

# SKY SHOUT

SPRING/SUMMER 2019



**LINCS & NOTTS  
AIR AMBULANCE**  
SAVING LIVES EVERYDAY

[AMBUCOPTER.ORG.UK](http://AMBUCOPTER.ORG.UK)

[f /AMBUCOPTER](https://www.facebook.com/AMBUCOPTER)

[@LNAACT](https://www.instagram.com/LNAACT)

## CELEBRATING 25 YEARS OF SAVING LIVES



SOUVENIR ISSUE



We're celebrating our incredible Helicopter Emergency Medical Service and the thousands of patients we have tended to over the last 25 years

**MORE ON PAGE 4**

**THE OFFICIAL MAGAZINE OF THE LINCS & NOTTS AIR AMBULANCE**

# WHAT'S ON...



Throughout 2019, many people across Lincolnshire and Nottinghamshire have chosen to support the Lincs & Notts Air Ambulance in various ways, including hosting a wide range of fundraising events. Here are just some of the fundraising events taking place in the coming months to help celebrate our 25th Anniversary...

## MAY

**Saturday 11th**  
**HARTSHOMLE COUNTRY PARK SPRING FAIR**  
Lincoln

**Saturday 11th**  
**- Sunday 12th**  
**NOTTINGHAMSHIRE COUNTY SHOW**  
Newark Showground

**Monday 13th**  
**OUR 25TH BIRTHDAY!**

Celebrating our very first airlift of a poorly patient 25 years ago today!



**Saturday 18th**  
**HELICOPTER BALL**  
Southview Hotel, Skegness

**Sunday 19th**  
**WOODHALL SPA COUNTRY SHOW**  
Lincolnshire

## JUNE

**Saturday 8th**  
**BINGHAM SUMMER FAIR**  
Nottingham

**Saturday 8th**  
**RANSKILL SCARECROW FESTIVAL**  
Nottingham

**Sunday 9th**  
**GOLF CHARITY DAY**  
Southwell Golf Club, Occupation Lane, Southwell

**Wednesday 19th**  
**- Thursday 20th**  
**LINCOLNSHIRE SHOW**  
Lincolnshire Showground

**Thursday 27th**  
**LINCOLN CASTLE2COAST2CASTLE CYCLE (C2C2C)**  
Lincoln to Skegness

**Saturday 29th**  
**EAST BRIDGFORD VILLAGE SHOW**  
Butts Field, East Bridgford

## JULY

**Saturday 13th**  
**HUMBERSIDE FIRE & RESCUE DAY**  
7 Lakes Country Park, Crowle

**Saturday 13th**  
**RADCLIFFE-ON-TRENT CARNIVAL**  
Nottinghamshire

**Sunday 14th**  
**HUMBERSTON LIONS - IT'S A KNOCKOUT**  
Meridian Park, Cleethorpes

**Friday 19th - Sunday 21st**  
**CARS N COFFEE SHOW**  
Morgreen, Nottingham

**Saturday 20th**  
**LINCOLN DRAGON BOAT RACE**  
Brayford Pool, Lincoln

## AUGUST

**Saturday 3rd**  
**SAUSAGE & CIDER FESTIVAL**  
The Black Horse Inn, Donington on Bain

**Wednesday 7th**  
**LARK IN THE PARK**  
West Bridgford

**Tuesday 13th**  
**CHARITY GOLF DAY**  
Blankney Golf Club, Lincoln Road, Lincoln

## SEPTEMBER

**Sunday 8th**  
**GREAT NORTH RUN**  
Newcastle upon Tyne

**Monday 9th - Sunday 15th**  
**NATIONAL AIR AMBULANCE WEEK**

Details to be announced soon at [ambucopter.org.uk](http://ambucopter.org.uk)



**Sunday 15th**  
**LONDON TO BRIGHTON BIKE RIDE**

**Saturday 21st**  
**WEST BRIDGFORD PLANT FAIR**

**Sunday 22nd**  
**RIDE TO SAVE LIVES**  
Newark Showground

**Saturday 28th**  
**- Sunday 6th October**  
**SAHARA TREK CHALLENGE**  
Sahara Desert

*All details correct at the time of going to press.*



To find out more or if you would like to hold an event to raise money for the Lincs & Notts Air Ambulance email [fundraising@ambucopter.org.uk](mailto:fundraising@ambucopter.org.uk) or call 01522 548469 (Lincs) or 0115 941 2255 (Notts). We look forward to hearing from you.

# DEAR SUPPORTERS

I am delighted to welcome you to this special souvenir edition of SkyShout, celebrating 25 years of the Lincs & Notts Air Ambulance.

From those early days of operating out of a portacabin and only able to fly when we had raised the money to do so, to our helicopter now flying 365 days a year and gearing up for full 24-hour operations, our service has been called upon almost 20,000 times over the last 25 years. We have helped literally thousands of people during their greatest hour of need, and we are incredibly proud to be providing the very best critical care possible to people across Lincolnshire and Nottinghamshire.

Our 25th Anniversary is not only a huge milestone in the history of the Lincs & Notts Air Ambulance, but it is an opportunity to look back on how we have been able to make a positive impact on the lives of many thousands of people over the years.

In the run up to our 'birthday', we have been truly touched by many former patients who have reached out to us to share their story after needing the help

of our Crew and Ambucopter. The resilience and bravery of our patients and their families has been truly humbling. It has been fantastic for us to learn first-hand what a significant difference the Lincs & Notts Air Ambulance has made to so many people's lives.

Thank you to everyone who has been involved with or supported our Charity over the years – our success is all down to you. We look forward to your continued support to ensure that Lincolnshire and Nottinghamshire continue to have a first-class Helicopter Emergency Medical Service for many years to come.

We hope you'll never need us, but if you do we'll be there.



*Karen Jobling*

Karen Jobling  
Chief Executive Officer

## CONTACT US

**LINCS HEAD OFFICE**  
LNAACT House, Bentley Drive,  
Bracebridge Heath, Lincoln, LN4 2QW  
**01522 548469**  
[enquiries@ambucopter.org.uk](mailto:enquiries@ambucopter.org.uk)

**NOTTS OFFICE**  
Unit 2 Chase Park, Daleside Road  
Nottingham, NG2 4GT  
**0115 941 2255**

**LOTTERY OFFICE HOTLINE**  
**01522 531308**

[WWW.AMBUCOPTER.ORG.UK](http://WWW.AMBUCOPTER.ORG.UK)

@LNAACT

[Facebook.com/Ambucopter](https://www.facebook.com/Ambucopter)

*Thank you to Rob Inglis for photography*

## CONTENTS

Celebrating 25 Years of Saving Lives	4
In Safe Hands	6
Help Us Celebrate our 25th Anniversary	8
Equipped to Save Lives	10
New Horizons	12
Patient Story	13
Support From All Quarters	14
Adopt-a-Bear	16
Your Lasting Legacy	17
Snapshot on Shops	18
What is Your Challenge?	20
Donation Form	22
Spotlight On...	23

# CELEBRATING 25 YEARS OF SAVING LIVES



We are incredibly proud to have been saving lives across our two counties for the last 25 years, and what better way to celebrate our amazing service than to look back and reflect on how we have delivered our life-saving service and the patients we have helped.

Here's a snapshot of how our Charity has evolved over the last 25 years:



**1994**

## Lift off for the Lincolnshire Air Ambulance

Our journey began as the Lincolnshire Air Ambulance, with our first airlift taking place on 13th May 1994.

In those early days we operated out of a portacabin; our helicopter (an ex-Police Service Bölkow) only flew when we had enough funding, meaning it was often grounded for months at a time whilst fundraising took place.



MD902 Explorer

**2000**

## A new era: our Explorer helicopter

We said farewell to our very first helicopter and started the millennium with a new generation of aircraft – an MD902 Explorer.

Whilst the Bölkow only had enough room for a patient plus three crew, our new helicopter could accommodate a patient plus a crew of four – one pilot, a doctor and two paramedics.

**1996**

## Service extended to Nottinghamshire

The need and momentum for a local air ambulance grew by the day and we soon extended our service to cover Nottinghamshire. We officially became the Lincs & Notts Air Ambulance one year later.

**1991**

## Where it all began

The concept of an air ambulance for Lincolnshire is born, fuelled by discussion between a number of local doctors who identified the need for a fast critical care service for rural Lincolnshire.

Fundraising for the Charity began just one year later and our first, very gratefully received donation was £50 cash, posted through our letterbox by an elderly couple who had just married.



**2013**

## Our first night flight

During the dark and cold winter months, night vision equipment was fitted to the Lincs & Notts Air Ambulance, enabling us to fly in the hours of darkness for the first time, allowing us to extend our service and fly from 7.00am – 7.00pm every day of the year.

## Blood on Board

We began carrying blood on board our helicopter, enabling our crew to undertake on-scene blood transfusions for the very first time. We are one of only six UK air ambulance charities to be able to deliver this precious resource at the scene.



**2018**

## 24-hour operations begin

In October 2018, we announced our commitment to fly 24/7. We are now on call to fly 24 hours a day on Fridays, Saturdays and Sundays, and are working towards delivering a full 24-hour service, 7 days a week. This expanded service will enable us to give more patients the very best chance of survival.



**2008**

## Our 10,000th mission takes place

We helped our 10,000th patient in March 2008. Our crew were called to Grantham to help a rider who had been thrown off their horse. The patient suffered spinal injuries and was flown to Queen's Medical Centre in Nottingham for life-saving treatment.

**2017**

## Delivery of our AW169

In June we took delivery of our brand new AgustaWestland 169. This state-of-the-art helicopter is bigger than any aircraft we have ever flown – offering head-to-toe access to patients in-flight, travelling in excess of 200mph with two pilots and up to three clinical crew on board.

**2019**

## 20,000th mission

This year, during our 25th year in service, we will fly our 20,000th mission.

# MAKING SURE OUR PATIENTS ARE **IN SAFE HANDS**



To mark 25 years of ensuring our patients are in the safe hands of the Lincs & Notts Air Ambulance, we've unveiled a unique design on the tail of our very own Ambucopter!

The tail wrap, which can be seen on our helicopter tail for the rest of 2019, features 25 pairs of hands – each reflecting one of our former patients who have once been in the safe hands of our crew.

**We've been reaching out to former patients across Lincolnshire and Nottinghamshire, which has resulted in us hearing some truly heartwarming stories of bravery through adversity. Here's a snapshot of some of the lives we've touched over the last 25 years:**



## Simon's story

Keen mountain biker Simon was enjoying a day out riding with his son Euan (pictured) when the unthinkable happened.

After taking a slight jump, Simon flew off his bike and hit the floor with an almighty crash. He suffered multiple fractured ribs, a broken collarbone, a double fracture to his pelvis, a punctured lung, a fractured vertebrae and significant soft tissue damage.

Euan stayed by his dad's side as he slipped in and out of consciousness. Due to the severity of his injuries and the location of his accident, the Lincs & Notts Air Ambulance was dispatched to the scene.

Once stabilized by our crew, Simon was airlifted to Hull Royal Infirmary in just 6 minutes – a journey that could take up to an hour by road. Simon remained in intensive care for 3 days, but went on to make an amazing recovery.

You can read Simon's full story at [ambucopter.org.uk](http://ambucopter.org.uk)



## Michael's story

The rapid response of the Lincs & Notts Air Ambulance helped save the life of Michael (pictured centre) after his arm was severed by a chainsaw.

Michael was trimming a tree in his back garden when he lost his balance and slipped. His inner arm caught the tip of the chainsaw blade, cutting straight through his main artery and two nerves.

The Lincs & Notts Air Ambulance arrived at the scene, stabilised Michael and then air lifted him to Nottingham's Queens Medical Centre in just 15 minutes. After arriving at A&E, Michael faced life-saving surgery in a bid to save his right arm.

You can read Michael's full story at [ambucopter.org.uk](http://ambucopter.org.uk)



## Chris' story

Up and coming championship motorcyclist Chris suffered an intracranial bleed in his skull after veering off track and into a tyre wall at an estimated 120mph, landing 78 metres down the track.

When the Lincs & Notts Air Ambulance arrived, our on board doctor put Chris (pictured with his family) into a medically induced coma to prevent further brain damage and allowed our clinical crew to take over his breathing. He was flown straight to Queens Medical Centre in Nottingham for immediate surgery.

The time from the crash to surgery in hospital all happened within one hour. After having to learn how to stand up, walk and talk, Chris has managed to make a miraculous recovery.

You can read Chris' full story at [ambucopter.org.uk](http://ambucopter.org.uk)



## Tracey's story

It took Tracey four long months to recover from the injuries she sustained to her skull, feet, ankles, arms, legs, nose and fingers after she was involved in a horrifying car crash.

Tracey was travelling with her boyfriend towards Nottingham when their car collided head on with a small goods lorry. The Lincs & Notts Air Ambulance was immediately dispatched to the scene. Tracey suffered a cardiac arrest due to the severity of her injuries.

Our crew helped to stabilise Tracey's condition before airlifting her to Queens Medical Centre, where she underwent 14 hours of surgery; her family were told to prepare for the worst. She was placed into a medically induced coma as doctors battled to save her life.

You can read Tracey's full story at [ambucopter.org.uk](http://ambucopter.org.uk)



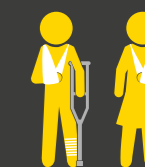
## Alice's story

No one ever expects to be in an accident which needs the assistance of the Lincs & Notts Air Ambulance, but for Alice Hadley this is exactly what happened to three members of her family in the space of just four months.

On three separate occasions, our Ambucopter was called out to assist Alice's partner (pictured), grandmother and uncle in a real twist of tragic events. Alice is now doing all she can to raise funds for our Charity.

You can read Alice's full story on page 13.

## HELP US MAKE SURE OUR NEXT PATIENT IS IN SAFE HANDS



Everyone can help us to make sure our next patient is in the safe hands of our pilots, paramedics and doctors – whether you would like to volunteer for our Charity, take part in a fundraising event, purchase an item from one of our Charity shops or by simply making a donation.

**Please get in touch today and give your support:**

Call our fundraising team on **01522 548469 (Lincs)** or **0115 941 2255 (Notts)**  
Join our weekly lottery by calling **01522 531308**  
Donate via our website at [www.ambucopter.org.uk](http://www.ambucopter.org.uk)  
Make a donation using the form on **page 22.**

Thank you



# HELP US CELEBRATE 25 YEARS OF SAVING LIVES

To help celebrate our 25th Anniversary, we'll be running a series of fundraising events and activities throughout 2019 to help keep our Ambucopter in the sky for many more years to come.

As we receive no direct Government funding, we rely on the support of people like you to help us continue saving lives across Lincolnshire and Nottinghamshire.

Want to join in with the celebrations? There's never been a better time to get involved!

Take a look at some of the fundraising events we have lined up for the rest of the year and find out how you can help us make our 25th year the best one yet!



## AIR AMBULANCE GOLF DAY AT BLANKNEY ESTATES

Tuesday 13th August

**Our annual Charity Golf Day returns to Blankney Golf Club this summer!**

Situated in the heart of rural Lincolnshire, this beautiful 18-hole course is suitable for all abilities.

We're looking for teams of four to take part in our Charity Golf Day, where you'll enjoy a fantastic day of golf followed by a tasty two-course meal with coffee. What's more, they'll be prizes on the day for the best two scores on each hole!

Why not take a swing and help raise vital funds for the Lincs & Notts Air Ambulance?

If you'd like to submit a team for our Charity Golf Day, email [golf@ambucopter.org.uk](mailto:golf@ambucopter.org.uk) or call **01522 548469**.



## GREAT NORTH RUN

Sunday 8th September

**What exactly makes the Great North Run so 'great'?**

With thousands of supporters lining the course and hundreds of volunteers helping competitors along the way, the Great North Run is a real celebration of what really is 'great' – over 57,000 runners showing a huge deal of dedication and determination to be their greatest.

We're looking for a team of our 'great' supporters to take on this challenge in aid of the Lincs & Notts Air Ambulance, where you'll run the 13.1-mile journey from Newcastle's city centre to the coast in South Shields. You'll also be treated to a special flyover from Lincolnshire's very own Red Arrows!

If you'd like to join our team, email [challenges@ambucopter.org.uk](mailto:challenges@ambucopter.org.uk) or call **01522 548469**.  
*Be quick – our bonded places are filling up fast!*



## SAHARA TREK CHALLENGE

Friday 28th September – Saturday 6th October

**Our team of trekkers are gearing up to help raise vital funds for what will be their own challenge of a lifetime.**

The team will take on our very first Sahara Trek Challenge, where they will take on a 100km route across the desert over 5 days to help raise vital funds for our 25th Anniversary celebrations!

Participants recently had the chance to see our Ambucopter and meet the crew to help them build a real understanding of our service and why raising funds is so important. The team are now busy organising their own fundraising events including Charity nights, pub quizzes and even a black-tie ball!

**It's not too late to join the team!**

Join our trek and you will witness sights other people will never see, stars so bright they hardly seem real, miles of uninterrupted golden sand, whilst making friendships along the way that will continue long after the trek has finished.

For more information visit [ambucopter.org.uk](http://ambucopter.org.uk) or call **01522 548469**.

## JOIN OUR #TEAM25

**Do you want to get involved with our 25th Anniversary celebrations, but feel you're unable to commit to any of our Challenge Events?**

Don't worry – we have so many great ideas for everyone to get involved, so supporting our Charity may be easier than you think!

To mark our very special 25th birthday, we invite you to join our #Team25. There really is something for everyone to get involved with!

From baking 25 cakes to donating 25 items to one of our Charity shops, our #Team25 fundraising ideas allow you to give as much as you can to help ensure we make our 25th year of service one to remember.

If you'd like to receive a copy of our #Team25 fundraising ideas sheet, email [fundraising@ambucopter.org.uk](mailto:fundraising@ambucopter.org.uk) or call **01522 548469 (Lincs)** or **00000 (Notts)**



## LONDON TO BRIGHTON CYCLE

Sunday 15th September

**To help celebrate our 25th Anniversary, we are looking for keen cyclists to take on our cycling team challenge!**

Starting at London's Clapham Common, the iconic London to Brighton Bike Ride will take cyclists through some of the most beautiful scenery of Sussex, finishing on one of the most recognisable seafronts in the country.

The event attracts over 4,000 riders every year. From real-time cyclists to first time eventers, the London to Brighton Bike Ride proves to be an accessible event for all.

Water stops will be available throughout the fully sign-posted route, and all participants will receive a free buffet lunch in the picturesque village of Turners Hill. **This really is a challenge you do not want to miss!**

For more information email [challenges@ambucopter.org.uk](mailto:challenges@ambucopter.org.uk) or call **01522 548469**.



## IKANO BANK ROBIN HOOD HALF MARATHON

Sunday 29th September

**In our 25th Anniversary year, we will be supporting the Ikano Bank Robin Hood Half Marathon for the very first time.**

The 13.1-mile course, which starts and finishes at Nottingham Recreational Ground, proves to be a real challenge for any runner.

We're looking for our very own green army to take on this route in aid of our incredible Charity, where you'll be kitted out with one of our green Lincs & Notts Air Ambulance running vests. This could be one of the most picturesque routes you will run this year!

To join our team, email [challenges@ambucopter.org.uk](mailto:challenges@ambucopter.org.uk) or call **01522 548469**.



# EQUIPPED TO SAVE LIVES

When it comes to saving lives, having access to the best equipment on board our Ambucopter is paramount. Using a range of advanced life-saving equipment, our expertly trained clinicians can provide critically ill patients with the best possible pre-hospital care directly at the scene of an emergency.

With thanks to the support and generosity of our local communities, we have been able to invest in equipment to help ensure that our patients suffering from the most serious of illnesses and devastating injuries are kept as safe and comfortable as possible, whilst our crew deliver potentially life-saving treatment they need as quickly as possible.

Here we show just some of the vital kit we carry on board our helicopter.

## DEFIBRILLATOR

In the event of a cardiac arrest, our LifePack 15 Defibrillator allows our clinical crew to monitor patients and help detect any unusual heart conditions.

This high-tech machine is a complete intensive care unit facilitating the highest level of patient care. In the event of a cardiac arrest, our highly-trained paramedics and doctors can use this defibrillator to treat the patient by restarting the heart, which could potentially save their life.

**Cost: £14,000**



## VENTILATOR

When attending some of the most critically ill patients across Lincolnshire and Nottinghamshire, our critical care crew may need to temporarily put them to sleep.

Our top-of-the-range Oxylog 3000 Ventilator allows our crew to control a patient's breathing once they have been anaesthetised. This ventilator enabled our paramedics and doctors to monitor the amount of oxygen the patient receives, ensuring that they remain in a stable condition during the time-critical journey to the nearest hospital.

**Cost: £9,000**



## BLOOD ON BOARD

In August 2017, we became the first Air Ambulance Charity in the East Midlands to carry blood on board and offer on-scene blood transfusions – dramatically increasing the chances of survival for patients suffering major trauma and blood loss.

Blood is carried by our Ambucopter in specially designed thermostatically controlled boxes (as in this picture), together with a machine to warm it to the correct temperature before administering to patients who are suffering from dangerously low blood pressure.

We work closely with the Lincolnshire Emergency Blood Bike Services, a small group of volunteers who collect blood supplied by Lincoln County Hospital and deliver this daily to our airbase at RAF Waddington.

**Cost: £135 per unit of blood**



## NIGHT VISION GOGGLES

Our helicopter and crew are trained and equipped to fly both day and night.

During the hours of darkness, our crew use Night Vision Imaging System (NVIS) goggles, in a specially adapted cockpit, a 30-million candle power searchlight and advanced mapping systems.

Together, this equipment plus our highly skilled pilots enables us to fly safely in the dark. Without this, we could only fly during daylight hours – meaning our crew wouldn't be able to attend as many missions during the winter season. For some patients, those are the missions that really count.

**Cost: £20,000**



## MEDICAL KIT BAGS

In many cases, our crew are called out to some of the most remote locations across Lincolnshire and Nottinghamshire, meaning that our Ambucopter is not able to land directly on scene. This means our clinical crew must carry life-saving equipment and drugs to the scene.

Our helicopter and Critical Case Car both carry sets of colour-coded medical equipment bags that hold different clinical kits, meaning that our highly-trained crew can ensure they have the best drugs and equipment to hand when dealing with emergencies. The kit includes equipment to anaesthetise patients, place arterial lines, surgical airway management, an iSTAT machine, an ultrasound machine and suction.

**Cost: £400 per bag**



This life-saving equipment, which we are only able to purchase with the help of our amazing fundraisers, is put to great use. It's these vital funds which allow us to purchase the most up-to-date and cutting-edge clinical equipment, whilst each piece of equipment also requires regular servicing, cleaning and for our clinical crew to use for training, which all have expense attached to them. Whilst this equipment is very expensive to buy and maintain, you simply cannot put a price on someone's life.

Dr Simon Topham



**KEEP US EQUIPPED TO CONTINUE SAVING LIVES. WE NEED YOUR HELP!**

At the Lincs & Notts Air Ambulance, we are only able to continue saving lives with the support of people like you.

Your generosity means that we are able to keep our Ambucopter and Critical Case Car fully equipped and enhance the pre-hospital care that we can provide to our patients – giving them the very best chance of survival in what is often their greatest hour of need.

**Please get in touch today and give your support:**  
Call our fundraising team on **01522 548469 (Lincs)** or **0115 941 2255 (Notts)**

Join our weekly lottery by calling **01522 531308**

Donate via our website at **www.ambucopter.org.uk**

Make a donation using the form on **page 22**

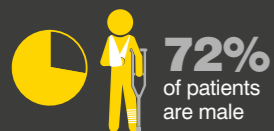
**Or follow us online**

@LNAACT

facebook.com/Ambucopter

*Thank you*

Since 1994, we have airlifted literally thousands of severely sick or injured patients to help give them very best chance of survival in what is often their greatest hour of need.



Our oldest patient was **92**

Our youngest patient was **less than 1 week old**

**1000** calls now attended to by our crew, on average, every year

Currently, each mission we attend costs approximately **£2,500**

**19,934** call outs attended since 1994

“ Since our humble beginnings in 1994, we have received tremendous support from the people of Lincolnshire and Nottinghamshire, something which we are extremely grateful for. It is this continued support that has enabled our Charity to consistently enhance the pre-hospital critical care that we can provide to our patients – giving them the very best chance of survival. ”



Karen Jobling, Chief Executive Officer

# NEW HORIZONS



## A NEW HOME FOR THE LINC'S & NOTTS AIR AMBULANCE

**We are excited to announce our plan for a new Headquarters for the Lincs & Notts Air Ambulance. It's still very early days in our planning, but as we go to print with this edition of Sky Shout, we are working on the development of a proposal which will strengthen and enhance the vital work of the Charity.**

The new Headquarters will literally be a stone's throw from our current helicopter base at Waddington and will see our Charity staff, crew and helicopter all based under one roof,

bringing tremendous advantages and efficiencies. Whilst the move will allow for closer working between staff and crew, it will also mean that we will be able to open our doors to many more of our supporters and former patients.

Our new Headquarters will future-proof the Charity and ensure that we are able to continue to deliver a first-class Helicopter Emergency Medical Service to our local communities for many years to come.

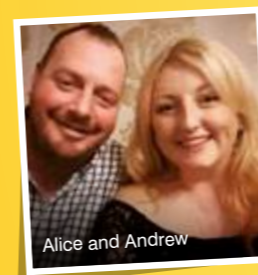
We will share more details of our plans in the next edition of Sky Shout, but meantime please look out for news on our website at [ambucopter.org.uk](http://ambucopter.org.uk)



Alice and her family meet our crew and see our helicopter

**“YOU NEVER KNOW WHEN YOU MAY NEED THE LINC'S & NOTTS AIR AMBULANCE... BUT YOU NEVER EXPECT TO SEE IT 3 TIMES IN 4 MONTHS!”**

No one ever expects to be in an accident which requires assistance from the Lincs & Notts Air Ambulance, but for Alice Hadley, this is exactly what happened to three members of her family in the space of just four months.



Alice and Andrew

On 25th June 2016, Alice's partner Andrew was driving to work when he followed a diversion along a single-track road and was involved in a head-on collision with a lorry travelling in the opposite direction. The Lincs & Notts Air Ambulance was called out to the scene, where they treated Andrew and airlifted him to Hull Royal Infirmary; Andrew had sustained serious injuries to his hip, ribs and pelvis. He has since undergone a full right hip replacement to help aid his recovery.



Marlene

In August 2016, just two months after Andrew's encounter with the Lincs & Notts Air Ambulance, another member of Alice's family needed our help. Alice's parents, Caroline and Mark, and her grandmother Marlene, were travelling home when their car was involved in a collision at Fonaby Top. Our crew were immediately called to the scene, where they transported Marlene to Hull Royal Infirmary. Unfortunately, Marlene did not recover from her injuries and sadly passed away two days later, one day before her 74th birthday.



Nigel

Less than three weeks later the inconceivable happened, as a third member of the Hadley family urgently needed the service of our clinical crew. Alice's uncle, Nigel, was travelling to Willingham Woods on his motorcycle when he was involved in a collision. The Lincs & Notts Air Ambulance rushed to the scene, where our clinical crew treated Nigel and airlifted him to Lincoln County Hospital. Later that evening, Nigel was transferred to Queens Medical Centre in Nottingham, but his injuries were too severe and he sadly passed away that night.

Following these tragic events, Alice held a charity music quiz at the Yarbrough Arms, which raised over £3,600 to help keep our Ambucopter in the sky.

*She said: "You never know when you might need the Lincs & Notts Air Ambulance, but you never expect to see so many members of your family need their help on three separate occasions and in such a short space of time. The crew are truly amazing people and what they do every single day is outstanding."*

*"The Charity has become such an important part of our family's life, and we want to do anything that we can do to help this incredible cause."*

# SUPPORT FROM ALL QUARTERS



Throughout our 25-year history, we are extremely proud to have worked with many local and national businesses who have supported our Charity in various ways.

We love hearing how businesses across the two counties are supporting our Charity, whether they are holding a one-off fundraising event or have chosen Lincs & Notts Air Ambulance as their Charity

of the Year. Each of our corporate partnerships play a key part in helping us to save many more lives across Lincolnshire and Nottinghamshire.

We're delighted to have partnered with so many incredible businesses across the two counties in our 25th Anniversary year. **Here are just a few of the caring companies who have chosen to support our Charity in 2019:**

## Team KnowHow Newark



Team KnowHow has actively supported Lincs & Notts Air Ambulance for many years. They have raised a staggering £11,000 for our Charity through various fundraising activities including an impressive 24-hour cycle challenge, family fun days and prize raffles.

Employees based at the company's distribution centre in Newark will continue their fundraising efforts into our 25th year, helping us to celebrate this momentous occasion.

The "tech experts" have been donating their unwanted clothing directly to our Charity shops, hosting their own sweepstakes and holding several bake-off competitions in order to help us continue saving lives every day.

## Ringrose Law Lincolnshire



Ringrose Law Solicitors have kindly chosen to support our Charity for the second consecutive year as part of their annual Dragon Boat Race.

More than 16 teams from across Lincolnshire and Newark are expected to battle it out in 30ft brightly painted Chinese dragon boats over the 200m course, which will raise funds for Lincs & Notts Air Ambulance as well as another local Charity.

Held at Lincoln's Brayford Pool, the event promises to be a fun-filled day as spectators gather to watch local teams competing to be crowned the 2019 Dragon Boat Champions.

This year's event takes place on 20th July. Why not come and watch the fun?

## Lincolnshire Co-op



Colleagues, customers and members of Lincolnshire Co-op have joined together to raise funds for Lincs & Notts Air Ambulance through its Community Champions scheme.

The society, which has over 200 outlets across Lincolnshire and Nottinghamshire, has been raising money through the sale of our exclusive Lincs & Notts Air Ambulance 25th Anniversary pin badges and collection tins in each store for customers to donate their spare change.

In May, we teamed up with Lincolnshire Co-op and held our very own Superhero Family Walk at Market Rasen Racecourse. Families were invited to walk or run our 5km track whilst dressed as their favourite superhero in a bid to raise funds for our Charity.



## Running Imp Lincoln



Running Imp have pledged to raise vital funds for our Charity during our 25th Anniversary year, helping us to continue our life-saving service for many years to come.

The Lincoln based business, which specialises in sports medals and event supplies, will be raising cash through various fundraising activities including team challenges, sponsored events and direct donations from the sale of medals.

The team will also be providing us with yellow Santa suits for this year's Lincoln Santa Fun Run. We cannot wait to see our incredible army of yellow Santa's taking on the challenge in December!

Contact us if you'd like to reserve your place.

## SMS Electronics Nottingham



We are delighted to have partnered with SMS Electronics as they have chosen to support us as their 2019 Charity of the Year.

They recently kicked off their fundraising efforts with an official launch event, where employees wore yellow for the day and decorated their office in all things yellow. Staff based at their Nottingham Headquarters have also planned a calendar of various fundraising events throughout the year, including bake sales and sponsored challenges.

The electronic manufacturers are hoping to raise much-needed funds for our Charity, which will help us to make sure that our crew are there for people within our local community at a time when they need us the most.

If you'd like to show your support for any of these great partnerships, you can make a donation via our website [ambucopter.org.uk](http://ambucopter.org.uk)

## WANT TO BECOME A CORPORATE SPONSOR?

There are many ways that corporates can sponsor our Charity, and we're always looking to collaborate with businesses across the two counties.

To find out more about becoming a corporate sponsor for our Charity, please get in touch with the team: **Call our Corporate Fundraiser, Tanya Taylor on 01522 548469 or email [t.taylor@ambucopter.org.uk](mailto:t.taylor@ambucopter.org.uk)** We look forward to hearing from you!





**ADOPT  
A BEAR**



## CAN WE COUNT ON YOUR SUPPORT?

From just £5 per month, you can take home your very own cuddly Doctor bear whilst giving the gift of life to the next patient we are called to.

By adopting a Lincs & Notts Air Ambulance Adopt-a-Bear you can not only give a loving home to this exclusive 9" teddy bear, but you will also be making a meaningful donation to our Charity to help ensure our pilots, paramedics and doctors can continue to save lives in your community for years to come.

For a minimum monthly donation of just £5, you will receive:

- Our limited-edition bear dressed in our iconic red Lincs & Notts Air Ambulance Doctors' flight suit
- A Certificate of Adoption and a thank you letter from our crew
- Regular updates from the Lincs & Notts Air Ambulance
- Your donation will help us continue to save lives across the two counties.

**ADOPT YOUR OWN BEAR AT  
AMBUCOPTER.ORG.UK**

You will need to donate £5 for a minimum of 3 months to qualify for an Adopt-a-Bear.



# GIVING THE GIFT OF LIFE MAKE SAVING LIVES YOUR LASTING LEGACY

Last year, hundreds of our life-saving missions were paid for by kind donations left to us in people's Wills. By remembering the Lincs & Notts Air Ambulance in your Will, you can help us to save lives.

You do not have to own property or have significant savings to leave a gift in your Will. Every donation is gratefully received, whatever the amount. Every penny really does count.



Noreen Clark is just one of the many wonderful people who chose to remember the Lincs & Notts Air Ambulance by leaving a gift in her Will.

Mrs Clark from Spalding, who passed away in May 2018 aged 88, left a generous donation of £10,000 to our Charity, which will help us to continue saving lives across Lincolnshire & Nottinghamshire.

Noreen's God daughter was recently invited to meet our crew in honour of her late Godmother.

She said: "God bless my dear Godmother – she was the closest person I had to my lovely Mum, who passed away 14 years ago. She was such a generous and loveable lady.

"She did so much to help others and even up until 6 years ago, she partly cared and shopped for an elderly neighbour, but could no longer after she had major surgery. Through all of this she remained positive and chirpy, even though she was left virtually housebound.

"Hopefully, by bequeathing a gift in her Will to various charities, my Godmother has made many other people's lives better."

The three ways in which you can leave a legacy:

### A PECUNIARY GIFT

This is a tax-free donation of a specified amount of money. It doesn't matter how big or how small the amount – every penny helps to save lives.

### A RESIDUARY GIFT

This is a donation from the remainder of your estate after you have provided for family and friends. You can leave the whole amount or a percentage of it.

### A SPECIFIC GIFT

You can choose to leave any object that you own to our Charity. This can be any item, such as a painting or jewellery, or even a car or house.

## GIVING THE GIFT OF LIFE

If you would like to leave a gift to the Lincs & Notts Air Ambulance, please email the Charity on [enquiries@ambucopter.org.uk](mailto:enquiries@ambucopter.org.uk) or call 01522 548469.

We would love to hear from you and would never pressure you into making a gift in your Will.



# SNAPSHOT ON SHOPS

Our Charity shops are very much at the heart of the communities that we serve, showcasing quality pre-loved clothing, accessories, homewares, electrical goods, soft furnishings, toys and games, books and furniture.



## RET FORD RE-OPENS FOLLOWING MINI MAKEOVER

Our Retford shop has recently re-opened after a mini makeover, revealing a much brighter and lighter shop for our customers to come and grab a bargain.

The transformation includes a touch of redecorating and re-organising our displays, which has helped us to achieve a beautiful vintage look. The shop now has a large area for men's clothing, footwear and accessories, a vinyl record shelf and a wide selection of books.

If you are searching for last season's look, something a little retro or a bargain holiday read, then drop by today and see what's in store.

### THINKING OF VOLUNTEERING?

We're always on the lookout for imaginative and creative people to volunteer across our shops and act as our visual merchandisers, by creating amazing window displays or simply helping on the shop floor.

If you are thinking about volunteering and want to help make a difference, call our team on **01522 531469 (Lincs)** or **0115 941 2255 (Notts)**. Volunteering is a great way to meet new people in your community and gain new skills! Find out more on our website [ambucopter.org.uk](http://ambucopter.org.uk)

Throughout our 25th Anniversary year, we'll be celebrating all aspects of our Charity including our shops and incredible volunteers. Here's a quick snapshot of what has been happening across our shops in Lincolnshire and Nottinghamshire so far!

## WRAGBY MANAGER TO TAKE ON 100KM SAHARA DESERT TREK



Our Wragby Shop Manager, Kay Chambers (pictured above), is taking on our Sahara Trek Challenge to help raise vital funds as part of our 25th Anniversary celebrations. Kay will join our group of fundraisers in September as they take on the five day, 100km (62 miles) trek across the Sahara Desert, where they will face average temperatures of 70 degrees fahrenheit.

If you'd like to support Kay and sponsor her incredible challenge, please contact our Wragby shop on **01673 857750**



## AMBUOPTER MODELS NOW AVAILABLE £8.99

Take off with your very own model of our iconic yellow Ambucopter!

This replica toy of our AW169 helicopter is now available for purchase across all our Charity shops.

To find your nearest shop, visit [ambucopter.org.uk](http://ambucopter.org.uk)



Richard Madeley with Gill Andrews

## ASHBY VOLUNTEER NOMINATED FOR NATIONAL AWARD

Our amazing long-time volunteer from our Ashby shop, Gill Andrews, was recently shortlisted for Volunteer of the Year Award at the Air Ambulance Awards of Excellence.

During the glitzy awards gala dinner in London, a judge commended Gill's work and said it was an incredibly difficult decision to choose between her and the winner. We are so proud to see her hard work, dedication and commitment recognised at a national awards ceremony.

Congratulations Gill and thank you so much for all you do for the Lincs & Notts Air Ambulance. We're incredibly grateful for all of the hard work of our volunteers - we simply wouldn't be here today without you!

# THE WHEELS ARE IN MOTION FOR OUR RIDE TO SAVE LIVES 2019



Sign up to our Ride to Save Lives 2019 now at [ambucopter.org.uk](http://ambucopter.org.uk) and help to save a life today!

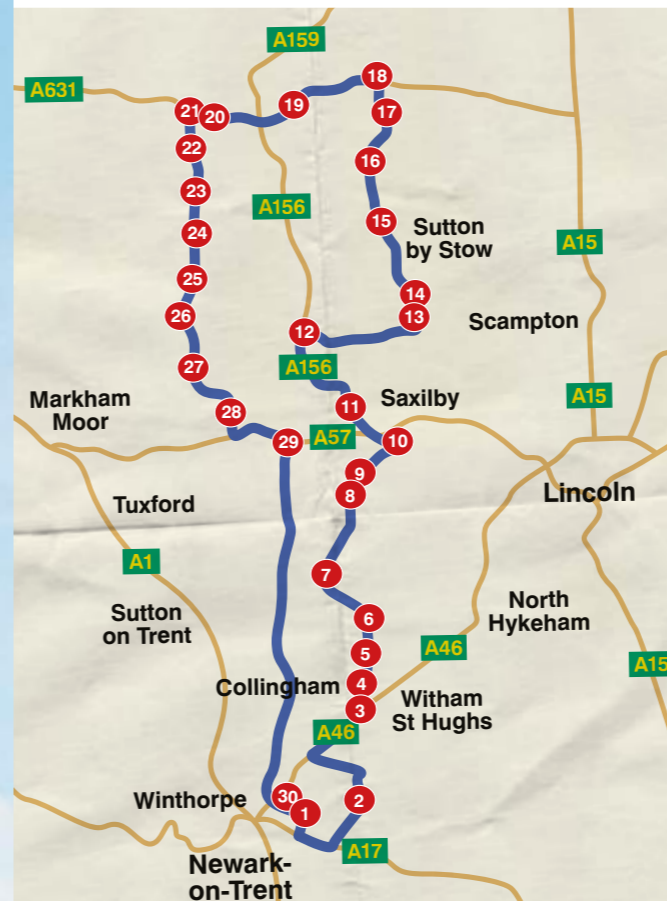
We are 'wheely' excited to announce that our fourth annual motorcycle ride out will take place on **Sunday September 22nd**.

After the success of the previous three years, this event will be back again and is set to be bigger and better than before. As in previous years, it will start and finish at Newark Showground and take on a route around Lincolnshire and Nottinghamshire. It is open to all riders with a bike over 125cc and which is road legal.

It costs £12.50 to enter and all funds raised from this event will go directly to supporting the life-saving work of the Lincs & Notts Air Ambulance to ensure we can continue to save lives 365 days of the year. Last year the event raised £7,500, which funded three of our potentially life-saving missions. With your help this year we're aiming to fund four!

REGISTER NOW AT [AMBUCOPTER.ORG.UK](http://AMBUCOPTER.ORG.UK)

## RIDE TO SAVE LIVES 2019 ROUTE MAP AND TIMINGS (approx.)



1 Newark Showground	11.00	19 North Leverton	12.32
2 Swinderby	11.13	20 South Leverton	12.34
3 North Scarle	11.21	21 Treswell	12.37
4 Wigsley	11.26	22 Stokeham	12.39
5 Fenton	11.37	23 Laneham	12.41
6 Torksey	11.41	24 Dunham	12.45
7 Sturton by Stow	11.50	25 Newton on Trent	12.46
8 Stow	11.53	26 Garton	12.51
9 Willingham by Stow	11.57	27 Besthorpe	12.52
10 Kexby	12.01	28 Collingham	12.56
11 Upton	12.03	29 Langford	13.01
12 Heapham	12.07	30 Newark Showground	13.06
13 Springthorpe	12.09		
14 Corringham	12.12		
15 Gainsborough	12.19		
16 Sandby	12.24		
17 West Burton	12.27		
18 Sturton Steeple	12.29		

If you live in one of these villages and would like to cheer us on we would love to see you!

# Our fabulous Fundraisers

# What is **YOUR** challenge?



## NORWOOD PARK GOLF CLUB

Norwood Park Golf Club in Southwell, Nottinghamshire has supported the Lincs & Notts Air Ambulance for the past 8 years. In this time, it has raised a staggering £35,000, helping us to fund 14 of our potentially life-saving missions.

In 2018, Norwood Park Golf Club chose the Lincs & Notts Air Ambulance as their Charity of the Year and raised an incredible £6,000, plus an additional £2,000 was added to this total from Barclays Match Funding.

*Thank you*



## SANTA'S GROTTO Holdens of Newark

£783 *Thank you*



## SPONSORED BEACH RIDE

£120 *Thank you*



## DONATION The Oddfellows

£1,500 *Thank you*



## A HELPING HAND

Two of our long-standing volunteers, Mary and Dave Payne, recently completed the West Highland Walk and raised an incredible £812.75

*Thank you*



## 80TH ANNIVERSARY BALL Brigg Young Farmers Club

£1,500 *Thank you*

## ANNUAL CHARITY BIKE NIGHT Cadwell Park

£2,725 *Thank you*



## CLAY SHOOT White Hart Inn, Tetford

£250 *Thank you*



## DONATION Lincoln Flower Club

£600 *Thank you*



## CHRISTMAS RAFFLE DRAW The Tyrwhitt Arms, Shotferry

£1,656 *Thank you*



## AN EVENING WITH LEGENDS DINNER Lincoln City Former Players Association

£1,000 *Thank you*



## THREE PEAKS CHALLENGE Springthorpe & District Walking Club

£1,330 *Thank you*



## 24 HOUR BICYCLE RIDE Notts MTB Outlaws

£2,000 *Thank you*



## UP, UP AND AWAY GALA CONCERT Belvior Wassalers

£2,001 *Thank you*



## A HIGH NOTE Our Lady's Carollers

£750 *Thank you*



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](mailto: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!**

@LNAACT Facebook.com/Ambucopter

[Ambucopter.org.uk](http://Ambucopter.org.uk) 01522 548469

# DONATION FORM

As we celebrate our 25th Anniversary, help us to make sure that the patients who need us are in the safe hands of our amazing crew for the next 25 years. You can support your local Air Ambulance by making a one-off or regular donation online at [Ambucopter.org.uk](http://Ambucopter.org.uk). Alternately, you can return the form on this page to set up a regular donation or make a one-off donation by cheque. Please return the form to LNAACT House, Bentley Drive, Bracebridge Heath, Lincoln LN4 2QW



## YOUR PERSONAL DETAILS

FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 POSTCODE: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

## I WOULD LIKE TO MAKE A REGULAR DONATION

Monthly  Quarterly  Annually (tick one box only) of  £10  £25  £50  £100  
 or  other amount of £ \_\_\_\_\_ (please specify amount) Please complete the Direct Debit and Gift Aid instructions below

## OR MAKE A ONE-OFF DONATION TO GIVE TODAY:

Amount £.....Date..... (Please make cheques payable to LNAACT)

### Instruction to your bank or building society to pay by Direct Debit



Please fill in the form and send to:  
 Lincs & Notts Air Ambulance, LNAACT House, Bentley Drive,  
 Bracebridge Heath, Lincoln, LN4 2QW  
 Name and full postal address of your bank or building society

Service user number  
 4 4 3 9 0 7

To: The Manager Bank/Building Society  
 Address  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Postcode

Name(s) of account holder(s)  
 \_\_\_\_\_

Branch sort code  
 \_\_\_\_\_

Bank/building society account number  
 \_\_\_\_\_

Reference (For office use only)  
 \_\_\_\_\_

**Instruction to your bank or building society**  
 Please pay Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust Ltd Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust Ltd and, if so, details will be passed electronically to my bank/building society.

Signature(s)  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Date

This Guarantee should be retained by the payer.

### The Direct Debit Guarantee



This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits.

If there are any changes to amount, date or frequency of your Direct Debit Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust Ltd will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust Ltd to collect a payment, confirmation of the amount and date will be given to you at the time of the request.

If an error is made in the payment of your Direct Debit, by Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society.

- If you receive a refund you are not entitled to, you must pay it back when Lincolnshire & Nottinghamshire Air Ambulance Charitable Trust Ltd asks you to.

You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

### GIFT AID DECLARATION



Boost your donation by 25p of Gift Aid for every £1 you donate!  
 Gift Aid is reclaimed by the charity from the tax you pay for the current tax year.

- I can confirm that I would like all my donations, past, present and future, to the Lincs & Notts Air Ambulance Charitable Trust, Charity Number 1017501, to be treated as Gift Aid donations.  
 I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed in all my donations in that tax year that it is my responsibility to pay any difference.

TITLE: \_\_\_\_\_ NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ POSTCODE: \_\_\_\_\_  
 TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

- Please notify the Charity if you:  
 • Want to cancel this declaration  
 • Change your name or home address  
 • No longer pay sufficient tax on your income and/or capital gains.

To contact us about this Gift Aid Declaration or for advice on Gift Aid, call our Accounts Department on 01522 548469 or email [d.laking@ambucopter.org.uk](mailto:d.laking@ambucopter.org.uk)

For more information on Gift Aid, go to HM Revenues and Customs at [www.gov.uk/donating-to-charity/gift-aid](http://www.gov.uk/donating-to-charity/gift-aid)

## Your communication preferences

We'd love to share news of our life-saving Charity with you. Please use this form to let us know how you would like us to keep in touch.

### Please tell us how you would like to hear from us in the future:

By post?  Yes  No  
 By email?  Yes  No - Email \_\_\_\_\_  
 By phone?  Yes  No - Phone no. \_\_\_\_\_  
 By text?  Yes  No - Mobile no. \_\_\_\_\_

### If you have ticked 'Yes' to any on the left, please tick from the options below:

- I would like to receive all communications and newsletters  
**OR**  
 Fundraising news, appeals or initiatives  
 Charity Lottery, Raffles or Draws  
 Setting up a regular donation  
 Volunteer opportunities  
 Events information  
 Leaving a gift in your Will  
 Charity Shops

**PRIVACY POLICY** The Lincs & Notts Air Ambulance promises to respect any personal data that you share with us and will never share this with any third parties. You can opt out or change your preferences at any time. You can find our full Privacy Statement at [www.ambucopter.org.uk/privacy-and-data-protection](http://www.ambucopter.org.uk/privacy-and-data-protection) including information on your right to remove any data that we hold on you



## SPOTLIGHT ON...

# Penny Would

TIME WITH CHARITY: 2 years

POSITION: Trustee



When asked what they know about the Lincs & Notts Air Ambulance, most people talk about our distinctive yellow Ambucopter in the sky and the life-saving work of our pilots, paramedics and doctors. But how much do you know about the people behind the scenes who keep the Charity working like a well-oiled machine?

Our Board of Trustees are all volunteers who donate their time and expertise to help the Charity achieve its aims. Trustees also hold the staff to account, ensuring decisions are always made in the best interests of the Charity.

In this Spotlight feature, we find out more about our amazing Trustee, Penny Would, who joined the Board in November 2016.

### Q. What does your role as Trustee entail?

A. I meet monthly with my fellow board members and staff to oversee the Governance of the Charity. As a Trustee, I am responsible for ensuring that the Charity abides by the law, performs to the highest standard and remains financially secure. I regularly visit our Charity shops, meet with volunteers and our crew whenever the opportunity arises.

### Q. Why did you join the Board of the Lincs & Notts Air Ambulance Charitable Trust?

A. I saw an advertisement for a Trustee role when I had some spare time on my hands. I have both medical and business experience, which I felt could be useful to the Charity. Having been a Trustee for other charities, I feel that I understand the importance of Trustees not only to monitor performance but also to help 'make a difference'.

### Q. What has been your most memorable moment to date at the Charity?

A. My most memorable moment with the Charity was my first time seeing the helicopter called out on a mission. The response was so impressive and incredibly professional.

### Q. What has surprised you the most during your time here at the Charity?

A. The enthusiasm and support of the volunteers and the people who give so generously to support this fantastic service.

### Q. What motivates you?

A. My determination to see that the service of the Lincs & Notts Air Ambulance is maintained at the highest standard for the benefit of our patients.

### Q. What has been your greatest achievement in life so far?

A. My greatest achievement so far is having produced three great children. They have married lovely people and have given us amazing grandchildren!

### Q. Who inspires you the most?

A. I cannot name just one person who inspires me, but I am generally inspired by people who set out goals and achieve them - especially some of our amazing patients who have sustained dreadful injuries and have the strength of character to live life to the full, regardless of their difficulties.

### Q. What was the last book you read and last film you watched?

A. The last book I read was Sir Walter Scott - A Life in a Story by Eileen Dunlop. The last film I saw was The Favourite.

### Q. How would your best friend describe you?

A. I asked my best friend to answer this one for me! She said dynamic, fun loving and imaginative, with a hidden sense of humour.

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

A. My husband, who is extremely tolerant and also has a good sense of humour, says that people who know me would never be surprised at what I get up to!



**LINCS & NOTTS**  
**AIR AMBULANCE**  
SAVING LIVES EVERYDAY

**GIVE US A HAND**  
**GRAB A**  
**GRAND**  
*lottery*



For just £1 a week, you could help us save lives in Lincolnshire and Nottinghamshire, whilst joining our list of winners and grabbing a top prize of £1,000!

**JOIN NOW**

**[AMBUCOPTER.ORG/LOTTERY](https://ambucopter.org/lottery)**

**OR CALL**

**01522 531308**

**HOW WOULD YOU SPEND YOURS?**



**TOP  
PRIZE  
£1,000**