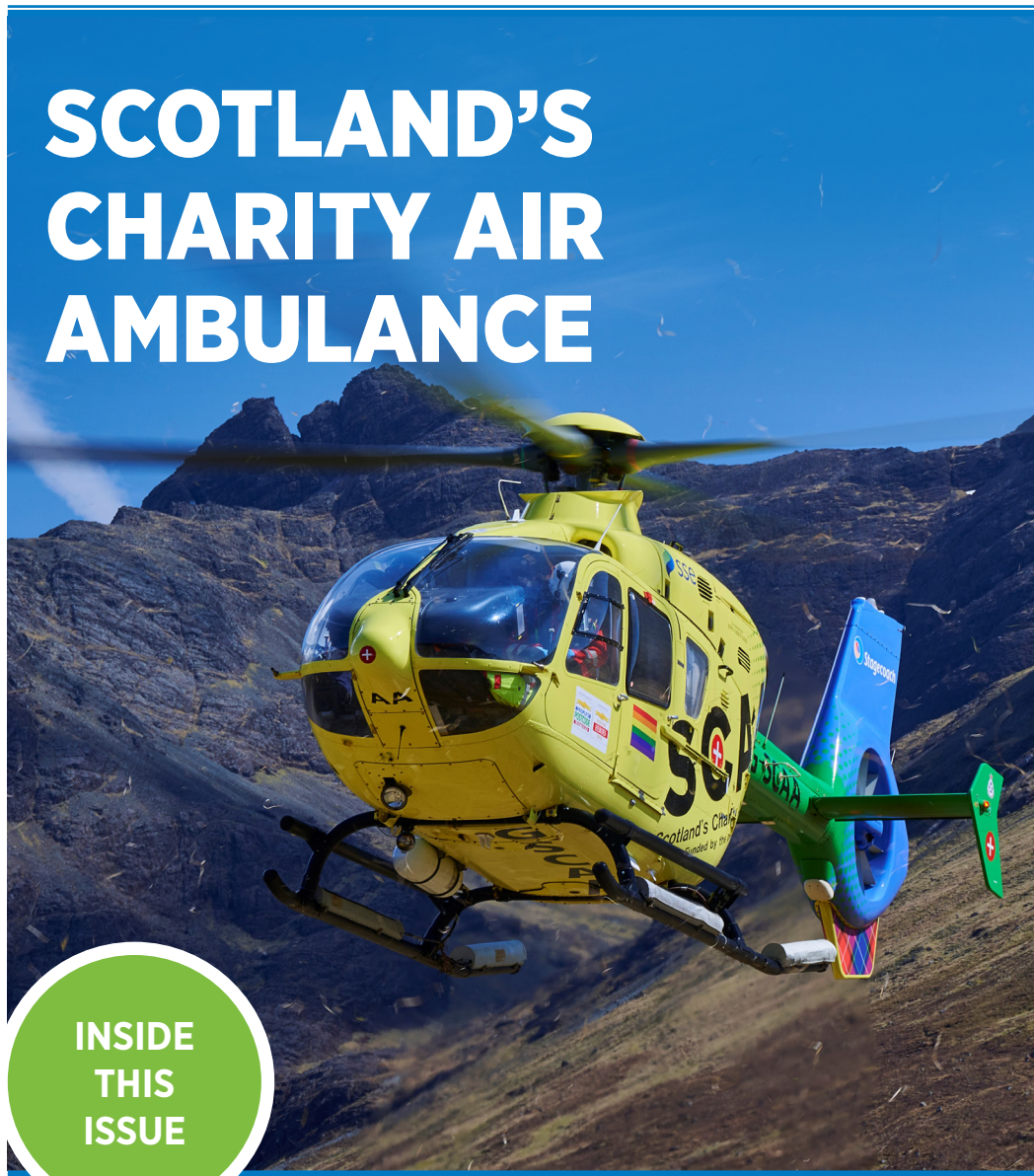


SCOTLAND'S CHARITY AIR AMBULANCE



**INSIDE
THIS
ISSUE**

CONVERSATION WITH
SCAA CREW MEMBERS

ALAN'S SCAA STORY

SCAA'S RURAL
LIFELINE

VOLUNTEER FOR SCAA

WELCOME

Summer is here at last and that means an even busier time than usual for Scotland's Charity Air Ambulance's crews based at Perth and Aberdeen.

SCAA is proud to have recently marked its ninth anniversary and responded to its 4,000th emergency call out this summer.

That's 4,000 times our life-saving crews have leapt into action in response to a serious illness or injury somewhere in Scotland - and our ability to do that is down to each and every one of you.

The ever-increasing demand on SCAA's service, coupled with the rising costs in operating a helicopter emergency medical service, places a significant demand on the charity's resources.

That's why your continued support is more vital than ever. And never doubt that your contribution saves lives.

We were humbled to record on film recently some of our patients' stories and learn of the role SCAA played in their survival and recovery. You can view them on our YouTube channel.

Thanks to your continued support, SCAA stands ready to help the people of Scotland - wherever and whenever that need arises.

As we face what is sure to be another record summer workload for our crews, please keep us in your thoughts and, if possible, reach out to support our life-saving work.

We can't do it without you.

Thank you,

David Craig
SCAA CEO



WHAT CHALLENGE WILL YOU TAKE ON FOR SCAA THIS YEAR?

AUGUST

21 Dundee Kiltwalk

The Dundee Kiltwalk gives you the perfect opportunity to don some tartan and pound the pavement for SCAA. There are 3 distances to choose from and you'll be warmly welcomed at the Kiltwalk Village when you finish! Every penny you raise for SCAA will be topped up by 50% by The Hunter Foundation.



27 Ride the North

Ride the North offers two routes of 100 miles and 57 miles starting and finishing in Elgin. This event is a fantastic celebration of all that is good about cycling in the beautiful North East of Scotland!



SEPTEMBER

18 Edinburgh Kiltwalk

Join the Edinburgh Kiltwalk and you can get all tartaned up and strut around the capital in support of SCAA! Choose from 3 distances and take in all the historic sights along the way. Plus, once again, every penny you raise will be topped up by 50% by The Hunter Foundation.



18 Scottish Half Marathon and 10k

Fast and flat, both the half marathon and 10k routes are perfect if you want to set a personal best. Starting conveniently just outside Edinburgh, the route runs along the magnificent East Lothian Golf Course, before finishing in the final furlong at Musselburgh Racecourse.

OCTOBER

2 Loch Ness Marathon

The Loch Ness Marathon is quite possibly one of the most stunning marathons in the world, with spectacular scenery, a fantastic atmosphere and a truly memorable experience. The marathon follows a spectacular point-to-point route alongside world famous Loch Ness, starting in an atmospheric moorland setting and continuing through stunning Highland scenery.



23 Men's / Women's 10k Edinburgh

Starting on the historic Royal Mile, this incredible city centre route takes you past the Scottish National Gallery and into Princes Street Gardens, with the iconic Edinburgh Castle as your backdrop. It then goes past the Scott Monument and swoops past the Scottish Parliament building, before carrying onto Holyrood Park. Here you take in the spectacular Arthur's Seat, as well as Holyrood Palace, before heading on to the Grassmarket. Then it's on to a grandstand finish at BT Murrayfield Stadium.

SKYDIVING

Various dates throughout the year!

Experience a 120mph tandem freefall from Auchterarder or St. Andrews airfields - available most weekends. No experience is necessary as all training is given on the day!



Click here for more information on all our events, or just scan here



Make a donation

CARDIAC ARREST ON THE GOLF COURSE

There are few things retired GP Alan Smith enjoys more than a round of golf.

But a game with friends at his home club of Turriff turned to a race against time when Alan collapsed with a devastating heart attack.

“I was on the sixth fairway when I just keeled over,” he said. “I don’t remember anything from then until waking up in hospital.”

Unknown to Alan, his collapse sparked a rapid and life-maintaining response from fellow golfers, club staff and the emergency services. And the speed and professionalism of Scotland’s Charity Air Ambulance (SCAA) was to prove a life-saver when every second counted against the critically ill patient.

As Alan’s golfing partner commenced CPR, club officials raced from the clubhouse with a defibrillator to kickstart his heart and SCAA’s Aberdeen-based Helimed 79 lifted with a consultant-led team to bring critical care as quickly as possible to the patient.

“I owe my life to everyone who acted so quickly that day,” said Alan, “from the cool-headedness of my fellow golfers and officials whose care proved crucial, to SCAA and the specialist crew who basically brought the accident and emergency department expertise to my side by helicopter as I lay on the golf course and then airlifted me so speedily to hospital.”





Alan was taken straight to Aberdeen Royal Infirmary's cath lab for immediate cardiac care and five days later underwent a triple heart bypass.

SCAA's helicopter made the flight in less than 15 mins - a journey that would have taken nearer an hour by road.

As Alan reflects on what might have happened that day, he recognises SCAA's crucial role in his survival.

"SCAA is a wonderful charity and absolutely indispensable for those living, working or visiting communities far from major hospitals," he said.

"I came as close to losing my life that day as you would ever want to come and I'm in no doubt that the speed of SCAA saved my life."

Make a donation

THROUGH THEIR EYES

Specially trained for their Helicopter Emergency Medical Service (HEMS) role, SCAA's crew members have to cope with whatever each new day throws at them. Paramedic Ali Daw and pilot Jamie Ross reflect on their duties with Scotland's only charity-funded air ambulance service.

Jamie:

SCAA's operational area is the entire length and breadth of Scotland. We can be tasked to the west coast, the Outer Hebrides, down to The Borders or anywhere up the east coast. Our sister aircraft in Aberdeen, Helimed 79, is often tasked to the northern isles and Orkney, so we can be pretty much anywhere in the country at any time.

Ali:

We deal with all types of emergencies. We tend to go mainly to traumas, but also deal with medical emergencies in remote and rural Scotland and transfers from the islands to the mainland.

Jamie:

The challenges of flying in Scotland are many and varied. We have to deal with a lot of weather problems - particularly in winter, but really any time of year - and also the terrain as well. We are quite often tasked to remote and rural locations in mountainous terrain, often in The Highlands. Obviously in winter we face shorter days and flying into darkness which adds an extra level of difficulty to our mission.

Ali:

We attend anything a regular ambulance would go to, but we can get there quicker - especially to remote and rural areas further away from help. No two days are ever the same. You don't know what you will attend on shift at any point. One day you're dealing with something and the next day can be totally different - the type of job or the area or the patient - many different factors.

Jamie:

We can land pretty much anywhere as long as it's big enough. Legally it needs to be twice the size of the helicopter rotor disc so that's a pretty small space. We can land on the side of a hill, on a road, in a farmer's field, someone's back garden or on a beach. There's not many places we can't land unless it's just too tight or there are too many hazards such as power



Ali Daw

lines or buildings nearby. Our aircraft are fast and reliable. We cruise at around 120 knots (about 140 mph) so, if the weather allows us to fly as the crow flies, we can get around the country pretty quickly.

Ali:

Hopefully, when the people of Scotland are most in need, we make a massive difference by being able to get to them quicker, treat them effectively and get them to the right hospital as quickly as possible. The speed at which we can reach patients and then get them to hospital undoubtedly helps save more lives across Scotland.

Jamie:

Being an air ambulance pilot is a great job and very rewarding. You come in to work every day and have no idea what's going to happen. You're waiting for the phone to go and you could be sent to the Outer Hebrides or a beach five minutes down the road, and it's always to help someone that's in distress, so it's a very rewarding job for a pilot.

Ali:

Some of the people we meet are having the worst day of their lives and hopefully we are there to counteract that and make things better. To help as much as possible and get them to where they will receive the care they need. It's a big responsibility but it's definitely rewarding.

Jamie:

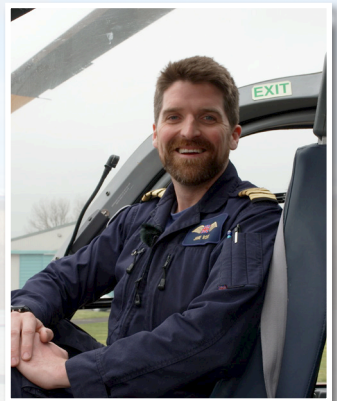
It's a lot of responsibility. Air ambulances tend to recruit experienced pilots - often from a military background - who are trusted to get on with the job. We do the whole gamut from planning the brief in the morning, executing the missions and then putting the aircraft to bed at night ready for the next day's taskings, so there is plenty to keep us busy.

Ali:

We couldn't do what we do without people from across the country that help to support us - whether that's through donations, fundraising or anything that raises the charity's profile. Without these people doing these kinds of things we wouldn't be able to function. We rely on everyone that helps us throughout the country to be able to do what we're doing.

Jamie:

Time and time again we land on scene and people say "I never thought I would actually need you" because no-one ever plans to have an accident or an incident. SCAA is entirely donation funded so thank you to everyone that donates because it keeps this operation going and keeps us able to provide this fantastic service for everyone in Scotland.



Jamie Ross

Make a donation

SUMMER HERALDS INCREASE IN COUNTRYSIDE CASUALTIES FOR SCAA

Summer repeatedly proves to be the busiest season for Scotland's Charity Air Ambulance (SCAA) as more and more people take to the countryside for work and pleasure.

July alone last year accounted for 13% of the charity's annual workload.

For while the hills, forests, lochs and fields are a workplace for many, they also provide the ideal getaway for lovers of the great outdoors.

In summer, the number of motorists and motorcyclists increases, as does the number of hillwalkers, horse riders, anglers, trail bikers, campers, wild swimmers and others involved in the myriad of leisure pursuits available in Scotland's glorious countryside.

And when accidents happen miles from anywhere, a helicopter air ambulance such as SCAA can make a critical difference - often between life and death.

Lead Paramedic John Pritchard explained that SCAA's Helimedics 76 at Perth and 79 at Aberdeen deploy regularly to accidents and emergencies in remote inaccessible locations - well away from roads and tracks where casualties cannot be reached easily by land ambulances.

"One of SCAA's great strengths is that it can fly direct to remote rural areas and land in inaccessible spots to reach those seriously injured or ill," he said.

When you're dealing with thousands of square miles of countryside, however, finding the casualty - and finding them fast - can prove challenging.

"We can only bring rapid paramedic care to the scene and transfer the casualty quickly to hospital if we can locate the incident scene easily," said John.

"Air ambulances can land very close to an incident location - but it's spotting that location from hundreds of feet in the air that can prove a problem."

Many taking part in rural leisure pursuits opt for high visibility clothing which is often vital in spotting casualties from the air.

Horse riders, cyclists, runners and walkers in bright day-glo clothing stand out against the countryside colours and make them easier to locate if the worst happens.

By contrast, countryside camouflage and rustic tweed clothing favoured by field sports enthusiasts, farmers and rural workers renders the wearer virtually invisible, even when they have pinpointed their location to emergency services.

"Precious minutes can be lost trying to locate sick or injured people who simply 'disappear' against the landscape," said John.

But even the most difficult missions can have



solutions. John recalled one call-out to a remote hillside where a member of a stalking party sustained head injuries after an all-terrain vehicle overturned on a steep slope.

***“Due to the camouflage clothing everyone was wearing it was difficult to see the party from the air. Although they could see the helicopter approaching and circling, SCAA couldn’t see them.*”**

***“It was only when a quick thinking member of the group removed his shirt and the crew spotted his gleaming white Scottish torso that the casualty was pinpointed!”*”**

Agricultural emergencies throw up another unique set of challenges for our airborne rescuers.

SCAA’s senior pilot Captain Russell Myles explained how - approaching the scene - the helicopter crew has to take several factors into account.

***“When we’re working out our approach we try to avoid livestock or take a flight path that gives them somewhere to run to and cause them least stress.*”**

***“We’re equally considerate about crops,” he said. “If we simply have to land in crops then we touch down as close to the edge of the field as possible - landing the skids parallel to the machinery tracks and the furrows - to keep both helicopter and foot traffic damage to a minimum.”*”**

And vital minutes can be saved when people on the ground lend the crew a helping hand to spot the exact location.

SCAA highlighted one farmer who had the presence of mind to arrange feed troughs into a large “H” to guide the helicopter to his land.

Rural workers are among the first to offer to help at countryside emergencies.

***“Often the incident can be miles from access roads or habitation,” said John, “and the rugged terrain can force us to land a little way from the scene.*”**

***“Many times, a worker has appeared from nowhere in an all-terrain or 4 x 4 vehicle to drive paramedics to the patient,” he said. “They’re also quick to open gates, corral livestock or help carry kit and the stretchered patient.*”**

***“I can recall one incident where a patient was even brought to a more accessible point for us in the bucket on the front of a tractor.”*”**



Make a donation

MISSION STATS

Total Missions Since Launch (MAY 2013 TO JULY 2022)

4,049 CALL OUTS



Rapid Response Vehicle
820 CALL OUTS

40.7% of all RRV call outs were to cardiac related emergencies



Helicopter
3229 CALL OUTS



3196
Flying hours

NAUTICAL MILES FLOWN

364,351 (About 16 times around the world)



TRAUMA
43%



MEDICAL
19%



CARDIAC
19%



STROKE
4%



TRANSFER
15%

BUSIEST MONTH : JULY



VOLUNTEER WITH US!

Volunteer roles now available across Scotland:

- + Volunteer speakers
- + Event volunteers
- + Collection co-ordinators
- + Fundraise for us
- + One-off and long-term volunteering opportunities
- + Events and SCAA mascot

You can help us to save lives in Scotland



Interested in joining our team? Get in touch now!

Contact Rebecca at:
volunteer@scaa.org.uk
07751 921 980

or just scan here



Make a donation

THANK YOU!

Thank you for continuing to support Scotland's Charity Air Ambulance. Whether you donate, volunteer or play our lottery – we couldn't keep flying and saving lives without you.

If you would like to help support SCAA, you could:

- Enter a fundraising event or organise your own
- Become a SCAA Volunteer
- Make a one-off or regular donation
- Play our weekly lottery
- Leave a gift to SCAA in your will



If SCAA was there for you when you needed help, we'd love to hear your story. Email media@scaa.org.uk or call 07778-779-888 in confidence.

At Scotland's Charity Air Ambulance, we are committed to protecting your personal data and to being transparent about how we handle it and who we share it with. In the spirit of transparency, we are letting you know we have now updated our privacy notice. You can access this on our website at www.scaa.org.uk/privacy-policy. If you would prefer a hard copy, please let us know and we will post it to you.

DONATE



Online www.scaa.org.uk

by Direct Debit and Credit or Debit Card



Phone 0300 123 1111

by Direct Debit and Credit or Debit Card



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



Follow us at:



Scotland's Charity Air Ambulance (SCAA)



@scotairamb



Scotland's Charity Air Ambulance (SCAA)



@scaa_charity





**WE'LL BE THERE FOR YOU THIS SUMMER.
WILL YOU BE THERE FOR US?**

This summer, we're busier than we've ever been and we need your help to make sure we can still be there when people need urgent care.

**Please consider a donation to SCAA
to help our crews respond to the most
critical emergencies in Scotland.**

**Donate
here**

