

Helimed 56

Hampshire and Isle of Wight Air Ambulance Magazine

SPRING 2019



A LIFE

SAVED

Patient stories



HAMPSHIRE AND
ISLE OF WIGHT
AIR AMBULANCE



“I believe the single most important job of the Charity CEO is to make sure that we say **thank you** to all our supporters and so I want to start by thanking you for choosing to support your Air Ambulance.”

Alex Lochrane

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Whether you have spent time reading this magazine and have perhaps passed it on to a friend, made a donation, held a fundraiser, volunteered your time or played our weekly lottery; all of this means that you are helping to keep 'Critical Care in the Air'. It is thanks to you that we are able to provide Emergency Department level critical care to those in immediate need, anywhere in our region, 365 days a year.

In our winter edition I talked about how, as a response to an increasing demand for our service, there was a need to recruit **seven new trainee Critical Care paramedics**. Inside our magazine we have tried to give you a snapshot of the gruelling three day recruitment process that they went through in August last year to be selected from the original 89 applications that we received from around the world. On pages 8-9 you will meet Julian, Sophia and Stian; three of our trainee Critical Care paramedics, who are now four months into their new roles, having undergone an intense period of inductions, training and coursework. Our new recruits have all more than proved their worth and are well on the way to becoming the Critical Care specialists we hope you will never need!

Last month two more HIOWAA Critical Care Team Vehicles also became operational, to work alongside the Volvo XC90. Unlike a traditional land ambulance, our **Critical Care Team Vehicles** are not used to convey patients, but rather they allow us to bring the Team with the skills and specialist equipment of an Emergency Department directly to the patient. The photographs on page 16-17 of your magazine will give you an idea of the amount of **specialist equipment** that is carried inside these exciting new additions. Did you know that, since our first Critical Care Team Vehicle became operational in February 2017, we have **doubled** the number of incidents we attend every day?

Those of you who have primary school aged children may be

aware of our **Save Up to Suit Up campaign**, launched in October last year. Today over **18,474 children** have saved their ten pence coins to help fund new flight suits for our paramedics. I hope that, when you see the photograph of one of our new paramedic flight suits on page 18-19, you will agree with me that our young supporters have done a fantastic job.

Our two **patient stories** in this issue are both very different examples of how our Critical Care Teams are there for you, should the unexpected happen. I know from speaking to our Helimed Teams that it is very gratifying for them to read these stories and to hear that a patient who they have helped is on the road to recovery.

On page 10 we have chosen to shine the spotlight on **volunteers** Mick Hughes and Sue King, both of whom were awarded our **Certificate of Appreciation** in January. Our Certificate of Appreciation is awarded to individuals, staff or volunteers, whom we believe to have gone the extra mile and who have acted in ways that exemplify our charity values: **Dedication, Teamwork, Professionalism and Openness**. Like all of our volunteers, Mick and Sue are outstanding ambassadors for HIOWAA and I am always grateful to them for their commitment to helping to keep your Air Ambulance flying and saving lives.

It would be remiss of me not to mention that in February we bade **a sad farewell** to our much-loved pilot, Stu Mayor, who left us after 11 years with the Charity to go and work overseas. An outstanding pilot who personified our charity values, Stu was with us from the very beginning and will be sorely missed, not only by us, but also by members of the public who have been fortunate enough to meet him as 'Pilot Stu'. The photographs on page 14 of your magazine say it all! We wish Stu and his wife, Sandy, the best of everything in their new adventure.

I want to close by letting you know that last year we responded to **1,429 emergencies** across our region, more than three times the number that we attended between January 2016 – January 2017. These

statistics are evidence of just how rapidly our service has expanded in the past two years and we could not have done this without your support.

On behalf of everyone here at HIOWAA, I want to say a heartfelt thank you to all of you.

Alex Lochrane
 Chief Executive

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FREEMASONS DONATION

On Thursday 17th January we welcomed members of the Provincial Grand Lodge of Hampshire and Isle of Wight to our Airbase, as a way of saying thank you for their continued support.

On the day, Provincial Grand Master, Right Worshipful Brother Michael Wilks presented us with a generous donation of £4,000, on behalf of the Masonic Charitable Foundation. The Masonic Charitable Foundation are fantastic supporters of Air Ambulance charities nationally and have raised substantial sums to help keep the services operational. This donation is part of £192,000 being donated to the 21 Air Ambulance charities across the country.



“WE ARE EXTREMELY GRATEFUL TO THE HAMPSHIRE AND ISLE OF WIGHT FREEMASONS FOR CONTINUING TO CHAMPION OUR SERVICE”

Michael was joined by Worshipful Brother Kevin Head, Provincial Grand Charity Steward, and Worshipful Brother James Sampson, who presented us with a cheque for over £2,500 on behalf of the Hampshire and Isle of Wight Provincial Grand Stewards Lodge No.9263. A donation of £200 was also given on behalf of Brockenhurst Lodge 7040. Former HIOWAA Trusts and Foundations Fundraiser, Pete Burch, who met the group on the day, said:

“We are extremely grateful to the Hampshire and Isle of Wight Freemasons for continuing to champion our service. Their donation will make a big difference to us and ensures we can continue flying and saving lives across Hampshire and the Isle of Wight.”

Feeling inspired?
Find out how you can support us
www.hiowaa.org/get-involved/fundraising

SOUTHAMPTON AIRPORT RUNWAY RUN

SOLD OUT!

This year’s Runway Run at Southampton Airport will be the biggest one yet and a record breaking 1,000 spaces were snapped up within 12 days of tickets going on sale.

The fun run will see participants experience a fast and flat sprint down the runway at Southampton Airport on Sunday 23rd June. It’s an early start for runners, who will arrive from 4:30am, ready for the 5:30am start. But they must all complete the run before the first flights of the day take off and land!

HIOWAA Partnerships Manager, Ray Southam, said “We are overwhelmed by the support received for the Charity through this unique event. There’s going to be a wonderful atmosphere on the morning and we’re looking forward to welcoming the 1,000 participants to thank them for their support.”

The Southampton Airport Runway Run has already raised over £20,000 and we’re hopeful that, through sponsorship, our runners will help to raise even more to keep us flying and saving lives across Hampshire and the Isle of Wight.



Keep informed about our upcoming events by joining our mailing list www.hiowaa.org/communication or follow us



Dash **5K** in the Dark

5km run, dash, skip, jog or walk!

Saturday 21ST September at 7:30PM



Southampton Common

Light, sound and music mission stations

Register at **HIOWAA.ORG**

EARLY BIRD

Adults (16+ years) £18
Children (10–15 years) £14

FULL PRICE

Adults (16+ years) £20
Children (10–15 years) £16



Scan to Register

HELP KEEP YOUR AIR AMBULANCE FLYING AND SAVING LIVES



“It’s great to hear that Sky-Rose has recovered well. Part of the strength of our Air Ambulance service is that we are an integrated part of trauma care in the region; I was able to talk to my colleagues before we arrived to ensure the right people were ready and waiting. I remember Sky-Rose was the perfect patient and didn’t seem fazed by any of it. What a star!”

Dr Chris Hill, HLOWAA Critical Care Team



A LIFE

SAVED

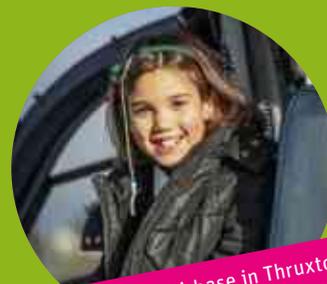
Sky-Rose

Sky-Rose raised a phenomenal £1,000 for HLOWAA after she agreed to have her long locks cut in return for donations. Sky-Rose is currently in year 5 at Otterbourne Church of England Primary School.

In December last year, Sky-Rose, together with Kevin and Dawn, visited our Airbase in Thruxton to present a cheque to members of our Critical Care Team and to thank them for saving her life.

Kevin remembers the day of her accident.

Sky-Rose, who was eight at the time, was acting as a Flower Girl at the wedding of our oldest son, Simon. The festivities took place at Oakley Hall near Basingstoke and during the afternoon reception, Sky-Rose and other children went out into the grounds to play.



Sky-Rose at our Airbase in Thruxton

Whilst the children were playing, they decided to climb a little way into an old “lightning tree” and unfortunately, Sky-Rose fell from a branch, impaling her abdomen on a branch below. Thankfully, an adult was nearby and was able to lift her off the branch and carry her in to the hall, whereupon the staff immediately called for an ambulance which arrived within a few minutes. Following a brief examination, the road crew called the Air Ambulance, which arrived soon after.

People around were distressed by what had happened, but the paramedics ensured that Sky-Rose remained calm and they continually reassured her, and us, that all would be fine. I have to say that Sky-Rose was probably the calmest of all, possibly a little through shock!

After a quick but thorough examination by the Air Ambulance Critical Care Team, Dr Chris confirmed that they would need to take Sky-Rose

to University Hospital Southampton to clean out the wound and to identify any potential internal damage. Sky-Rose was taken by stretcher to the Air Ambulance, and she and her mother, Dawn, were flown on to hospital. Throughout the flight, Sky-Rose was continually monitored and reassured. The team on board gave her a little teddy bear that she christened ‘Dr Chris’, who still has a place of honour in her bedroom. The journey went quickly and on arrival at Southampton, a large medical team was waiting to assess Sky-Rose. She was operated on and remained in hospital for the next four days.



Dawn still remembers the helicopter flight. Everything seemed to happen really fast and without any fuss or fluster. The crew ensured that she and Sky-Rose were quickly and comfortably settled into the aircraft and that Sky-Rose could see her; she remembers how surprised she was by how calm Sky-Rose was throughout the journey and by her attention to what was going on around her. The Critical Care Team had radioed all Sky-Rose’s information ahead to the hospital so that they were fully prepared for our arrival and we were met by a very large and

impressive team of trauma staff who quickly identified who needed to be involved and they simply got on with doing what was necessary. The professionalism of everyone involved in looking after Sky-Rose was phenomenal. The Air Ambulance team were absolutely fantastic, and it was wonderful for Sky-Rose to be able to meet Tom, the paramedic who helped look after her that day, during our visit to Thruxton.

Today, Sky-Rose has fully recovered and has a scar on her abdomen that she refers to as her “chicken nugget”, because of its size and appearance! She is a thoroughly happy and very healthy little girl.

We are very thankful for the care and attention shown to Sky-Rose by the HLOWAA Critical Care Team that day. We often see the helicopter fly overhead and remember how lucky Sky-Rose is and hope that, whoever is benefitting from their care that day, is going to be equally lucky. Sky-Rose has wanted, for a long time, to do something meaningful to thank the team for looking after her and having her hair cut in support of The Little Princess Trust gave her the ideal opportunity to raise much needed funds to help keep the Air Ambulance flying and saving lives.

Thank you for all that you did and continue to do; we owe you so much.



Three Peaks Challenge



HIOWAA HERO

Kelvin Mansfield

Kelvin's support for HIOWAA first began when he learned just how vital the service is, especially to the Isle of Wight.

"I chose to support HIOWAA back in January 2014. I suffered a brain hemorrhage and needed to be airlifted from St Mary's Hospital on the Isle of Wight to Southampton for an urgent operation.

"The HIOWAA Critical Care Team were called, but at that time they hadn't begun night flying, and so the Coastguard airlifted me. I later found out that HIOWAA didn't fly at night because it would mean an escalation in their daily operating costs. Although I was extremely grateful to the coastguard, I just felt that HIOWAA needed the support more.

"After recovering from my operation, I began to look at challenges to help raise funds for the Air Ambulance. In October 2016 I took part in the Three Peaks Challenge for the Charity, reaching the top of Snowdon, Scafell Pike and Ben Nevis in 24 hours. It was a huge achievement for me and spurred me on.

"In 2017 I took on the 100k Thames Path Ultra Marathon. It was the hardest thing I've ever done, physically and mentally. But I am so proud to have completed it!

100k



Thames Path Ultra Marathon

"In September 2018, I stepped onto an aeroplane with 12 other HIOWAA fundraisers and headed to Peru to trek the Inca Trail to Machu Picchu.

"So far, I have raised over £7,000 for HIOWAA and I can't wait for my next challenge! I have set my sights on running a half marathon or marathon every month for a year and would like to finish my challenge by tackling the Bolton Ironman Triathlon in July 2020."



Thanks to Kelvin's support, and the generosity of our community, HIOWAA began night flying in January 2016 and currently operate from 7am until 2am, 365 days a year.



Machu Picchu Challenge

To find out how you can be a HIOWAA Hero visit www.hiowaa.org

MEET THE NEW RECRUITS



JULIAN STIAN TIM LUCY



NIGEL SOPHIA DAVE

In December last year, we welcomed seven new trainee Helicopter Emergency Medical Service (HEMS) paramedics to the HIOWAA Critical Care Team. All seven went through a gruelling three-day selection process which involved, amongst other things, completing a swimming test and a series of 12 clinical scenarios.

The seven successful candidates began their careers as trainee HEMS paramedics on December 10th, throwing themselves into the challenging months of inductions and training that lay ahead.

Four months later, our trainee HEMS paramedics had completed their UHS and HIOWAA inductions, and their HEMS technical crew member courses, which cover the aviation aspect of the HEMS paramedic role. In January they embarked upon the first module of the HIOWAA HEMS Clinical Crew Course, which will equip them with the skills and knowledge they need to work as part of the Charity Critical Care Team.

PARAMEDIC RECRUITMENT PROCESS

APPLICATION AND STRONG MOTIVATIONAL LETTER



All applicants were required to complete a comprehensive application process, detailing how their skills, knowledge and experience would benefit our Critical Care Team, as well as the wider UHS team. We received a total of 89 applications from across the country and abroad, which we had to whittle down to a manageable number to meet face to face.

DAY 1: FITNESS TEST



Our applicants took part in challenging fitness tests and other scenarios designed to test their human factors, as well as teamwork, communication, leadership and decision-making skills. These included activities such as carrying kitbags to a patient before performing a resuscitation and taking part in a swimming challenge – fully clothed.



DAY 2: CLINICAL SCENARIOS



On day 2, our applicants took part in a series of nine clinical scenarios; from major trauma, to navigation, medicine preparation and care of a critically ill child. The scenarios took a huge amount of faculty to run, with doctors, paramedics and charity staff all volunteering to help on the day. Testing was rigorous in order to select the best twelve candidates to go through to the final stage of interviews.



DAY 3: INTERVIEWS



Day 3 involved a challenging panel interview designed to offer the candidates the opportunity to showcase their skills, experience and attitude.

WELCOME ON BOARD!

The growth of our Critical Care Team will help ensure that we can continue to be there for our patients, whenever and wherever they need us.

MEET JULIAN

After qualifying as a paramedic at Monash University in 2014, Julian moved from Australia to London to work for the London Ambulance Service. Working in Westminster, he gained a large amount of experience, including developing and mentoring international paramedics and students. Over the past 4 years, he has used his time off from work to travel and explore the world and has visited over 20 different countries.

What inspires you most about your job?

Being a part of such a hardworking and professional team is what inspires me. The level of skill and care HIOWAA brings to an emergency is equal to what you would expect in a hospital Emergency Department. We often see people on the worst day of their lives and it is a privilege to be there to help to give them the best chance of a positive outcome.

If you could go back in time, what would you tell your teenage self and why?

When I was a teenager, I would spend most of my time outside; playing sport, swimming, surfing and travelling around different parts of Australia. I wouldn't change any of this but I would try to encourage my teenage self to read more books and to come to learn to love reading more. Books, storytelling and learning are invaluable and this is something that I wish I realised earlier in my life.

What are you most looking forward to this year?

I'm focusing on getting stuck into my new role as a trainee HEMS (Helicopter Emergency Medical Service) paramedic. Some of my friends are getting married and having weddings overseas; one in Canada and another in Spain. Both of these will be great, however, I am most looking forward to watching the Ashes in Manchester and seeing Australia regain some sporting prowess by bringing home the Ashes!

MEET SOPHIA

Sophia grew up in Greatham, Hampshire, before beginning her degree in Oxford in 2010. After qualifying as a paramedic, she moved back to Hampshire and enjoyed developing her career with the ambulance service whilst pursuing her ambition to become a HEMS paramedic. Sophia completed a three month secondment on HIOWAA's dispatch desk which helped to confirm her desire to be part of a HEMS team. In her spare time she enjoys running, cooking and days out in her camper van.

What made you want to pursue a career in HEMS?

As a paramedic, I was always amazed by the capabilities of the HEMS teams. The teams can give blood, perform thoracotomies (surgical incision into the chest wall) and administer pre-hospital emergency anaesthetic in life-saving situations. As small teams, they practice and review their work frequently and teamwork is key. The thought of being part of a HEMS team

made me smile and so the goal post was set! I worked towards topping up my qualification; grabbing any opportunity to develop my skills and knowledge. Of course I applied for a role as soon as an opportunity came up.

What quote do you live by and why?

"Life begins at the end of your comfort zone." It's true! If I get that uncomfortable nervous sensation in my stomach at the thought of doing something, that's my cue to do it. The feeling after doing it, or even just trying, is a great sense of achievement.

Who do you follow on Twitter?

I use Twitter for work related learning; it's great for keeping a tab on Critical Care hot topics. My Instagram, on the other hand, is full of dogs, recipes and inspiration for my next scuba diving holiday!

MEET STIAN

Stian qualified as a paramedic in Norway in 2013, having served as a conscripted combat medical technician with the Royal Norwegian Air Force, and trained in civilian pre-hospital care. Stian continued his studies, and after working in both urban and remote pre-hospital care, he went on to complete an undergraduate degree in the UK. He graduated in 2017 and started training towards becoming a specialist paramedic in urgent care at the beginning of 2018.

What do you enjoy most about your job?

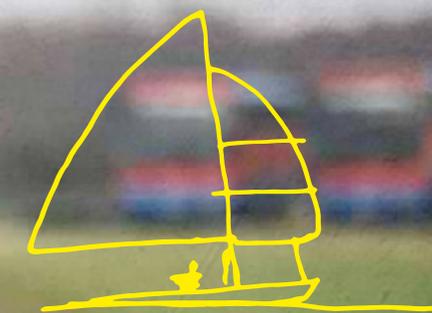
I couldn't single it out, but I suppose it's the combination of getting to use my head and hands in both challenging and extreme situations. It's also being trusted to do well, and to respond to patients' needs, whilst working alongside, not only great clinicians, but also the wonderful team that keep the Charity going. No given day is the same, and even if there are elements to the job that are routine, there is enough variety to avoid having a 'daily grind'.

If you could possess any superpower, what would it be and why?

Can I only choose one? I think professionally, I would love to be able to read or hear information and then catalogue and retain it, as well as process and use it. So essentially I could be super smart, without the effort! From a more selfish and personal perspective, I would love to be able to teleport for long distance travel; to be able to holiday wherever, whenever. It would be useful at work too, but would take the fun out of flying in a helicopter.

What's on your bucket list?

It's a work in progress, but travelling the world is on there; road tripping in Africa, train riding through Japan and bussing and boating through Central America are all on the list. There are a lot of diving sites I want to visit and I would love to trek to Machu Picchu! If I could find the time for it, I would like to take up sailing.



MEET

MICK AND SUE

On the 24th January, we awarded two very special volunteers our Certificate of Appreciation.

Mick and Sue dedicate a lot of their free time to helping our charity, and like all our volunteers, they are proud to be part of the team.



“I LOVE VOLUNTEERING FOR HLOWAA AND REALLY FEEL THAT MY TIME VOLUNTEERING HELPS TO MAKE A DIFFERENCE.”

Mick Hughes joined us in June 2016 and volunteers for HLOWAA twice a week, helping our Equipment Officer, Rolf. Together, Mick and Rolf look after

everything from our fundraising equipment and storage to maintaining our vans and even the plumbing. Mick gets stuck in with just about everything and always makes us laugh with his stories at the lunch table. You can also find Mick volunteering at our fundraising events. Without Mick, day-to-day tasks would take much longer for us to achieve and lunch times would be less fun! Mick told us “I feel incredibly humble to have been nominated by the staff at the Charity for this award. When I arrive in the morning, if I don’t have a smile on my face, I will have within a few minutes. I can honestly say, from the bottom of my heart, that apart from marrying my better half, choosing to volunteer for HLOWAA was one of the best decisions I have made. If you are not already volunteering, please seriously think about joining one of the best organised and most worthwhile charities in the country.”

Sue King has been an office volunteer for two years. She brings sunshine to HLOWAA HQ with her singing and positivity. Sue is the first to take care of visitors and to make a brew for the crew when they stop in for a break. Sue volunteers every Thursday and is a real asset to our small team. You can also find Sue and her sunny smile at our fundraising events. Sue told us: “Winning the Certificate of Appreciation made my day, in fact, it made my week! As a team, the HLOWAA staff make all the volunteers so welcome and I know they appreciate the work we all do. I am honoured to receive a certificate.

“Like many of our volunteers I feel very proud to support the Air Ambulance and hope that, by helping out just a little, the essential service that HLOWAA provides will continue well into the future.”

“I DO SO ENJOY BEING A VOLUNTEER FOR HLOWAA. HELPING IN THE OFFICE AND ATTENDING EVENTS HAS GIVEN ME THE OPPORTUNITY TO MEET NEW PEOPLE AND GAIN MORE SKILLS.”

Thank you, Mick and Sue; our HLOWAA Heroes.

VOLUNTEER

Join Team HLOWAA as a volunteer to help us keep CRITICAL CARE IN THE AIR

Our volunteers make things happen and we could not do what we do without them. They give their time selflessly to us, saving the Charity thousands, but crucially, helping us to move forward with our ambitious plans.

Whether they volunteer for one day a week, or a few times a year, they all make a difference and ensure we keep Critical Care in the Air.

Volunteering doesn’t have to be taxing and is often very rewarding. It can be an opportunity to bring your knowledge and skills to HLOWAA, to make new friends and be a part of our family. Every hour you give helps us to respond to more emergencies across Hampshire and the Isle of Wight.

We need more volunteers to help us keep our life-saving service operational. Take a look at some of our volunteer roles and get in touch with us to find out more.



VOLUNTEER ROLES:

Event volunteers: We are attending over 50 events this year and each of them need volunteer support.

Office volunteers: We have a small office team, so any spare time you have available, be it an hour or a day, can really help.

Maintenance volunteers: If you’re known as a handy-man, or woman, and love to fix things, you’d fit right in with us.

Collection pot co-ordinators: We need your local knowledge! Collection pots are a vital fundraising tool and we need people to help manage the pots in their area, as well as getting them into new establishments.

Volunteer van drivers: Our volunteers collect and deliver our collection pots and buckets across our region twice a week. If you enjoy driving and have some spare time, please get in touch.

Volunteer speakers: We give regular talks to groups and schools throughout our community about our life-saving service. If you’re a confident speaker and want to help us spread the message about our charity, we’d love to hear from you.

If you don’t see a role here that interests you, but you’d still like to lend a hand, we have plenty more.

Call our Volunteering Team who can talk you through our other roles on 02380 743516 or visit www.hlowaa.org/get-involved/volunteering/



“Without the Air Ambulance, Mike would most certainly have died that day and we are all truly grateful to all those involved in saving his life”

Helen Dabell, Mike's mum

A LIFE SAVED Michael Dabell

Helen Dabell tells us about the day that HIOWAA saved her son.



John Dabell works as an aircraft refueller at Southampton Airport and he regularly refuels the Hampshire and Isle of Wight Air Ambulance. Prior to his accident, John's son Mike, or Crunchie as he is affectionately known, worked as an electrician. On 20th July 2018, Mike was working at Chilworth Science Park when John and his wife Helen received the call.

Below, Helen tells their story.

When we arrived at University Hospital Southampton (UHS), we realised just how seriously injured Mike was. We later learned that Mike had received a horrendous electric shock that had knocked him off his ladder, resulting in him falling three meters from a suspended ceiling, landing on his head and sustaining a traumatic brain injury. He was on his own at the time and of course he remembers nothing about his accident, or the events that followed.

What I do know is that the swift response of the Hampshire and Isle of Wight Air Ambulance, and the medical intervention of specialist Critical Care paramedic Jason Butler and Doctor Gordon Craig at the scene of Mike's accident, saved his life.

Road crew from South Central Ambulance Service were already doing a fantastic job when Jason and Gordon arrived at the scene in the Air Ambulance. Both Jason and Gordon accompanied Mike to UHS in the land ambulance, as the hospital was only a 10-minute drive away and it was deemed quicker and safer to take him by road. Once they had handed him over to the waiting trauma team in Accident and Emergency, the Air Ambulance relocated to UHS to take them both back to base.

Mike was later transferred to the hospital's Neuro Intensive Care

Unit (ICU) and, two days later, in the early hours, he underwent a craniotomy (surgery to remove a portion of the skull) that would save his life, yet again. He spent four weeks in a coma, remaining in ICU for a further three weeks, during which time he had the bone replaced in his skull following his craniotomy. At the time, it seemed that every day merged into the next and we all felt like we were on auto pilot.

Mike's wife Leah was heavily pregnant at the time of his accident and whilst Mike was in ICU, Leah gave birth to their first child; Fynnley Jay Dabell. Mike was obviously not able to be there for the birth, but Leah remained strong, even though Mike was not by her side. It was a very difficult time for Leah, but we all rooted for her. She was incredibly brave, and even though we knew that she was struggling deep down, she stayed positive for all of us.

After three weeks in the Neuro ward, Mike was eventually transferred to Snowdon House, a rehabilitation unit, where he spent a further three weeks.

Mike's accident and ongoing recovery process has been, and continues to be, very distressing for all of us. He's not the Mike that he was before his accident, and he still suffers from short term memory loss, but he is alive and with us; something we are all grateful for.

He gives us many reasons to remain positive too; he is going to the gym, cycling, running and walking regularly in order to get himself back to his former fitness levels and he hopes to return to work in the future.

“John and I have been donating to the Air Ambulance for years, never knowing that one day the service would save our son.”

Helen Dabell



Without the Air Ambulance, Mike would most certainly have died that day and we are all truly grateful to all those involved in saving his life. Of one thing I'm certain, and that is that we will continue to donate to this wonderful charity.

Got a story to share? We'd love to hear it: www.hiowaa.org/what-we-do/about-the-charity/yourstory

GOODBYE PILOT STU

GOOD LUCK STU!



Goodbye and good luck from all your friends at Hampshire and Isle of Wight Air Ambulance.

In February this year we said a farewell to one of our much-loved pilots, Stu Mayor. Stu had been with the Charity since we began flying in July 2007.

Stu at HIOWAA's 10th Anniversary

Stu made a lot of friends over the years!

EXXON MOBIL

We recently visited ExxonMobil in Fawley to see how, by working in partnership together, we could help them with their Science, Technology, Engineering and Maths (STEM) strategy. We very much look forward to co-hosting a STEM morning later in the year which will highlight the importance of STEM in the working environment.

Additionally, ExxonMobil are continuing to support HIOWAA in 2019 with a donation of £3,500, to be invested into the development of our LifeLines education programme. This donation marks the seventh consecutive year that ExxonMobil have made a donation of £3,500 and, with additional fundraising support, puts their combined fundraising for HIOWAA at over £35,000.

TOTAL £35,000



R&W CIVIL ENGINEERING

Working to inspire safety excellence, R&W Civil Engineering are committed to achieving the highest standards of health, safety and welfare for their employees, clients, contractors and visitors, and for all others who may be affected by their business activities.

R&W recognises and rewards ideas and initiatives that improve safety. One of these initiatives includes a pledge to donate £1 to HIOWAA every time a 'near miss' is reported in the workplace. During 2018, 2,000 'near misses' were reported, and with matched funding added to the donation, the local corporate raised a total of £4,000 to help keep the Air Ambulance flying.

This is the fifth year that R&W have continued to support HIOWAA through this initiative and to date their fundraising total is over £11,500.

TOTAL £11,500

BECOME A CORPORATE SUPPORTER

We want to work with you!

We are always looking to partner with new supporters who want to raise the HIOWAA profile, as well as raise vital funds for our charity. There are many ways for you to show your support, including, but not limited to:

- Charity of The Year | Event Sponsorship |
- Payroll Giving | Matched Funding | Gifts in Kind |
- Corporate Volunteering

HIOWAA's brand values of Openness, Professionalism, Teamwork and Dedication lie at the heart of everything that we do, whether that be through our relationships with our corporate supporters or the life-saving work of our Critical Care Teams.



MEET MARIE

Marie is our new Corporate Fundraiser and she will be working alongside Ray, our Partnerships Manager, to work with local businesses in our community.

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

NEW

CRITICAL CARE TEAM VEHICLES

In April, two additional HLOWAA Critical Care Team Vehicles will become operational, both with new specialist equipment. Since our first Critical Care Team Vehicle became operational in February 2017, we have doubled the number of incidents that we attend every day.

Crewed by a team of HLOWAA doctors and paramedics, our Vehicles have parallel capability to the Air Ambulance and operate seven days a week, during the day, providing the same enhanced care as that delivered by the Helicopter, but to the more difficult to reach urban areas.

Our Vehicles also provide a vital training platform for pre-hospital emergency doctors and paramedics, allowing us to grow sustainable numbers of these highly specialised professionals.



Primary and secondary response bags. These carry all the essential equipment that the Team will need to treat their patient on scene.

Box of spare medical consumables.

Paediatric Response bag, contains various age specific pouches for treating children.

Specialist cool box carries two units of O negative blood and two units of fresh frozen plasma.

Thermal Bag. These single use bags help to keep our patients warm.

Two oxygen cylinders, each cylinder holds 460 litres of oxygen.

The Lucas 3 performs mechanical chest compressions in the event of a cardiac arrest.

Zoll X series monitor, used to record 12 lead ECG's, Blood Pressure, Oxygen Saturation and Carbon Dioxide. This device is used to deliver a measured electrical shock to a patient in cardiac arrest.

Ventilator and spare circuits.

Vacuum splints which can be molded around a fractured limb. They provide a rigid, lightweight splint when air is removed.

OUR KIT



NEW
FLIGHT SUITS

In October last year, we set ourselves the challenge of raising £20,000 to fund new flight suits for our paramedics and doctors. Each new flight suit costs approximately £650 and raising £20,000 would allow us to purchase thirty new flight suits.

We asked schools, groups and clubs across Hampshire and the Isle of Wight to start saving up their ten pence coins and at the last count, 18,474 children had pledged to support us.

Not only do the suits protect our doctors and paramedics at the scene of an incident, but they also keep them visible and allow them to carry vital life-saving equipment, ensuring they are kitted up and fit to fly.

Thanks to the support from local school children, Scouts, Cubs, Rainbows, Brownies, Girl Guides and so many more, we are delighted to announce that we have now taken delivery of the new and improved suits.

THANK YOU!

Each new flight suit costs approximately £650.

OUR KIT



1 Our flight suits are produced in a high visibility red, which ensures our team can be easily seen, whatever the conditions.

2 Multiple easy access pockets enable good distribution of crew personal kit, therefore reducing strain across the neck and shoulders due to weight.

3 Stretch material around the knee increases manoeuvrability when kneeling at an incident.

4 Stretch Kevlar crotch panel provides increased manoeuvrability and comfort, as well as greater protection when stepping over fences.

5 Large padding around the knee provides extra protection, while the semi rigid outer palate protects against injury from debris on the roadside.



Photo: Simon Heron - 3Men2

THANK YOU! YOUR SMALL REGULAR GIFTS, MAKE THE BIG ££

Your small change makes a big difference and allows us to develop our service and ensure our Critical Care Teams are always there for you in your hour of need.



We sell an average of 328,592 tickets at £1 per month in our society lottery

£328,592
per month



6,166 people give £8 a month via Small Change Big Difference, our regular giving programme. We also benefit from a 25% uplift from Gift Aid on your donations.

£49,240
per month

Join our weekly lottery or Small Change Big Difference, our regular giving campaign, by visiting hiowaa.org

HAMPSHIRE AND ISLE OF WIGHT AIR AMBULANCE PEDAL CAR RACE

BUILD YOUR PEDAL CAR AND PREPARE FOR EPIC PEDAL POWER AS YOU RACE AROUND THE FASTEST MOTOR CIRCUIT IN THE UK!

SUNDAY 11th AUGUST
THRUXTON RACE CIRCUIT, ANDOVER

£100 ENTRY FEE FOR TEAMS OF 4
CHILDREN AGED 5+ ARE WELCOME TO ENTER THE KIDS RACE
£10 ENTRY FEE PER CHILD PARTICIPANT
SPECTATORS ARE WELCOME TO JOIN US ON THE DAY

Register at HIOWAA.ORG
or email nicole@hiowaa.org

Photo by: Richard Crease Photography

Charity Golf Day

Tee off in aid of Hampshire and Isle of Wight Air Ambulance

Register at HIOWAA.ORG

or email nicole@hiowaa.org

WHEN: Thursday 20th June
WHERE: Bramshaw Golf Club
TEAMS: Enter team of 4 for £200
INCLUDES GOLF, REFRESHMENTS AND 2 COURSE DINNER



Walk the Jurassic Coast for YOUR Air Ambulance!

When: Saturday 17th August
Where: Dorset
How Far: 22 miles



To sign up:
ian@hiowaa.org
02380 743 510



WITH THANKS TO OUR CORPORATE SUPPORTERS

ASCENSOS
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DS Medical
Dutton Gregory Solicitors
EchoFour Training Centre
ExxonMobil
Fenn Night Vision
Fidelity International
Flip Out, Basingstoke
Garthowens Garden Centre
Hall and Woodhouse Breweries
Hampshire Game
Leonardo (UK)
Marks and Spencers (Havant)
Meadowside Leisure Centre
Moors Valley Railway
National Motor Museum, Beaulieu

NATS (Swanwick)
Novum Law
Oakwoods
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Savills
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Tailor Made Kitchens
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To find out how you can become a
Corporate Supporter, visit hiowaa.org

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REGULATOR



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