

Get involved!

At SCAA, we value our volunteers and they are part of the team that keeps our helicopter flying.

We are very fortunate to have a wonderful band of volunteers who help the charity in all sorts of ways, from placing and managing collecting cans to presenting to groups and organisations and spreading the word about our life saving work. We need to spread our volunteers across Scotland as more and more often we are asked to get involved with activities all over the country. Can you help? We offer training and great support to all our volunteers. Please get in touch if you think you could be the person for whom we are looking.


We really can't sustain our service without our volunteers!



Supported by




Keep in touch

 Facebook
Scotland's Charity Air Ambulance

 Twitter
@ScotAirAmb

 YouTube
youtube.com/ScotAirAmb

 Email
enquiries@scaa.org.uk



DONATE



Online scaa.org.uk
by direct debit and debit credit card



Phone 0300 123 1111
by direct debit and debit credit 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

SCAA NEWS

Scotland's Charity Air Ambulance



500th Mission

INSIDE
THIS
ISSUE

RESCUE STORY | TEAMWORK | FUNDRAISING | VOLUNTEER

Welcome

As you will see from our front cover, SCAA has reached a significant milestone. Our air ambulance service has responded to over 500 emergency calls, and to mark the significance of this, SCAA organised a photograph to be taken which demonstrates the breadth of Scotland's vital frontline emergency services. We are immensely proud to take our place amongst them and are hugely grateful to you for your support in making this achievable.

I am also delighted to take this opportunity to announce another significant development for the charity.

In the Chancellor's budget, it was announced that SCAA had been allocated a proportion of the Libor bank fines to upgrade our aircraft. £3,300,000 has been designated to fund the increased cost to a more modern helicopter.

What difference will this make? An upgraded aircraft will be more powerful, fly faster, be able to lift more (that's more clinicians to an accident and more patients out), more space to care for patients during transit, have a longer range (40% increase in surface area) and crucially will be able to fly in cloud and at night. This will increase our operational capability by in excess of 50%. In summary, potentially 50% more lives will be saved!

This is fantastic news for the people of Scotland!

This significant funding only represents the cost of upgrading the helicopter and our funding requirement of over £4,000 a day will only increase with a more capable airframe. Your support is needed now more than ever as we embark on this exciting new chapter in the development of our service.

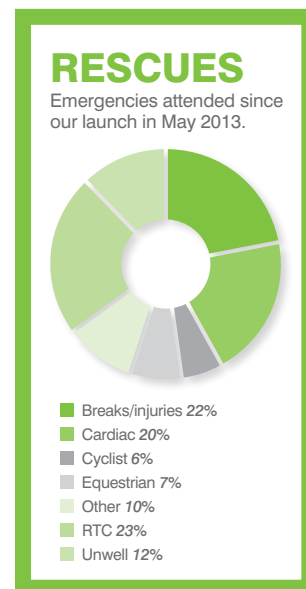
John Bullough
Chairman SCAA



Get in touch

We value your feedback, so let us know what you would like to see in future editions of SCAA NEWS.

enquiries@scaa.org.uk
www.scaa.org.uk
0300 123 1111



ANNE'S STORY

On 27th May 2014, Anne Duncan, who lives in Collinsburgh, East Fife, had just returned from riding out her 7 year old horse, Jet. Anne was leading Jet back to his stable at Ovenstone Equine and had removed her riding hat. She is not very sure what happened after that, but an off duty fire fighter, David, was luckily cycling past and was later able to tell Anne what had happened. Most importantly he helped to save Anne's life that day.

David had seen Anne's horse shy, causing Anne to stumble and fall backwards resulting in her striking her head on a huge boulder. When David got to Anne, she was still conscious and was very argumentative – Anne has no memory of this at all.

David's quick thinking that a helicopter may be needed when he called 999, helped to get SCAA on scene very quickly after the arrival of the land ambulance. Anne told me, "I can't believe that from the accident happening, to me being in Ninewells Hospital, in Dundee, only 45 minutes had elapsed".

Anne's nightmare, unfortunately, particularly for her family was just beginning. She was in a coma and remained so for 3 1/2 weeks. She had fractured her skull in 2 places and her family were called to her bedside twice as doctors feared the worst. They were also concerned that Anne may have sustained brain damage through her horrific injuries.

However, Anne survived and when she eventually woke up, she was on a ward, still in Ninewells Hospital but with absolutely no idea what had happened to her and how critically ill she had been. It was not until she had seen SCAA landing at the helipad at the hospital one day that she found out she had arrived at the hospital in that same way 4 weeks earlier.

Anne was moved to Cameron Hospital, back in Fife, where she underwent arduous physiotherapy to get back her strength and fitness. The staff were amazed at her determination and progress back to health. She was spurred on by getting home to her family and getting on with her life.

When Anne and her family came up to visit SCAA to see the helicopter and crew that had helped her that day she told me just how much she owed to everyone. David the firefighter who had seen the accident happen and called for help, SCAA for getting her to hospital quickly and the doctors, nurses, physiotherapists and her loving family all played a part in her survival and recovery.

Anne has retired since her accident and is enjoying life to the full. Everyone at SCAA wishes her well.



Jura Mums say Thank you



Have you been airlifted by Helimed 76? Or perhaps you have a close friend or family member who has been touched by the service we provide? We would love to hear how you are getting on, so please do get in touch.

On the 14th February I attended one of the best evenings of food, entertainment and company at a fundraising Valentine's Dance held on the hidden gem island... Jura.

Last year a lovely lady, Denise, from Jura contacted me to tell me she was holding a fundraising event for Scotland's Charity Air Ambulance (SCAA). The event was to say thank you to the emergency services who had been involved in the 999 call after Denise and three of her friends were injured in a road traffic collision that happened in April 2014.

I had no idea that SCAA had played an integral part on the day. We strictly observe patient confidentiality and only get to speak to patients we have helped if and/or when they contact us. I realised very quickly that Denise and three of her friends had been involved in a horrible road accident that could have, not only left them living with serious injuries, or worse, but devastated a very small and close knit community.

So what exactly had happened on that fateful afternoon almost a year ago?



The crash happened when mum-of-three Denise, was heading home to Jura from Edinburgh in her friend Louise's car. They were heading towards Kennacraig for the 6pm ferry. Denise was in the back seat, strapped in beside Abby. Between the villages of Auchindrain and Furnace, a car coming in the opposite direction lost control. It ploughed straight into Louise's Zafira, which swerved into the ditch.

Denise said: "It all happened so fast. I remember Louise shouted something; I looked up and saw a black thing coming towards us. Everything was just really noisy." Her first instinct was to get out of the wreck, but she couldn't open the car door.

“The child lock was on. I couldn't even shout. My chest was so severely compromised by the seatbelt that I could hardly talk.” A good Samaritan opened the door from the outside.

Denise said: "I walked a few steps and then sat down on the ground."

She knew she had been badly hurt. "I heard my bones break, which is not a very nice thing to hear. I knew I had broken my collar bone and suspected I had broken a few ribs."

She said: "A very kind

woman hugged me and stroked my hair and stayed with me until the ambulance arrived. It was cold; it had started to drizzle. Other drivers stopped to help. Everybody gave us whatever they had – blankets, jackets. People were incredibly kind.”

Ambulances and helicopters arrived and Abby and the driver of the other car were airlifted to hospital. Denise was hooked up to a drip, put in the neck brace and loaded into an ambulance for the drive to the Royal Alexandra Hospital in Paisley. Debs was taken to the community hospital in Lochgilphead and Louise went to the Lorn and Islands District General Hospital in Oban.

At the Royal Alexandra, it became clear just how serious Denise's injuries were. She was rushed into theatre for an emergency removal of part of her gut which had been damaged by the pressure of the seat belt.

Denise recovered faster than any of the doctors anticipated and just three weeks later, she was well enough for the five-hour journey home. She was in a brace for three months. When that came off, she had plates put in her collar bone. That is now healed and she came off painkillers this month – which is just as well because she had her hands full making 16 cheesecakes for the dinner-dance.

All 120 tickets were sold which means that, on an island of 200 people, everyone who was not stripping the willow was babysitting

for those who were too young to come along. Denise had hoped the dance would raise upwards of £5000, everyone was bowled over when it was announced that the night had raised £12,000!

I was honoured and privileged to be part of the event. Everyone on the island treated us like one of their own. Down to earth, lovely, helpful and generous people who I will definitely be going back to visit.

Denise and her friends know the crash could have been a lot worse – the death of four women on the tiny island would have been devastating for the community.

Denise and Louise recently made the journey to SCAA's base at Perth Airport to meet the crew and to present their fundraising cheque. We were absolutely delighted to learn that the total had now risen by half as much again to £18,816.80!

All at SCAA are delighted that Denise and her friends have recovered so well and are busily getting on with their lives!

Sally Cameron (Head of Fundraising)





Captain Russell Myles Big Swim



Between 5th February 2014 and 5th February 2015, Captain Russell Myles, one of SCAA's pilots, set himself the challenge to swim 150 kilometres. Russell exceeded all expectations and eventually managed to swim 185 kilometres. That's over 20% further than his original target or almost 5 times the length of Loch Ness!

After renewing his gym membership, Russell decided it was time to make the most out of it and the 20 Metre pool. "Originally the challenge was a personal aim, but by doing it for SCAA, I found it was a great way to keep motivation levels high".

After a while, swimming became a habit and Russell managed to swim before work and on days off. In the pool to keep himself focused (and entertained!) he would do lengths in blocks of 1000/2000 metres each time he swam, breaking these into blocks of 20, then into lengths of 4 at a time.

Russell admits he did find fundraising itself challenging at times. "At the beginning, larger donations from family members helped me get going, but after this, I found money raising was slow. So every time a milestone was passed, I found sharing such news with friends and on social media would help increase donations". To help raise funds, Russell also gave a talk and presentation about SCAA to Blairgowrie Ramblers Club and the money donated from this helped substantially towards his final fundraising total.

However, when Russell successfully reached his target distance 3 months in advance, this is where he admits it was very hard to find motivation to continue. Setting a further goal and focusing on increasing fundraising efforts, however, helped him get through this – and therefore manage to complete 9,250 lengths in total!

Now Russell's finished his Big Swim, he thoroughly encourages anyone who needs motivation for any challenge to turn it into a fundraising event – "When raising money for a charity such as SCAA you know your money will make a substantial difference – and could help save a life."

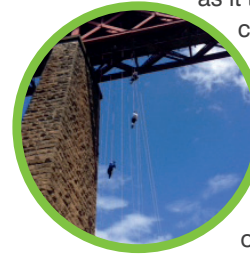
If anyone was wondering... He got through 1 pair of swimming trunks and 3 pairs of goggles!

The public in Scotland have been amazing in supporting SCAA and we and the many, many people we have rescued thank you from the bottom of our hearts! You have helped us to raise the £1.5 million needed to keep us flying and able to respond to emergencies 365 days a year. We hope you will continue with your support and here are just a few events in which you could take part.

Forth Rail Bridge Abseil

This is your chance to take part in a unique challenge to abseil 165ft, SAS style, from the Forth Rail Bridge onto the sandy beach below. This once-in-a-lifetime experience is a real adrenaline rush for the daring and the ultimate challenge for the rest of us!

This year it is made even more special as it takes place in celebration of the Forth Bridge's 125th Anniversary.



Organise your own event

You can always organise your own event and SCAA staff are on hand to help in any way we can. From running a marathon to having your head shaved, our intrepid fundraisers have raised money by doing all sorts of activities. Get in touch to chat about your ideas.

Monthly donation

By signing up to a monthly committed gift by direct debit, you are helping us by allowing us to plan longer term. Your commitment means that we know we can fund essentials such as fuel, equipment and much, much more.

If you are a UK tax payer, we can also claim gift aid on your donation with no cost at all to you, but increasing the value of your gift by 25%!

Fundraising How you can help



Skydive

Head for heights? Ever fancied doing a parachute jump? Scotland's Charity Air Ambulance is looking for adventurous volunteers to make a fundraising skydive and 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 'Tandem Skydive' from 10,000 feet attached to a professional instructor. 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, so get in touch and make the first steps towards your biggest adrenaline rush yet!

SCAA lottery

Our life-saving lottery is an easy way for you to support SCAA. For just £1 per week you can be in with a chance of winning our weekly jackpot of £1,000! All you have to do is visit our lottery page at www.scaa.org.uk/lottery and you can sign up there and then. Alternatively, we can post a form to you. All you have to do is give us a call.

Donate

You can also donate by credit, debit card or a cheque. We are extremely grateful for all donations, no matter how big or small – thank you.