to be, but if they had been critical, SCAA would have played a key role in saving my life. As it was, their speed, professionalism and care made a huge difference to what was a really traumatic experience.”

Lucy and her family were unaware of the charitable status of SCAA, but when they found out they pledged to do something to help. Lucy's mum Sarah works with PwC in their Edinburgh office. She managed to secure a £1,000 donation from her colleagues and their Give As You Earn scheme.

“We're so grateful to SCAA for being there when Lucy needed help. Their input made a huge difference and we're happy to do what we can to ensure they keep flying for others in similar need.”



The crew were lovely – they kept me talking and made me feel at ease while they monitored and cared for me during the flight.



SIGN UP FOR A NEW YEAR CHALLENGE AND HELP TO SAVE A LIFE

New events for 2017



Forth Rail Bridge Abseil - Sunday 21 May & Sunday 15 October 2017

This is your chance to abseil from the Forth Rail Bridge onto the sandy beach below. This is a once-in-a-lifetime experience to see this iconic landmark from a new perspective.

No previous experience is necessary and the charity team will do everything we can to help you reach your fundraising target. You'll also receive your own SCAA t-shirt, so everyone knows who you are fundraising for! Get in touch to secure your place on this popular event.

The Lanrick Challenge - Saturday 5 August 2017

Set deep in Braveheart country, Scotland's very own obstacle experience, The Lanrick Challenge, is designed to be the ultimate test of physical strength, stamina and mental determination, with lots of fun along the way. It is held in the grounds of Lanrick Estate, Doune, which is conveniently located 8 miles from Stirling and just 45 minutes from Edinburgh and Glasgow. Offering an exciting yet punishing series of 48 natural obstacles including mud ponds, log piles, cargo nets, river crossings, tree climbs, monkey bars and a 30 metre water slide. The exhilarating 6k or 12k wilderness challenges are designed to push you to your limits!

www.lanrickchallenge.com





Skydiving

Head for heights? Fancy doing a parachute jump? If so, we're looking for adventurous volunteers to skydive. If you raise enough in sponsorship, you will get your jump for free! This is an amazing chance to experience a 120mph freefall in a 10,000 feet 'Tandem Skydive'. You can jump from two British Parachute Association approved airfields in St Andrews and Auchterarder. No experience is necessary as all training is given on the day and there are many weekend dates to choose from. Please get in touch and make the first steps towards your biggest adrenaline rush yet!

Edinburgh Night Ride – Saturday 17 June 2017

Fifty moonlit miles, a million stars, a stunning capital, an epic ride! Discover the thrill of night riding and join hundreds of other cyclists, of all abilities and ages, for a night to remember on this fantastic one day charity bike ride. Pedalling 50 miles around Edinburgh you'll see the sunset over the coast, cycle through beautiful Georgian streets under the moon and stars, and discover stunning night views of the city as you pass iconic sights along the way, including Arthur's Seat, Edinburgh Castle, The Forth Bridges and Holyrood Palace (to name a few) – all while the city sleeps... it really is a unique way to explore this spectacular city! www.edinburgh-nightride.com



Ben Nevis Challenge – Saturday 17 June 2017

The Ben Nevis Charity Challenge is an exciting team trial set in the stunning Scottish Highlands. Teams of four are challenged to climb Ben Nevis, the UK's highest mountain, cycle 25 miles through stunning Highland landscapes and canoe a 3km course on Loch Lochy. This exciting adventure requires a reasonable level of fitness, but canoeing experience is not required.

For more information on these and all SCAA's participation events, please contact Fiona on f.dennis@scaa.org.uk, or phone **0300 123 1111** during office hours

Thanks to
Clydesdale Bank
for producing
this for us.



THANK YOU!

We would like to thank you for all your support throughout 2016 and wish you a very Merry Christmas and a safe and healthy 2017 – from all our crew, charity team and trustees. We wouldn't be able to keep flying and saving lives across Scotland without you.

"We as a team are very humbled by the support Scotland gives to the charity and are proud to be a part of this unique service.

SCAA's professional and expert crew can provide the front line time-critical response that will continue flying help and hope across Scotland – but it is the people in every family, every community and every region of this country that will ensure we stay in the air.

YOUR continued invaluable contributions fund this amazing charity and will fuel us into the future, so that myself and the crew of Helimed 76 can continue to be there for those most in need."

John Pritchard MBE
SCAA Lead Paramedic



DONATE



Online scaa.org.uk

by direct debit and debit or credit card



Phone 0300 123 1111

by direct debit and debit or credit card



TEXT SCAA06

and your donation to 70070



Post

Scotland's Charity Air Ambulance, The Control Tower,
Perth Airport, Scone, Perthshire PH2 6PL

Please make cheques payable to Scotland's Charity
Air Ambulance. Charity Number SC041845



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