

Helimed 56

Hampshire and Isle of Wight Air Ambulance Magazine

AUTUMN 2019



HAMPSHIRE AND ISLE OF WIGHT
AIR AMBULANCE

LE OF WIGHT

Ordinary People. Extraordinary Care. Supported by You

www.hiowaa.org

Tackling mental health in the emergency services

'A Pilot's View' - Meet Captain Dave Nicholls

Spreading the word with our new Virtual Reality Journey



HAMPSHIRE AND ISLE OF WIGHT
AIR AMBULANCE

Charity No 1106234



“We need to raise £15,000 a day to keep our service operational and, with so many other local and national charities seeking vital support, it is crucial that we maintain a presence and voice in our communities. We could not do this without the 162 volunteers who form the backbone of our charity.”

Alex Lochrane, Chief Executive

Welcome to the Autumn edition of Helimed 56

Welcome from Alex Lochrane	3
Online Wellbeing Programme	4/5
A Life Saved Kerrie Sunderland	6/7
A Pilot's View Dave Nicholls	8/9
Learning Saves Lives	10
National Citizen Service	11
Isle of Wight Volunteer Pete Edwards	12
Volunteer for HIOWAA	13
A Life Saved Mike Hitchcock	14/15
Go Green, Go Paper-Free	16
Community and Corporate	17
Dash in the Dark	18
Runway Run	19
PHEM Doctors Introducing Dr Amy Andrew and Dr Jamie Plumb	20
Meet the Team HEMS Paramedic Dave Zaple	21
Give Life Not Socks	22
Introducing our new Virtual Reality Journey	23

Hampshire and Isle of Wight Air Ambulance

22 Oriana Way, Nursling
Southampton SO16 0YU

t: 02380 743 510
e: enquiries@hiowaa.org

www.hiowaa.org

Charity No 1106234
Registered No 5244460

Production Team

Editor: Caroline Tyree

**Design, Production
Management & Cover**

Photography: 3Men²

www.3men2.co.uk



We are always keen to hear your feedback and it has recently become clear that an increasing number of you have expressed an interest in receiving a digital version of Helimed56 in the future. Whilst there will always be a place for good old-fashioned print, I'm pleased to let you know that in the future we will be able to email an online version of our magazine to those who request it. On page 16 of this issue you'll find details of how you can opt to go paper-free in the future.

Whilst working as a doctor on the Air Ambulance, Dr Matt Kerton realised that our teams were regularly attending life-changing incidents that could eventually, and adversely, impact upon their own mental health – sadly this is too often the case with those whose job it is to care for others. It was this that led him to approach HIOWAA about developing a secure online platform that would allow our paramedics, doctors, pilots and dispatch assistants to monitor their own mental health and wellbeing. Our online Wellbeing Programme was launched in May this year and you can read more on pages 4-5. A first for Air Ambulance charities, I am immensely proud of the work that has gone into the programme, which was recently shortlisted in the 'Digital Innovation of the Year' category at the national Third Sector Awards and for 'Innovation of the Year' at the Air Ambulance Awards of Excellence.

In this issue of Helimed56, Kerrie Sunderland (page 6-7) and Mike Hitchcock (page 14-15) tell the story of the day that your Air Ambulance service was there for them. Mike was treated by the teams from one of the

HIOWAA Critical Care Team Vehicles after he suffered a near fatal heart attack at his home in Bishopstoke. Kerrie, who works as a patient call handler for South Central Ambulance Service, became a patient herself after a nasty motorbike accident. As always, and on behalf of everyone at HIOWAA, I am sincerely grateful to Kerrie, Mike and all of our former patients who choose to tell their stories in order to help us spread the word about our service.

In October, we launched our new education campaign, 'Learning Saves Lives', which aims to raise awareness of how HIOWAA's paramedics never stop learning. By supporting their training and education we keep them as up to date as possible, allowing them to deliver the gold standard of pre-hospital care. Clearly, support of these programmes comes at a price, and HIOWAA spends about £6 a day on training and educating just one paramedic. In October we began visiting schools, youth groups, colleges and universities, to talk to young people about the learning journey of a HIOWAA paramedic, in the hope of inspiring them to support this important campaign. Please take a look at our website for details about how you can get involved: www.hiowaa.org

On the subject of training, our two new pre-hospital emergency medicine (PHEM) trainee doctors joined us at the end of August. Meet Dr Jamie Plumb and Dr Amy Andrew on page 20. Some of you may remember that Dr Matt Kerton, who developed our new online Wellbeing Programme, joined HIOWAA as a PHEM trainee doctor in 2017. Matt has successfully completed this phase of his training and has gone on to complete the next phase but I hope very much to see him back in the not too distant future.

Have you ever wondered what it takes to be an Air Ambulance pilot? I hope that our interview with Captain Dave Nicholls on pages 8-9 will give you an

insight into the daily challenges our pilots face and also into what makes it such a uniquely rewarding career. Over the past three years, our friends at Southampton Airport have raised over £100,000 for HIOWAA. With our partnership going from strength to strength every year, I am delighted that this year, 1,000 runners took part in the airport's annual Runway Run, making it the biggest to date. Not only have Southampton Airport helped raise a phenomenal sum of money for our charity, but they have also provided us with a textbook example of how rewarding a successful corporate partnership can be, for all involved. A heartfelt thank you to all at the airport for the part you have played in ensuring that we can continue to be there for those who need us.

Finally, it would be remiss of me not to close without thanking the 162 volunteers who form the backbone of our charity. As you will know, we need to raise £15,000 a day to keep our service operational and, with so many other local and national charities seeking vital support, it is crucial that we maintain a presence and voice in our communities. We could not do this without our volunteers, and we rely upon them to spread the word about our life-saving service. Amongst other things, this means giving talks about our work, attending festivals, events and cheque presentations, distributing collection pots and helping us to manage our own HIOWAA events. Dash in the Dark, our first glow in the dark fun run in September, could not have happened without our volunteers and I wish to place on record – again – my heartfelt thanks to all of them for everything they do to "Keep Critical Care in the Air".

Thank you all so much.

Alex Lochrane
Chief Executive



ONLINE WELLBEING PROGRAMME

National reporting has highlighted that everyone working in the emergency services can be affected by post-traumatic stress at any point in their career, and the Critical Care Teams at HIOWAA are no exception.

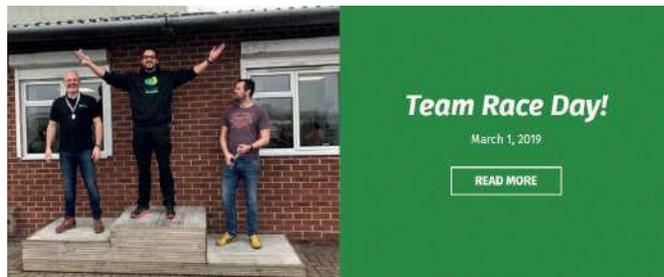
In May, thanks to Dr Matt Kerton, HIOWAA became the first Air Ambulance Charity in the UK to launch a comprehensive online Wellbeing Programme that takes a proactive new approach to monitoring and enhancing the mental health and wellbeing of our Critical Care Teams. At the heart of the programme is a new wellbeing website designed to give our paramedics, doctors, pilots and dispatch assistants the tools to monitor their own mental health by completing an anonymous monthly survey.

Every month the website sends the teams an automated email reminding them to take an anonymous survey. The survey questions are set by ProQOL (Professional Quality of Life) and an individual's responses determine their scores in three separate categories:

- **Compassion Satisfaction**
- **Burnout**
- **Secondary Traumatic Stress**



The website algorithm works out the crew's scores and uses a fuel gauge to illustrate their results.



SUPPORTING OUR TEAMS

Wellbeing days bring Critical Care Teams together outside their working environment to nurture a supportive and caring culture and to reduce the stigma associated with mental health.

- **Quarterly away days for Critical Care Teams**
- **Reflective practice with additional support from Occupational Health and psychologists**
- **Team building events**

Monthly themed Wellness Sessions:

- **Regular yoga sessions**
- **Physical training tailored to Critical Care Teams**
- **Remote meditation sessions**



Dr Matt Kerton, who developed the programme, interviewed by BBC South Today.



“

There is nothing that can prepare us for what we come up against every day and we regularly attend life-changing incidents that stay with us long after our shift finishes. Every incident is different, every patient is different, and a situation can change in a split second. In that moment we are wholly focused on keeping our patient alive.

Dr Matt Kerton

”



JASON FOX MEETS THE TEAM



Former Royal Marine Commando and star of SAS: Who Dares Wins, Jason Fox, visits the Charity Airbase to learn about our Wellbeing Programme.

“Having seen first-hand the devastating impact that exposure to traumatic events can have upon an individual’s mental health, I was blown away by the Hampshire and Isle of Wight Air Ambulance Wellbeing Programme.”

- Jason Fox

Third Sector Awards Shortlisted 2019

HIOWAA's new Online Wellbeing Programme was recently nominated for 'Digital Innovation of the Year' at the Third Sector Awards and 'Innovation of the Year' at the Air Ambulance Awards of Excellence. The awards celebrate the achievements and innovations of charities nationwide, and have both recognised HIOWAA for our work towards ensuring our Critical Care Teams have the mental and physical resilience to provide the best possible life-saving treatment.





“

It was such a surprise meeting Kerrie at work and realising that her story sounded very familiar. It's been really humbling to meet her and see how fantastic her recovery has been, from her immediate pre-hospital care to months of physiotherapy and rehabilitation.

John Gamblin,
HIOWAA Specialist
Critical Care Paramedic

”

A LIFE SAVED

Mother-of-two **Kerrie** works for **South Central Ambulance Service NHS Foundation Trust (SCAS)** as a call handler, offering advice and assistance to patients in their time of need.

As she jumped on her **motorbike** to get to work one cold Sunday morning Kerrie was soon to be the patient herself, needing advice and assistance in her time of need. The care she received that day, which ultimately saved her life, was down to a team effort from all involved, including the **Hazardous Area Response Team, the SCAS road crew and the HIOWAA Critical Care Team.**

Below, Kerrie recalls her story:

“It was early on a Sunday morning and I was on my way to work at the Otterbourne call centre for the NHS 111 service. I was heading through Bubb Lane and had started to slow down as I approached a roundabout. As the sun popped up and hit the damp road I lost all visibility and drifted across, hitting the dividing island. As I flew towards the roundabout my bike followed me, landing on my leg.

“A stranger stopped to see if I needed help. As I sat up I thought about how lucky I’d been. It was then that I looked at my leg and realised that it was twisted and at an odd angle.

“I called work to tell them that I might be a little late. As I started to go into shock my friendly stranger called 999 and my husband, Glenn. Feeling very tired and wanting to sleep, he kept talking to me to keep me awake. I remember the cold wet grass and the insane feeling of needing to close my eyes.”

As Kerrie lay on the ground, off-duty SCAS paramedic, Jack Ansell, and Consultant Pre-Hospital Care Practitioner, Mark Ainsworth-Smith, received an alert from the ambulance control room asking them to attend an accident nearby. Throwing on their uniform, the pair jumped in their cars.

Mark remembers, “When we arrived, Kerrie was conscious and talking but was in severe pain, despite all the medication that she had already been given. We elected to give her ketamine, the strongest analgesia that we carry.”

Due to the complex nature of Kerrie’s break, and her type 1 diabetes, the Air Ambulance was dispatched. It was not long before

it landed and Specialist Critical Care Paramedics, John Gamblin and Louise Wigmore, began working alongside their colleagues from SCAS. John and Louise gave Kerrie additional analgesia, reducing her pain further, and with the help of a Kendrick Traction Device – a specialist device carried on board the Air Ambulance to restore anatomical alignment to the leg - they were able to straighten Kerrie’s severely injured leg before accompanying her to hospital in the road ambulance.

“When John and Louise arrived, I remember Louise stroking my head and talking to me. I don’t remember anything after hearing John say, ‘This will relax you so we can straighten your leg and get you into a nice, warm ambulance.’ The only other memory I have of that day is of being wheeled into surgery. As the ketamine was wearing off I could feel every bump in the hospital floor.

“Once the adrenaline wore off I was in too much pain to think straight. I could feel myself slipping away and thinking that I just needed to close my eyes and sleep. I had no fight left to give. I’m a strong person but, even at my worst, I never thought that I would just let myself slip into unconsciousness so easily.

“When I take calls from patients they often don’t know what’s happening. Yet somehow, by listening to my voice on the end of the line they find the strength to do what needs to be done. It’s so inspiring. But I just felt useless. I desperately wanted to do more, but I couldn’t.”

Kerrie had broken her femur clean in half and suffered complex fractures to her lower tibia and fibula. She had a metal rod drilled through her femur and an external

fixation cage fitted on her leg from the knee down. Kerrie spent a total of 10 days in hospital, with her recovery taking six months altogether.

“I eventually went back to work with my cage on, but it took me a long time to gain the confidence to walk again. In this time my weight plummeted by nearly three stone. I have scars which will fade, but I still have pain, and I will never have normal movement in my leg again. But I’m still here and that’s all that matters.

“IF THE HIOWAA CRITICAL CARE TEAM HAD NOT BEEN THERE, MY CHANCES OF SURVIVING THE SHOCK WOULD NOT HAVE BEEN GOOD.”

“Having witnessed first-hand the work of the ambulance crews and the Air Ambulance Critical Care Team, I decided to become a Community First Responder. I am now walking, cycling, swimming and running with the boys. I am me again.”

“Kerrie has used her experience to help others in her role as a Community First Responder and NHS 111 Call handler. She has been such an inspirational character throughout.”

Mark Ainsworth-Smith
SCAS Consultant Pre-Hospital
Care Practitioner



MEET THE CREW



As an Air Ambulance charity, we lease our helicopter from Babcock Mission Critical Services Onshore and all of our pilots are also employed by Babcock. We caught up with Captain **Dave Nicholls**, who has been flying with the Charity for almost **five years**.



Photo: Tom-Nickisson-Richards

What was your previous job?

I spent 22 years in the Army, 18 of which were as a pilot.

Why did you choose to be an Air Ambulance pilot – what attracted you to the job?

It's the most satisfying job I've ever done; I am able to use the experience I gained on military operations to help patients. I also love the amazing work ethic and sense of humour of our Critical Care Team members. Every day is different and there's always a good mix of hard work and fun.

What additional training does a Helicopter Emergency Medical Services (HEMS) pilot require over a pilot doing a commercial job?

Babcock pilots selected for HEMS must already have a certain amount of experience, often, but by no means always, as pilots in the armed forces. Once selected, they are required to fly at least 10 HEMS shifts on the job with a line training captain. They must also learn the complex regulations associated with HEMS.

What are the main flying challenges associated with being an Air Ambulance pilot?

Apart from the weather, which is a challenge for all pilots, the biggest challenge is ensuring we operate the aircraft as safely as possible whilst finding the most appropriate way to help the patient. I am often told that I have an exciting job. My view is that it is the pilot's job to make sure it isn't exciting!

What are the things that concern you most as you are choosing a landing spot?

Safety is by far the most important factor. With that in mind, we look for a landing site that is reasonably close to the patient, big enough for the helicopter (we need around 25

metres) and with good access to the patient. Our crews sometimes have to climb over fences to get to a patient but it can be much more difficult to return the same way with a stretchered patient.

Under what conditions or circumstances would you refuse to fly or land the Air Ambulance at an incident?

We would not fly if the weather was below the legal minimum for cloud base and visibility. We would normally be able to find a suitable landing site, provided it is big enough and clear of people. Sometimes we are unable to land at the most suitable landing site because there are people in the way. We always ask members of the public to move well clear if they see a helicopter approaching and to keep away whilst the blades are still turning.

HRH The Duke of Cambridge said his time as an Air Ambulance pilot was very stressful. How do you manage stress?

I try to get to every incident as quickly and as safely as possible. If I always stick to this then I never have to change what I'm doing, regardless of the condition of the patient – I am already doing my best! This takes much of the stress out of Air Ambulance flying. That said, there will always be certain missions that affect us more than others. We manage by talking through missions on returning to base. Sharing any concerns or doubts with other crew members is definitely the best stress management regime and also helps us to identify any areas where we could have made improvements.

What has been your most 'memorable' mission and why?

From a flying perspective, it is difficult to single out a specific mission; they are all memorable in their own way. Each mission is like

“IT'S THE MOST SATISFYING JOB I'VE EVER DONE”

a puzzle to be solved, be it due to location, weather or some of the many other difficulties we often have to overcome. Missions are more memorable to me when there is a sad story behind the incident. It is really important for us to debrief these tasks as a crew to ensure that something memorable does not become a problem over time.

What do you do between call-outs?

Every day starts with a briefing on the weather and any other factors that will affect our day or night. A lot of the day is taken up with paperwork, checking and servicing the aircraft, checking the fuel quality or talking through previous missions. We usually find time to include a bit of “down time”. We have a comfortable crew room and we are also able to use our own gym on base. Amongst all that, we usually fly between two and three missions per day.

What advice would you give a 10-year-old Dave Nicholls?

I think it would be to take the opportunity to learn as much as you can, whenever and wherever you can. That means not just things that interest you at the moment. I had never considered a career in flying until I was 22 years old. Unfortunately, I hadn't paid as much attention to some subjects as I could have done and I had to work much harder as a result. I still got there, but life would have been so much easier if I had listened to those who were trying to help me at school.

LEARNING SAVES LIVES

Calling all schoolchildren

£6 = A DAY AT SCHOOL FOR 1 PARAMEDIC



ADVANCED

LIFE SUPPORT



HELICOPTER

TRAINING



SPECIALIST
PRE-HOSPITAL

TRAINING



CHILD

LIFE SUPPORT

ADVANCED



CLINICAL PRACTICE

WE ARE A CHARITY

HELP US KEEP OUR PARAMEDICS LIFE-SAVING READY

VISIT HIOWAA.ORG





NATIONAL CITIZEN SERVICE

The National Citizen Service (NCS) is a programme specifically designed to provide young people aged 16-17 with a life-changing experience and to equip them with the skills and confidence they need for the next stage of their lives.

Over the three-week programme, the students are encouraged to:

- Challenge themselves during an adventure week away
- Learn to be independent during a life-skills week
- Give back to their community during a social action week

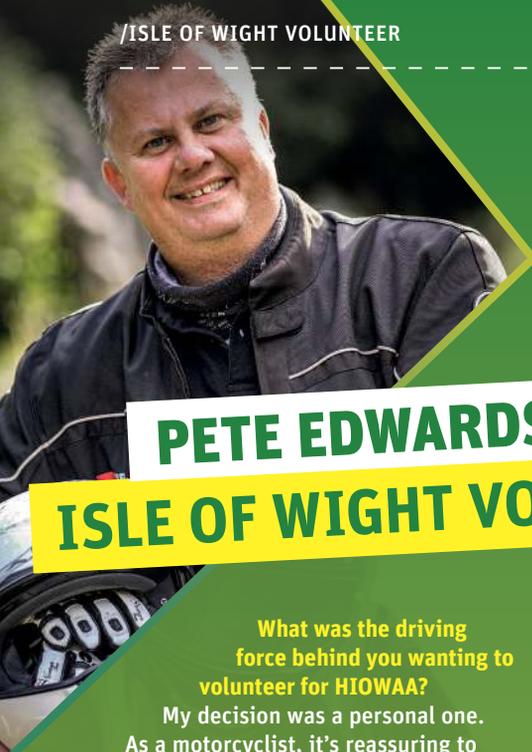
Over the past two years, we have been busy working with young people participating in the NCS programme in Andover, Farnborough and Eastleigh. As a result, 11 groups of young people decided to support us during their social action week by creating fundraising initiatives ranging from triathlons to family fun days.

“The young people, who have all just completed their GCSEs, have blown us away with their enthusiasm, drive and determination to give back to their communities.”

-Joanna Hennessy, Education Programme Manager

A huge thank you to all the groups who have supported us and well done to all young people across the country who have taken part in this amazing scheme.





PETE EDWARDS

ISLE OF WIGHT VOLUNTEER

What was the driving force behind you wanting to volunteer for HIOWAA?

My decision was a personal one. As a motorcyclist, it's reassuring to know that, should the worst happen, the Air Ambulance can get to you quickly, bringing **hospital level care to the roadside**. I also live on the Isle of Wight where the Air Ambulance serves as a lifeline to patients needing urgent medical care at the nearest Major Trauma Centre on the mainland.

How long have you been involved with the Charity?

Many years ago, the Isle of Wight Coffin Dodgers and Carers, a group of ageing bikers, decided to hold a bike show in aid of HIOWAA. The first year saw 250 participants turn up and numbers continued to grow year-on-year until we had over 750 bikers from around the country at our event.

Tell us about the recent Ride4Life event you organised in aid of HIOWAA?

The 45-mile Ride Out across the Island was led by long-term volunteer, Dave Ford, and HIOWAA's very own Chief Executive, Alex Lochrane. On the morning of the Ride Out a great bunch of volunteers descended ridiculously early to get everything ready for the day. The Air Ambulance landed at the Isle of Wight Steam Railway, Havenstreet, before we set off and everyone got a chance to look around and ask questions. All 204 bikers were true ambassadors for the motorcycling community, and I was proud to be a small part of it.

How do you find juggling a full-time job with the volunteer work that you do?

Being a motorcycle instructor for RydeRight Motorcycle Training keeps me busy at the weekends. I also have a full-time job at a local Aerospace Manufacturing company, and I have various other charitable commitments that keep me out of trouble. Volunteering for HIOWAA has become a real passion of mine. If you believe in a cause it's easy to champion. I would love to do more for HIOWAA one day. I am very fortunate to have an understanding wife who supports me and loves to get involved with fundraising activities herself.

What has your experience of volunteering with HIOWAA been like?

The support I get from the HIOWAA Volunteering Team is fantastic. They make it a truly enjoyable experience and there's a true sense of teamwork. I enjoy every minute and it's great to be a very small cog in such a well-oiled machine. I love meeting new people and attending events with the other volunteers who make it all the more enjoyable.

What events are you most looking forward to in the future?

HIOWAA offers many opportunities, with an extensive training schedule that covers everything from first aid to public speaking and presentation skills. The Charity also hosts social events and the popular Volunteers' Annual Conference. I'm already looking forward to getting stuck into organising Ride4Life 2020

“
As I see the helicopter fly over my office I feel proud to be a part of the Charity.”

- Pete Edwards

and I hope to make it an annual event in the HIOWAA calendar.

What makes volunteering with HIOWAA different?

I have volunteered for many other charities, all of which are very worthy causes, but HIOWAA is my passion because it is such a dynamic charity to work for. People instantly relate to seeing the yellow and green helicopter and everyone knows someone who has needed it at some point. As I see the helicopter fly over my office I feel proud to be a part of the Charity.

What would you say to someone looking to be a volunteer?

Just DO IT!





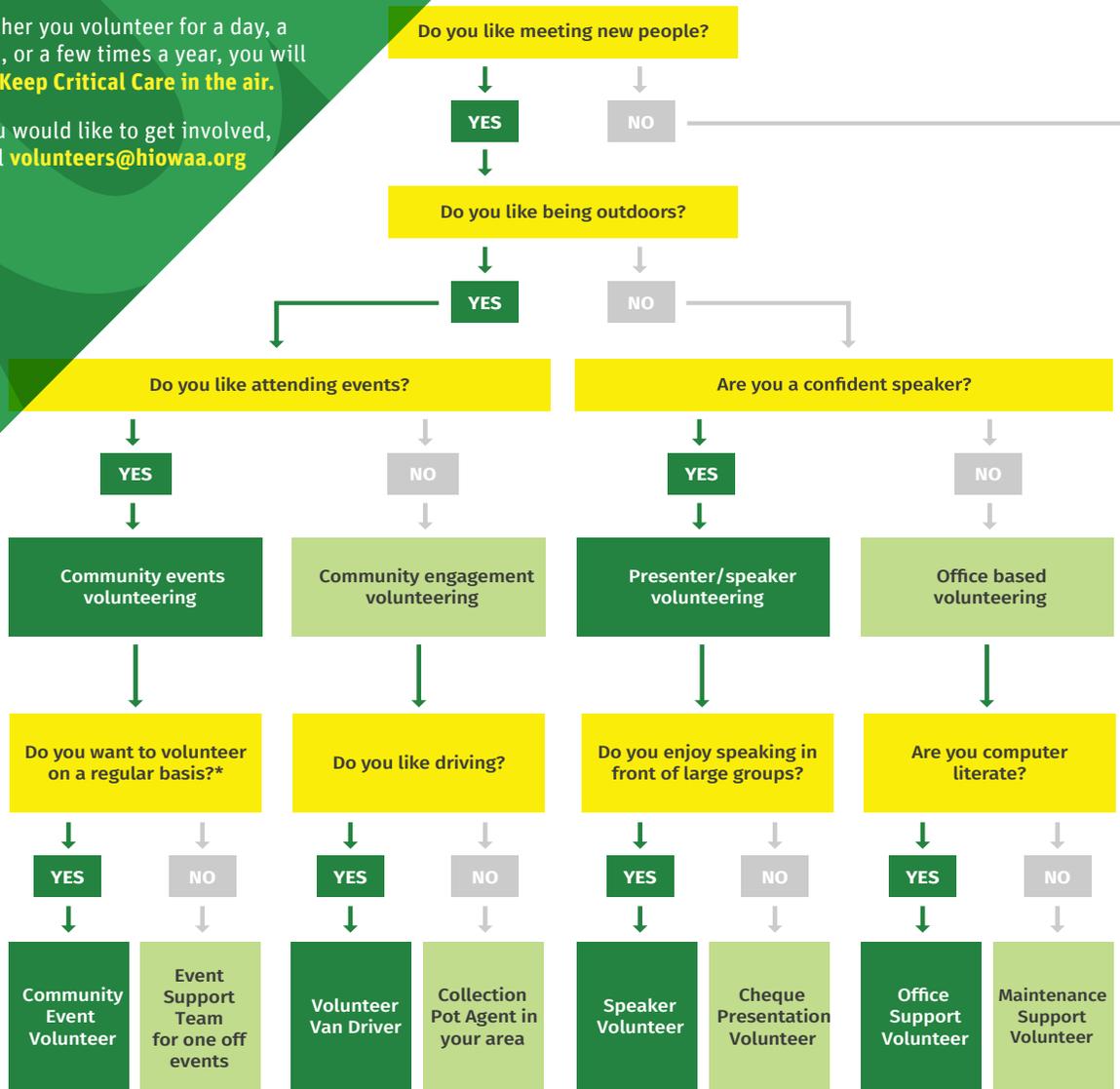
VOLUNTEER for HIOWAA

Our volunteers make things happen and we could not do what we do without them.

Whether you volunteer for a day, a week, or a few times a year, you will help **Keep Critical Care in the air.**

If you would like to get involved, email volunteers@hiowaa.org

FIND YOUR ROLE



*More than twice a year.

Virtual Volunteer (e.g. proof reader)



**A LIFE
SAVED**

Mike & Dolores

“The Critical Care Team asked me to sit with Mike and prepare for the worst as they had tried everything, but they were not giving up”

- Dolores Hitchcock

On the 23rd January 2019, **Mike Hitchcock** suffered a near fatal heart attack at his home. His wife, **Dolores**, performed **CPR** on him until paramedics arrived.

Dolores shares her memories of the day's events.

Mike is a volunteer driver with Bishopstoke Good Neighbours Scheme. On the morning of 23rd January he took a lady to Southampton Eye Hospital. We had lunch together when he returned and went for a short walk. It was just a normal day for us.

Upon returning home I busied myself on the computer. Mike walked into the lounge and suddenly collapsed. There was no warning, he hadn't said he felt funny or poorly; he just fell. I realised he hadn't fainted so I started CPR straight away whilst reaching for the phone and dialling 999.

The paramedics arrived about 10-12 minutes later. They took over the chest compressions and shocked Mike several times. They were doing all they could to resuscitate him when the HIOWAA Critical Care Team arrived in the Critical Care Team Vehicle. They got to work on Mike and by this time almost an hour had gone by since he had collapsed. There seemed to be little hope.

The Critical Care Team asked me to sit with Mike and prepare for the worst as they had tried everything, but they were not giving up. They injected Mike once more and unbelievably, they managed to get a pulse.

The team accompanied Mike to University Hospital Southampton by road ambulance. Helicopter Emergency Medicine Service Paramedic, Sophia drove me to the hospital in the Critical Care Team Vehicle. She was lovely and kept talking to me all the way.



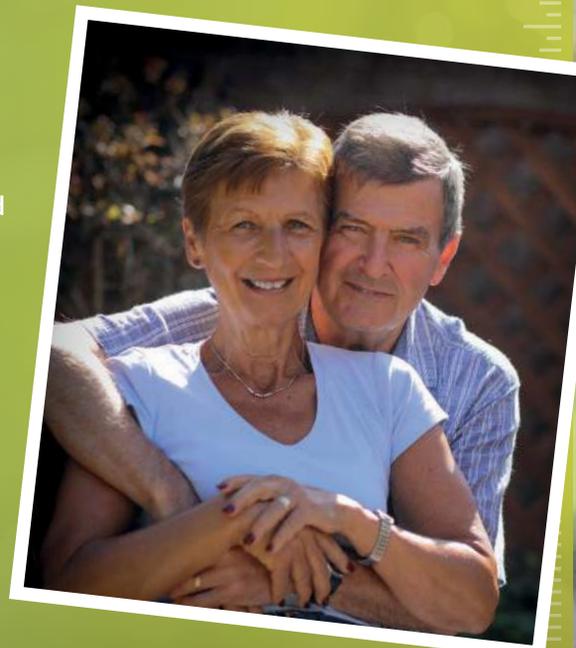
Mike was in the Intensive Care Unit on life support for five days. I stayed with him for two days and two nights. I was worried I wouldn't have the chance to be with him again.

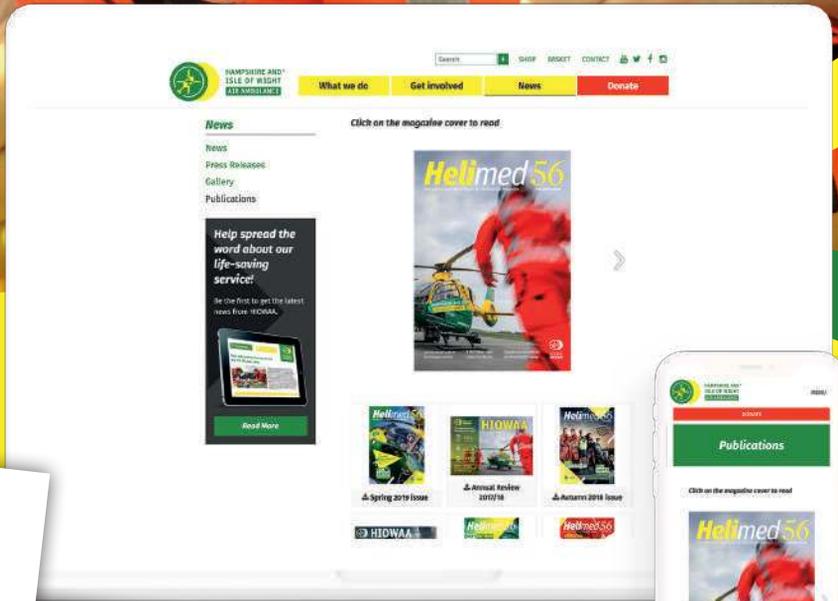
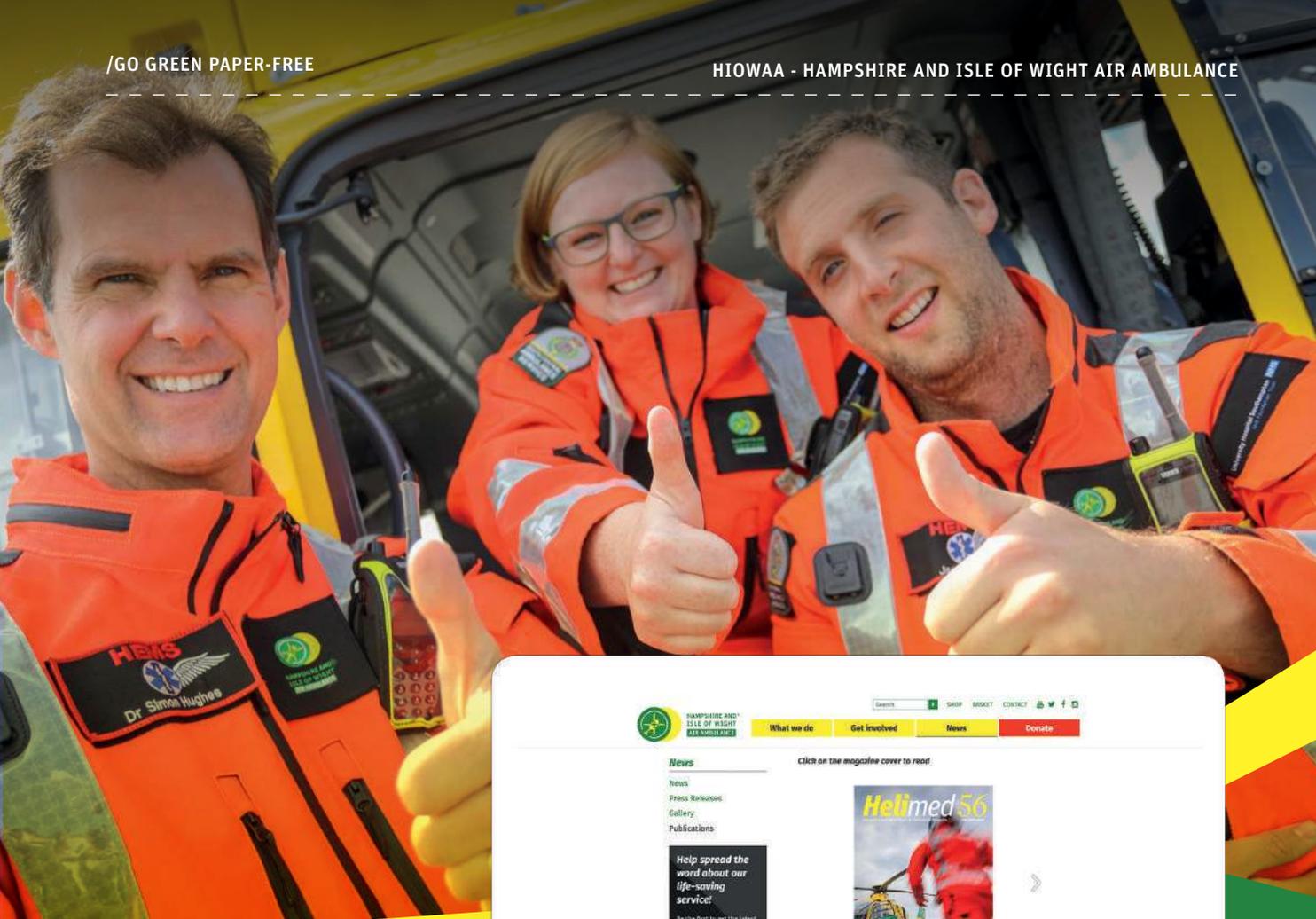
He was woken up on the fifth day and, though we were prepared for the worst, not knowing if he would regain brain function or wake at all, he amazed us all by responding to questions from the physiotherapist. Mike couldn't talk because of the breathing tube in his throat so he so he signalled that he wanted a pen and paper. Haltingly, he wrote my daughter's name. My daughter had been with me every day until then, but had gone back to work that day, and he knew she wasn't there.

After a week, Mike was transferred to the cardiac High Dependency Unit and then onto the cardiac ward. He had a defibrillator fitted under his left arm with wires going into his heart so, should his heart stop again, he will receive an immediate shock. Mike was discharged after 18 days and is now on the road to recovery. The care he received was second to none. He was in the best hands.

“ SAYING THANKS TO THE ROAD CREW AND THE AIR AMBULANCE CRITICAL CARE TEAM, WHO NEVER GAVE UP ON MIKE, DOESN'T SEEM ENOUGH.

”





GO GREEN

GO PAPER-FREE



Would you like to Go Digital and help us reduce our costs and our carbon footprint?

Choose to go paper-free and we will send you a digital version of our magazine.

Simply go to our website: www.hiowaa.org/communication/ to update your contact preferences.

SIGNATURE

FLIGHT SUPPORT

Over the past 10 years, HIOWAA has been proudly supported by Signature Flight Support.

This summer we received a **\$10,000 donation** from BBA Aviation; the parent company of Signature Flight Support. This is the third time that we have received a significant donation from BBA Aviation and it is thanks to this recent donation that we have been able to continue to fund the ongoing development of our online Wellbeing Programme (page 3-4).

The Signature Flight Support team always have their doors open for our charity, sometimes providing a ‘rest stop’ for our Critical Care Teams when they need a well-earned break and on other occasions providing them with the opportunity to refuel the Air Ambulance during a busy shift. Over the past 12 months staff at Signature Flight Support have given up their time to assist with fundraising activities, including bucket collections at Southampton Airport and assistance with Runway Run preparations. Other members of staff have organised their own fundraising activities, including skydives, quiz nights, charity runs and more. Providing the icing on the cake, employee Helen Doulton-Levett, who also volunteers for HIOWAA, has been supporting the Charity for an average of five hours a week for the past four years.

The support that we receive from both Signature Flight Support and BBA Aviation is vital to our service and the wellbeing of our crew and we can never thank them enough for all that they do for us.

TOTAL \$10,000



GE AVIATION

To celebrate 100 years of aviation innovation, GE Aviation encouraged local branches to host employee fun days and celebratory events. Each branch was asked to vote for a charity of their choice to receive a donation from Head Office. HIOWAA was fortunate enough to be the Charity nominated by employees at GE Aviation in Hamble.

To celebrate this act of generosity we were invited to a Family Fun evening in July, where employees took part in various activities, enjoyed entertainment from local musicians and rounded off the evening with a cheque presentation of £3,500.

We want to thank everybody at GE Aviation, Hamble, for choosing to support HIOWAA. It is thanks to the support that we receive from local businesses that we are able to keep the Air Ambulance operational and saving lives.

TOTAL £3,500



If you would like to become a corporate supporter of HIOWAA, please get in touch with our corporate fundraising team by emailing ray@hiowaa.org so that we can find the best support package for you.

READY STEADY GLOW



Dash 5K
in the Dark

HIOWAA

DASH IN THE DARK

As the sun began to set, **over 700 participants** lit up Southampton Common as they lined up for the start of HIOWAA's first ever night-time fun run; Dash in the Dark.

With glow sticks in hand and everybody dressed in neon paint from head to toe, they were off. Participants of all ages and abilities **ran, skipped, jumped and danced** their way around the Common.

At the front of the pack, sporting runner numbers 1, 2 and 3, were 14-year-old Maisie Godden-Hall and her family. Rescued by HIOWAA in 2016, Maisie has become one of our own HIOWAA Heroes, raising money through bake sales, charity walks and much more. Well done and thank you, Maisie!

Maisie's mother, Jane, told us: **"There are not enough words to thank all those people who helped, from the general public to the emergency services and in particular the Air Ambulance. Maisie's accident touched many people, particularly her school friends and teachers."**

£28,000 RAISED

“

DASH IN THE DARK WAS SUCH AN INCREDIBLE EVENING, AND IT WAS GREAT TO SEE SO MANY PEOPLE GIVE UP THEIR SATURDAY NIGHT TO SUPPORT OUR CHARITY. WE OWE EVERY SINGLE PERSON WHO TOOK PART A HUGE THANK YOU

- Nicole Davies, Events Fundraiser

”



HIOWAA RUNWAY RUN

HIOWAA joined forces with Southampton Airport again this year for the Charity's third successive Runway Run. Runners from around the world took part in the popular 5k fun run, with participants coming from as far as Schaumburg, Illinois, to help raise vital funds.

Popularity for the event has grown each year, with the airport increasing participant numbers to **1,000** for the first time.

"This year, the Southampton Airport Runway Run has raised a staggering £30,000, proving once again that our supporters are ready to go the extra mile to raise funds for the Air Ambulance, even if it means getting up at the crack of dawn on a Sunday morning. From the 1,000 runners who took part, to the volunteers who helped us out on the day, we could not have done it without you."

Ray Southam
Partnerships Manager



Runway Run is always an early start for runners, who have to check in at 4.30am in order to cross the finish line before the first flights of the day take off and touch down.

PHEM DOCTORS



A warm welcome to **Dr Amy Andrew** and **Dr Jamie Plumb**, who joined our **PHEM (Pre-Hospital Emergency Medicine) Training Programme** this summer

DR AMY ANDREW

Amy gained her qualification in medicine from St George's University, London, in 2012, and has since split her time between University Hospital Southampton (UHS) and Queen Alexandra Hospital, Portsmouth.

Now a qualified Registrar, she can either be found treating patients in the Emergency Department at UHS or on board the Air Ambulance as part of the HIOWAA Critical Care Team.

She is currently studying for an MSc in Extreme Medicine with the University of Exeter and World Extreme Medicine, which includes:

Polar Medicine, Mountain Medicine or Humanitarian Medicine.

Amy also works part-time for Enhanced Care Services; providing medical cover at festivals, sporting events and exhibitions.

Despite her busy schedule Amy also teaches as part of the Rapid Response Adventure Medics team, providing expedition medical knowledge to civilians.

“ I AM SO EXCITED TO BE JOINING THE HIOWAA PHEM TRAINING PROGRAMME ”



PHEM focuses on caring for seriously ill or injured patients in urban, rural, or remote settings before they reach hospital, and during emergency transfer to hospital or between hospitals.

DR JAMIE PLUMB

Recently appointed as a Consultant Anaesthetist at University Hospital Southampton (UHS), Jamie joins HIOWAA's PHEM Training Programme with a wealth of experience.

Currently finishing a higher-degree at the University of Southampton, Jamie has travelled the length and breadth of the country, starting his medical career in Nottingham and going on to work in Cornwall and Wessex.

He even spent a year in Dunedin, New Zealand, in 2011 where he got his first taste of pre-hospital care.

When he isn't busy saving lives, Jamie's three young children keep him busy. He shares his love of mountains and skiing with his family, and when he can find the time he hits the open road; cycle racing.

HIOWAA has a blended PHEM Training Programme run over two years. During this time, the trainees work 50:50 between their base specialty and as part of the HIOWAA Critical Care Team.

The PHEM Training Programme is available to senior trainees and consultants in: Anaesthesia, Emergency Medicine, Intensive Care Medicine and Acute Internal Medicine.



MEET DAVE ZAPLE HEMS PARAMEDIC



Dave graduated as a paramedic in 2012 and went to work for South Central Ambulance Service (SCAS), before going on to spend five years working as part of the Hazardous Area Response Team. Dave has also volunteered as a medic for a charity expedition down the Missouri River and more recently worked as a paramedic for the UN in South Sudan. Dave went back to the University of Southampton where he completed his BSc in Clinical Practice, leading him to join HIOWAA in December 2018 as one of our Trainee Helicopter Emergency Medical Service (HEMS) Paramedics.

What makes you get out of bed in the morning?

Normally my body clock tells me I need some breakfast. It's not great when I could do with a lie-in after a late shift, but it does mean that I've become pretty good at napping.

What is your fondest childhood memory?

I did numerous scout camps as a child. I'd hang out with my friends; we'd cook on an open fire and run around in the woods. I still enjoy being in the outdoors.

What did you want to be when you were growing up?

When I was little I wanted to be a rubbish collector. We have a lot of rubbish in our garage these days and my wife would probably say I've achieved my dream! I almost went to university to study civil engineering before deciding that I'd like to become pilot. I guess I'll have to make do with sitting next to the Air Ambulance pilot when I'm on shift. For now, anyway.

When you're not flying in a helicopter, how do you spend your free time?

Despite what my wife says, the 'rubbish' in the garage is either related to ongoing DIY and gardening projects or to our 'toys': the bikes,

boards and climbing gear. I love the outdoors – running, cycling and stand-up paddle boarding. I've always got a project on the go and my latest is 'project campervan'. That's what takes up most of my time.

What's the best piece of advice you've ever been given?

Eat the cake. Life is too short to worry, or to feel guilty about eating food. Go out for dinner and, if you want dessert, have it.

What's on your bucket list?

I want to travel. I'd love to see more of the world and to learn another language.

What quote do you live by?

'Wear sunscreen'. Along with the rest of the Baz Luhrmann song...

Who do you follow on Twitter?

I'm more of an Instagram person at the moment and I love @thefoodgrinder. He gives me hope that I can pull off some of my DIY projects whilst working full-time.

What's the most exciting thing you've ever done?

I got married this summer. It was the best day ever.

Baz Luhrmann - Sunscreen

Ladies and Gentlemen of the class of '99;
Wear Sunscreen.

If I could offer you only one tip for
the future,

Sunscreen would be it.

The long term benefits of sunscreen

have been proved by scientists, whereas

the rest of my advice has no basis

more reliable than my own meandering

experience.

I will dispense this advice now..

Enjoy the power and beauty of

your youth;

oh nevermind;

you will not understand the power

and beauty of your youth until they

have faded.

But trust me, in 20 years you'll look

back at photos of yourself and recall

in a way you can't grasp now how much

possibility lay before.

Don't worry about the future; or worry,

but know that worrying is as effective

as trying to solve an algebra equation

by chewing bubblegum.

The real troubles in your life are apt

to be things that never crossed your

worried mind.



“
EAT THE
CAKE.
LIFE IS
TOO SHORT
TO WORRY...
”





**GIVE
LIFE**

**NOT
SOCKS**

Last December we attended **140 missions** and provided hospital level care to **four emergencies on Christmas Day**

WE DON'T STOP

Donate now at hiowaa.org/Christmas

Saving lives through your support

1



VIRTUAL REALITY FLIGHT

2



OPERATION

3



DRESS UP

INTRODUCING

OUR NEW VIRTUAL REALITY JOURNEY

Go on a virtual mission with our Critical Care Team!

The shows, festivals and events that we attend throughout the year give us opportunities to spread the word about our charity and why we need your support to help keep us flying and saving lives.

It can be difficult to stand out from the crowd at an event and so this year we decided to look at new ways to encourage the public to visit our charity marquee. The result was our new 'Virtual Reality Journey' which had its first outing at the New Forest Show in July.

The Journey is an audio and visual experience that allows visitors the opportunity to 'fly' with our

Critical Care Team, with the help of our virtual reality goggles, and to learn more about the Air Ambulance through videos and hands-on activities. Taking each visitor from the start of a virtual mission, into the Air Ambulance and finally to witness a life saved, the Journey has proved to be popular with all ages and a great way to raise funds and awareness for our charity.



Our new Virtual Reality Journey

WITH THANKS TO OUR CORPORATE SUPPORTERS

ASCENSOS
Baker Davidson Thomas
Bryan Cave Leighton Paisner
Choice
Coffin Mew
Co-op (North Baddesley)
Co-op (Stockbridge)
Corsair First Aid
DS Medical
EchoFour Training Centre
Fenn Night Vision Ltd
Fidelity International
Garthowen Garden Centre
GE Aviation (Hamble)
Hall and Woodhouse Breweries
Hampshire Game
Marks and Spencers (Havant)
Moors Valley Railway
National Motor Museum, Beaulieu
Oakwoods
Omnimed Ltd

Open GI
Phoenix Group
R&W Civil Engineering
Red Mist Leisure Ltd
Rooksdown Ltd
Santander (Andover)
Shentongroup
Signature Flight Support
Solent Medical Skills
Southampton Airport
Strukta
Tailor Made Kitchens Ltd
TAG Farnborough Airport
Tonic Analytics Ltd
UKCloud Ltd
Vestaplas
Vines BMW
Vitacress
Wilkins Kennedy
WP Recruitment Ltd
Zvari Marketing



Registered with



FUNDRAISING
REGULATOR



3Men² are proud
to support
Hampshire and
Isle of Wight
Air Ambulance

To find out how you can become
a Corporate Support, email: ray@hiowaa.org