

THE OFFICIAL MAGAZINE OF THE LINCS & NOTTS AIR AMBULANCE

NEW HELICOPTER IN ACTION BLOOD ON BOARD FABULOUS FUNDRAISERS

WHAT'S ON...

Throughout the year, the people of Lincolnshire and Nottinghamshire choose to support the Lincs & Notts Air Ambulance in various ways, including hosting a wide range of fundraising events, and the festive season is no different.

HERE ARE JUST SOME OF THE EVENTS TAKING PLACE DURING DECEMBER...

Friday 1st KIRKBY CHRISTMAS FESTIVAL MARKET

Saturday 2nd KEYWORTH CHRISTMAS LIGHTS SWITCH-ON

Saturday 2nd WEST BRIDGFORD CHRISTMAS LIGHTS SWITCH-ON

Sunday 3rd HEIGHINGTON CHRISTMAS MARKET

Friday 8th WOODHALL SPA CHRISTMAS MARKET

Saturday 9th MANSFIELD WOODHOUSE COMMUNITY EVENT Saturday 9th ARNOLD TOWN CENTRE STREET COLLECTION

Sunday 10th CHRISTMAS IN THE PARK, GRANTHAM

Sunday 10th STAMFORD SANTA FUN RUN

Sunday 17th LINCOLN SANTA FUN RUN



If you would like to hold an event to raise money for the Lincs & Notts Air Ambulance email fundraising@ambucopter.org.uk or call 01522 548469 (Lincs) or 0115 941 2255 (Notts) Our fundraising team is looking forward to hearing from you

All details correct at the time of going to press



PHOTO & FRONT COVER PHOTO KINDLY SUPPLIED BY ROB INGLIS

DEAR SUPPORTER

This year has been a very exciting one for the Lincs & Notts Air Ambulance. The highlight of which for me had to be taking delivery of our brand new helicopter – an AgustaWestland 169 in June.

Just five months in, it is already showing why it is regarded as the best aircraft in today's Helicopter Emergency Medical Service (HEMS) arena. It is certainly out-performing our previous helicopter in terms of endurance, the speed it can get to patients, as well as the space our clinical crew has to work with.

This is a huge advancement for our Charity and over the coming months I am confident that we will continue to see the increased benefits, which in turn will lead to improved outcomes for our patients who are at the very centre of everything we do. **Read more about this great aircraft on pages 4-5.**

Another exciting chapter in our development was when we began to carry blood on board our helicopter, enabling our crew to increase the prehospital critical care that we can provide at the scene of an incident or accident, giving our patients the best chance of survival possible in their greatest hour of need.

This year we have also focussed on the retail side of our Charity, including welcoming 5 new Shop Managers to work alongside our amazing army of volunteers at our 11 Charity Shops across Lincolnshire & Nottinghamshire.

All of this is only possible thanks to the generosity of people like you who continue to support us. So, a heartfelt thank you to you all.

Finally, I would like to take this opportunity to wish you a peaceful Christmas and a Happy New Year.



Karen Jobling Chief Executive Officer

CONTACT US

LINCS HEAD OFFICE

LNAACT House, Bentley Drive, Bracebridge Heath, Lincoln, LN4 2QW TEL: 01522 548469 EMAIL: enquiries@ambucopter.org.uk

NOTTS OFFICE

Unit 2 Chase Park, Daleside Road Nottingham, NG2 4GT TEL: 0115 941 2255 FAX: 0115 988 1214

LOTTERY OFFICE HOTLINE TEL: 01522 531308

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BIGGER 74577777 GREATER ENDURANCE

INTRODUCING OUR NEW AMBUCOPTER

After months of excitement and anticipation, this summer we were finally able to launch our new AgustaWestland 169 helicopter which will serve as the Lincs & Notts Air Ambulance for the next decade.

We are one of only three UK air ambulance charities currently flying this brand new, state-of-the-art helicopter which is at the forefront of medical aviation. It shows the Charity's commitment to deliver the very best pre-hospital critical care possible to the people of Lincolnshire and Nottinghamshire 365 days of the year.

The new helicopter arrived at our operational base at RAF Waddington in June and following a high-profile media launch, including great coverage in local newspapers, radio and TV, it was immediately put into service. Right from that very first flight, we could see that our confidence in this aircraft was not unwarranted.

The first mission on 15 June 2017 was to transport a critically ill man suffering from a cardiac arrest from





Spalding, Lincolnshire, to the Lincoln Heart Centre in just 10 minutes. When faced with a cardiac arrest, every single minute matters and the speed at which we can transport patients to specialist help really can make the difference between life and death.

Since that first mission, our AW169 has undertaken over 400 potentially life-saving missions across Lincolnshire and Nottinghamshire including road traffic collisions, cardiac arrests, medical emergencies, serious sporting accidents, industrial incidents and falls. 15% of these have involved children or teenagers. Each year our Ambucopter will undertake around 1,000 such missions!

Read more about the latest missions we have attended at ambucopter.org.uk



Roger Linnell Paramedic Our new helicopter offers additional capabilities which we have never had before. One of the major benefits is **360-degree access** to patients whilst in flight, meaning that if required we can perform life-saving procedures inside the helicopter. And, during the winter months we have the added benefit of **heat and light inside the helicopter whilst on the ground** meaning that we can treat patients in a warm and dry environment while we stabilise them ready for transportation to hospital. All of this will help to give our patients the very best chance of survival possible from some of the most serious and life-threatening injuries and illnesses.

Our new helicopter is undoubtedly **much faster**. Flying at speeds of up to 190mph we are already reducing our flying times. I don't think the crew could quite believe it on our second ever mission when we flew from our base at RAF Waddington to Mablethorpe on the east coast of Lincolnshire **in just 12 minutes!** Granted we had a tail wind, but this shaved around 5 minutes off our previous flight time, enabling us to reach our patient quicker.



Captain Tim Taylor Pilot

GOODBYE TO OUR FAITHFUL MD902 EXPLORER

The final week of our out-going MD902 Explorer's service was funded by a generous donation from the Nottinghamshire Air Ambulance Countryside Appeal (NAACA) which was set up nearly 20 years ago by a group of Nottinghamshire based farmers. Over the years the appeal has raised in the region of £500,000 for our Charity. This latest donation amounted to a whopping £44,100 and was a fitting tribute to the outgoing helicopter that has served the Charity, and the people of Lincolnshire and Nottinghamshire, well over the last 7 years.



HELLO Horace

Our helicopter mascot has a new name thanks to young **George Howden** who won a competition to choose a name for our new AW169. He suggested **Horace** after his pet tortoise who watches Helicopter Heroes with him.



George and Horace the tortoise were treated to a visit to our operational base where George was given a tour of the new helicopter and got the chance to meet the crew. You can read more about George's visit in the latest news section at **ambucopter.org.uk**

THERE FOR YOU IN YOUR GREATEST HOUR OF NEED

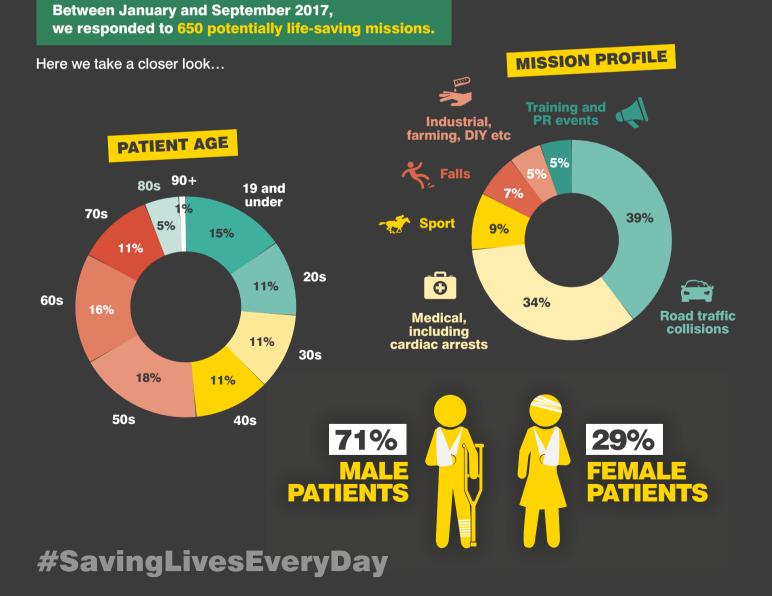
Every year the Lincs & Notts Air Ambulance is dispatched about 1,000 times. The patients that our crew encounter are the ones in greatest need.

Despite the popular misconception, we do not simply turn up and transport a patient to hospital, we do so much more. All of our paramedics can perform advanced procedures, we have a Doctor on board, our helicopter carries state-of-the-art lifesaving equipment and now we can give blood transfusions at the scene. All of this means that we transport the equivalent of an A&E department to the patient.

This early intervention by our crew really can mean the difference between life and death to some of the most seriously injured and critically ill patients that they encounter.

We can only continue to do this with YOUR help!

Whether you fundraise, donate, volunteer, join our lottery, use one of our Charity shops or choose to leave a legacy, every hour of your time, or every penny donated really does enable us to continue saving lives 365 days of the year in your community.



6 SKYSHOUT

GIVING PATIENTS THE BEST POSSIBLE CHANCE OF SURVIVAL

It is testament to all involved that we are the first air ambulance in the East Midlands to carry blood on board, enabling critically injured patients to receive blood transfusions in the air or at the scene of an incident or accident.

This significantly enhances the pre-hospital critical care that our crew can offer, giving patients a better chance of survival and recovery.

The blood is kept in specially designed thermostatically controlled boxes, together with a machine to warm it to the correct temperature to administer to patients suffering from dangerously low blood pressure and who have or are suspected to have significant bleeding. On board we carry two units of the 'universal' O negative blood type which can be given to all blood types.

Every day the Lincolnshire Emergency Blood Bikers charity delivers two units of blood to our base and returns any unused blood back to Lincoln County Hospital. Dr David Cookson, one of our doctors, is pictured below left, accepting the first delivery of blood from a Blood Biker. The project was made possible thanks to a donation of just over £16,000 from the Henry Surtees Foundation. This has paid for the specialist equipment and extensive crew training required to undertake the complex procedure which until recently predominantly only took place in hospitals.

Recent advances in availability and affordability of devices to keep and administer blood mean that it is now possible for blood transfusions to take place outside of a hospital environment, administered by the Lincs & Notts Air Ambulance crew.

Patients who are bleeding heavily and who have very low blood pressure are often not able to get sufficient oxygen to their vital organs. In these instances, giving the patient blood, as well as other treatments, can help the patient to continue to deliver oxygen around their body which buys them more time before they get to a hospital.

- Dr David Cookson

Find out more about 'Blood on Board' at ambucopter.org.uk



PUT YOUR BEST FOOT FORWARD N A SANTA FUN RUN

Guarantee a place on Santa's nice list this year by taking part in a Santa Fun Run to raise some money for us. There are events taking place in Lincoln and Stamford this December giving you double the chance to raise funds for your local air ambulance.

When signing up for either event you will receive a free Santa outfit to wear for the event and a commemorative medal upon finishing. Even dogs can dress up and join in the fun.

Every penny you raise in sponsorship will come straight to the Lincs & Notts Air Ambulance so what's stopping you? Sign up today!

Why not donate to the Lincs & Notts Air Ambulance in lieu of Christmas cards at your workplace? Contact us on 01522 548469 to request a Christmas donation pack, including a giant poster on which to put your Christmas greetings to colleagues and a tin for donations.

Choose to make a one off or a regular donation to the Lincs & Notts Air

Ambulance in 2018 and help us to save lives. Simply call us on **01522 548469** to request a Gift Aid envelope. Donating to this great cause couldn't be easier.

THE STAMFORD SANTA FUN RUN Sunday 10 December

Organised by the Stamford Burghley Rotary Club, starting at **11.30am**. The route is 5km and entry is £14 for adults and £7 for children.

To sign up visit www.stamfordsantafunrun.com

THE LINCOLN SANTA FUN RUN Sunday 17 December

Organised by the Rotary Club of Lincoln Colonia, taking place the following week and also starting at 11.30am. The route is 3.5km and entry is £12.

To sign up visit www.lincolnsantafunrun.co.uk

> Leaving a legacy in your Will could make the difference between life and death to the next patient we are called to. Call us on 01522 548469 to request a legacy leaflet with more information. Make saving a life YOUR lasting legacy!

WWW.AMBUCOPTER.ORG.UK

vital Media

Kate Nicol meets some of the Lincs & Notts Air Ambulance crew who helped to save her life - paramedics Roger Linnell and John McKenzie and Dr Chris Gough.

SUPP

THESE LEGS WERE MADE FOR WALKING!

You can help us to save more lives like Kate's by donating online at ambucopter.org.uk

Earlier this year our crew were amazed when former patient, Kate Nicol, visited them – for none of them expected her to have survived the devastating injuries that she encountered just a year earlier.

In September 2016, our helicopter was dispatched to a serious road traffic collision involving a lorry and a pedestrian in Lincoln. Paramedics Roger Linnell and John McKenzie plus Dr Chris Gough were soon on scene together with another Lincs & Notts Air Ambulance medic, Dr Dave Cookson, who was passing the scene on his way to work.

Our crew found Kate face down beneath a lorry containing 25 tonnes of agricultural stone. Both of her legs were trapped. She was drifting in and out of consciousness, in immense pain, suffering from severe blood loss and deteriorating rapidly. The crew sedated her, administered advanced pain relief and attempted to prevent her injuries from getting any worse.

An attempt was made to lift the lorry and free Kate but its weight meant the jack just sunk into the tarmac. The situation had suddenly got much worse and Kate needed to be freed immediately if she had any chance of survival. If she continued to deteriorate, amputating her already severely damaged legs looked to be the only option left.

One final attempt saw the fire service bring in a specialist lifting platform which lifted the lorry just enough to pull Kate free. It was a difficult and dangerous manoeuvre but by this point they were out of options if they wanted to avoid amputation. Fortunately it was a success.

Kate's legs had severe lacerations from hip to ankle, she had a broken pelvis, her knees were shattered and she had numerous fractures to almost every bone in her legs. Upon arrival at Lincoln County Hospital she went into cardiac arrest. At this point the crew still expected her injuries to be so severe that if she did survive, her legs would need to be amputated.

It was therefore a wonderful surprise when almost a year later they discovered that not only had Kate survived, but she did so with both legs still intact. She now walks unaided and has raised an amazing £4,665 by undertaking a sponsored walk in aid of the Charity crew who she says saved her life, and her legs, thanks to their quick thinking and expertise.

Read more stories like Kate's at **ambucopter.org.uk**



VOLUNTEERS' AWARD SUCCESS

Every year the Association of Air Ambulances holds its annual Awards of Excellence.

These prestigious awards recognise the very best of those who work tirelessly for air ambulance charities, from amazing crew and staff members to fantastic volunteers and fundraisers. This year there were 10 awards up for grabs covering all areas. Our Charity was shortlisted in three categories – Volunteer of the Year, Air Operations Support Staff Member of the Year and Campaign of the Year, with two of our dedicated volunteers, Jill and Don McLaren, winning their category.



Don & Jill showing off their award

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As a Charity we rely on our army of dedicated volunteers who all play a vital part in ensuring we can continue to save lives for many years to come. This was showcased recently, when Jill and Don were presented with the Volunteer of the Year Award. They are a great example of volunteering at its best and we are extremely proud to have them as part of our team. Whenever a task needs doing, no matter how big or how small, we know we can always turn to Jill and Don who will undertake it to the best of their ability, with a big smile and plenty of humour. They are truly deserving of this award.

Well done also to our Engineer, Huw Joyce, who although didn't win, was shortlisted, and also to those involved in our campaign to launch our new AW169 helicopter which was also shortlisted. I am extremely proud of all our amazing crew, staff, volunteers and fundraisers who are all winners in my eyes.

- Karen Jobling, CEO



WINNER

VOLUNTEER OF THE YEAR JILL & DON MCLAREN

We have more than 500 amazing volunteers across Lincolnshire and Nottinghamshire, each providing a valuable contribution to the Charity. Two such volunteers are Jill and Don McLaren from Nottinghamshire. 15 years ago their daughter Alex was airlifted after a serious road traffic collision.

Unfortunately, her injuries were too severe and she never regained consciousness. The intervention and critical care provided by the Lincs & Notts Air Ambulance meant that Jill and Don were 'given' 27 hours with their daughter in which to say goodbye and allowed them to be at Alex's side when her life-support was turned off, rather than to receive a call to say that she had died at the scene or in an ambulance.

CAMPAIGN OF THE YEAR BIGGER, FASTER, GREATER ENDURANCE!

SHORT-LISTED

On pages 4-5 you can read about our new AW169 aircraft. To launch the helicopter, we undertook a 'teaser' campaign on Facebook and Twitter and then had an official media launch at our operational base at RAF Waddington for representatives from local newspapers, radio and TV. You may have seen us on the evening news or heard us on BBC Radio Nottingham or on Melvyn Prior's breakfast show on BBC Radio Lincolnshire on the day of the launch as he broadcast the entire show from our base.

The successful launch gained significant coverage across both Lincolnshire and Nottinghamshire and created quite a stir on Facebook and Twitter. It is this that saw us shortlisted in the Campaign of the Year category.





To say thank you to the Charity, the couple started to fundraise and volunteer. To date they have raised more than £30,000 and donated an estimated 8,000 hours of their time in a variety of roles including manning stalls at events and sorting donations to sell in the Charity's shops. No task is too big or small for the couple. It is this dedication to our Charity that stood out and saw Jill and Don chosen as winners of the Volunteer of the Year Award. Well done!



In September Jill and Don were also awarded the Editor's Award in the Nottingham Post's Heroes Awards 2017 for their work with the Charity.



AIR OPERATIONS SUPPORT STAFF MEMBER OF THE YEAR HUW JOYCE

SHORT-LISTED

Engineer, Huw Joyce, was nominated in the Air Operations Support Staff Member of the Year category for his invaluable contribution to the Charity in his role as aircraft engineer, at the same time as looking after other aircraft in the Specialist



Aviation Services fleet, and particularly his support during our transition to the new helicopter.

Following the arrival of our AW169, Huw stayed late into the night going over every nut, bolt, rivet, switch and lever from nose to tail, tyre to head. He came up with solutions before the crew even realised they needed one. The crew save lives every day, but they couldn't do it without Huw. It is this dedication which has led to Huw being shortlisted for this award.

Some of our fabulous fundraisers:

What is YOUR challenge?



SPONSORED WALK Former patient Kate Nicol £4,665 *See page 9



with a line Ar Advante (100 0) See Andres an Theory Anna Gazet & Bond

WOLF RUN Stephen Bunn £585



LONDON MARATHON Craig Williamson £6,500

LINCOLN 10K & WACKY RALLY Alex Lee, Craig Marshall and Phillip Johnson £1,320

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COAST TO COAST RUN Adam White £7,342.18



ROB CASKIE TALK Savills Lincoln & Brewin Dolphin £6,573.56

12 SKYSHOUT

WWW.AMBUCOPTER.ORG.UK



SPONSORED WHEELBARROW RACE **Park Hall Tavern** £1,043

LEJOG CYCLE Phil Truman £3,658





GOLF DAY Lincoln & Market Rasen Rotary Clubs £19,022



RAFFLE Members of the Queen Anne's Bowling Green Club in Nottingham £1,300

YEAR OF FUNDRAISING **Clayton Brewill** £5,000



SHOUT ABOUT IT!

Have you been inspired to raise money for the Lincs & Notts Air Ambulance? Could you hold a bake sale or teddy bears' picnic; organise a fun day or concert; or even take part in a fun run, 10k or marathon?

Let us know what you are doing by emailing fundraising@ambucopter.org.uk and let us shout about it!

Every penny raised, donated or sponsored ensures we can continue to keep the Ambucopter in the sky and saving lives 365 days of the year. We can only do this with your help.

THANK YOU!

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Twitter @LNAACT **f** Facebook/Ambucopter

Ambucopter.org.uk 01522 548469

GALA CONCERT Vehicle Procurement Ltd £5,910

WING WALK **Cheryl McLean** £1,800

LINCOLN CASTLE2COAST2CASTLE (C2C2C)£6.750

SKYSHOUT 13

SAVING LIVES COULD BE YOUR LASTING LEGACY

There are many ways in which we raise the $\pounds 2.5m$ we need to keep our helicopter flying every year and legacies are an important and much-appreciated part of this.

Thousands of families still have their loved ones thanks to the fast actions and medical expertise of our pilots, paramedics and doctors, and by considering leaving our Charity a donation in your Will, you could help us continue to save lives for many years to come.

You don't have to own property or even have significant savings to leave a gift in your Will, every donation will be used to help save lives, whatever the amount.

There are three ways that you can leave us a gift: A pecuniary gift is a tax-free donation of a specified cash sum. It doesn't matter how big or how small, every penny donated helps us to save lives!

A residuary gift is a donation from the remainder of your estate after you have provided for your family and friends. You can choose to leave the entire amount, or a percentage of it. And, you don't even have to leave a monetary donation, you could leave a **specific gift** of any object you own to our Charity. This can be any item such as a painting or jewellery, or even a car or house!

Our Charity is supported by Town & Country Law which provides free legal advice in relation to Wills and the potential benefits of leaving a legacy, including Inheritance Tax Benefits available if you leave 10% of your estate to Charity. And, for every person who Town & Country Law prepares a



Will for, regardless of whether or not they leave a legacy, the business will make a donation to the Lincs & Notts Air Ambulance.

If you would like to find out more about leaving a gift to the Lincs & Notts Air Ambulance in your Will after providing for family and friends, call our Legacy Team on **01522 548469** or contact Town & Country Law **on 01522 418167**

GREAT OPPORTUNITIES FOR VOLUNTEERS

Our Charity Shops are not only a valuable source of funding, they are also a great opportunity for our volunteers to meet new friends, gain experience for their CV or learn a new skill.

We always have vacancies for volunteers in our shops, as well as other exciting opportunities such as helping at community events, or helping us grow online sales of donated items, maximising the amount raised from the sale of some of the more unusual or specialist donations we receive. We have a role for everyone, just like Bill May, who you can read about on the opposite page. So, if you have a few hours to spare each week, why not get in touch and see what exciting opportunities we have for you.

We have 11 Charity Shops across Lincolnshire and Nottinghamshire which are run by a mixture of Shop Managers and volunteers.

Here are some of our current shops vacancies:

Bracebridge Heath (Saturday mornings) Lincoln High Street (Thursday mornings and all day Saturday) Spalding (all day Saturday) Sutton In Ashfield (all day Wednesday) Stapleford (all day Saturday)

For more information on volunteering in one of our shops, simply pop in to your local **Lincs & Notts Air Ambulance Charity Shop**, or call for information on helping with online sales, based at our Bracebridge Heath Head Office, call us on **01522 548469** – we look forward to hearing from you.

For more information on these and other great volunteering opportunities visit ambucopter.org.uk/job-vacancies



VOLUNTEER FOCUS

Bill May position: (ar Booter time with charity: 11 months

Did you know that we have over 500 amazing volunteers across Lincolnshire and Nottinghamshire who work tirelessly to support the Lincs & Notts Air Ambulance in many different roles, all playing their part to ensure we can continue to raise the £2.5million required every year to keep our Ambucopter flying and saving lives every day?

One quite recent addition to our army of volunteers is Bill May, affectionately known in the Charity as 'Car Boot Bill'. Bill has been a much-valued volunteer for nearly a year, and in this time he has already raised over £10,000, a figure which is growing by the week!

We receive many fantastic donations to sell in our Charity Shops, from clothes and toys to bric-a-brac and furniture. But what happens to the items that do not sell after being put in a shop or toys that have a missing part or books with slightly creased pages? Well, this is where Bill comes in.

Each week he collects several car-loads of these items to take to one of three local car boot sales – Torksey each Wednesday and Saturday all year round, and North Scarle and Harby on alternate Sundays through the summer. He also takes larger items to a local auction. In just under 11 months he has already raised £12,077.19 for our Charity from items that would have otherwise been recycled or sent to landfill which often costs the Charity money.

Q. What does your role as a volunteer entail?

A. As well as the car boot sales and auctions, I volunteer as a driver, collecting furniture and other donations, delivering them to the shops and Charity Head Office in Bracebridge Heath. I also attend events where I collect cheques on behalf of the Charity.

Q. What is the best thing about being part of the Charity?

A. It is such a great Charity to be part of. I love spending time helping to sort through donations and see how I can raise as much money as possible from items that may otherwise have to be thrown away.

Q. If you could do any job for the day, what would it be?

A. This is easy. All I want to do is car boot sales, and thanks to the Lincs & Notts Air Ambulance I can do this every week. It really is my dream job.

Q. What do you enjoy doing when not volunteering for the Charity?

A. I enjoy travelling in my motorhome. I am also a bingo caller and help out at a local auction.

Q. What one item could you not live without?

A. My motorhome as it allows me the freedom to travel anywhere I want to whenever I want and to explore new places.

Q. What three words would sum you up? A. Happy. Enjoying life.

Q. Who inspires you most?

A. My daughter – she inspires me more than anyone else. She has achieved so much so far in her life.

Q. Tell us something about yourself that might surprise us?

A. I spent 49 years as a coach driver. Maybe this is where my love of travelling comes from.

FAREWELL QUIZMASTER



This year we said farewell to one of our amazing fundraisers, David Lyall, who raised around \pounds 90,000 for our Charity before he sadly passed away in June.

For over a decade, every 2 months David created and distributed quiz sheets to pubs and shops across Lincolnshire, covering 600 miles from Grimsby to Boston and from Lincoln to Skegness, all at his own expense. Having no computer, David's wife June helped to type up the quiz sheets – amounting to around 120 questions per quiz. He then coordinated collecting the sheets and issuing prizes before sending the remaining money to our Charity.

David was a much-respected fundraiser and will be sadly missed by all at the Lincs & Notts Air Ambulance.

PLAY OUR LOTTERY VISIT WWW.AMBUCOPTER.ORG.UK



JOIN TODAY O AND SUPPORT YOUR LOCAL AIR AMBULANCE

Our weekly lottery is a fun way to make a regular contribution, with the excitement of possibly winning a cash prize of up to £1,000.







Like us /Ambucopter



Heli29 £5

(You can change the value to any other amount you wish to donate) Texts are free to send on all networks. Lincs & Notts Air Ambulance will receive 100% of your donation.

Or call us on 01522 548469 to donate

Registered Charity Number 1017501