

# SKY SHOUT

SPRING 2018



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

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**HELP  
US FLY**

**24/7**



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

# WHAT'S ON...

Throughout the year, the people of Lincolnshire and Nottinghamshire choose to support us in various ways, including hosting a wide range of fundraising events. Here are just some of the events taking place in the coming months...

## APRIL

**Saturday 28th – Sunday 29th**  
**ART & CRAFT FAIR**  
Grange Hall, Radcliffe-on-Trent

## MAY

**Friday 4th – Friday 11th**  
**LINCOLN FASHION WEEK**

**Saturday 12th**  
**HARTSHOLME COUNTRY**  
**PARK SPRING FAIR**  
Lincoln

**Saturday 12th**  
**HELICOPTER BALL**  
Southview Park Hotel, Skegness

**Saturday 12th – Sunday 13th**  
**NOTTINGHAMSHIRE**  
**COUNTRY SHOW**  
Newark Showground

**Saturday 26th – Sunday 27th**  
**NOTTINGHAMSHIRE**  
**DOG AGILITY SHOW**  
Newark Showground

**Sunday 27th**  
**HOVERINGHAM**  
**VINTAGE TRACTOR SHOW**  
Boat Lane, Hoveringham

**Monday 28th**  
**GREASLEY GATHERING**  
Newthorpe, Nottinghamshire

## JUNE

**Friday 1st**  
**UP, UP AND AWAY**  
**CHARITY GALA CONCERT**  
Newark Palace Theatre

**Sunday 3rd**  
**BRANSBY HORSES**  
**SUMMER FAYRE**

**Sunday 10th**  
**OPEN FARM SUNDAY**  
Sir Richard Sutton Estate  
Office, Stainton le Vale &  
Uncle Henry's Farm,  
Grayingham, Lincolnshire

**Wednesday 20th –**  
**Thursday 21st**  
**LINCOLNSHIRE SHOW**

**Saturday 23rd**  
**MANSFIELD WOODHOUSE**  
**SUMMER EVENT**  
Yeoman Hill Park,  
Mansfield Woodhouse

**Saturday 30th**  
**EAST BRIDGFORD SHOW**  
Butts Field, East Bridgford

## JULY

**Saturday 7th**  
**7 LAKES RESCUE DAY 2018**  
Wharf Road, Crowle

**Sunday 8th**  
**GALA BY THE LAKE**  
Langold Country Park, Church  
Street, Worksop

**Saturday 21st**  
**LINCOLN DRAGON**  
**BOAT RACE**  
Brayford Pool, Lincoln

**Saturday 28th – Sunday 29th**  
**HECKINGTON SHOW**  
Heckington Showground

## AUGUST

**Tuesday 14th**  
**CHARITY GOLF AM-AM**  
Blankney Golf Club,  
Lincoln Road, Lincoln

## SEPTEMBER

**Sunday 2nd**  
**WRAGBY SHOW**

**Monday 10th**  
**– Sunday 16th**  
**NATIONAL AIR**  
**AMBULANCE WEEK**  
Details to be announced  
soon at [ambucopter.org.uk](http://ambucopter.org.uk)



**Friday 14th**  
**NICHOLSON'S**  
**CHARITY BALL**  
DoubleTree by Hilton,  
Brayford, Lincoln

**Sunday 23rd**  
**RIDE TO SAVE LIVES**  
Newark Showground

## OCTOBER

**Sunday 7th**  
**ROTORS & WINGS LUNCH**  
The Epic Centre,  
Lincs Showground

*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 SUPPORTER

The year is already shaping up to be an exciting one. As you are probably aware, we recently announced our commitment to extend our hours of operation to provide a 24-hour service for the communities we serve. This means that we can give more people than ever before the very best chance of survival in what is often their greatest hour of need.

Later this year, we will become the only Air Ambulance Charity in the East Midlands to operate **24 hours a day**. This is a very bold and exciting move, but one that will ultimately benefit some of the most seriously injured and ill people in Lincolnshire and Nottinghamshire. We can only do this with the support of people like you, so a heartfelt thank you to every one of our fabulous supporters.

We are extremely grateful to everyone who chooses to support us, whether through our weekly lottery, by undertaking a sponsored event, using one of our Charity Shops, or simply by making a one-off donation. Every penny really does help us to continue saving lives 365 days of the year and enables us to be the very best at what we do. Thank you for supporting your local Air Ambulance.



Best wishes,



Karen Jobling  
Chief Executive Officer

## CONTACT US

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**01522 531308**

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 [@LNAACT](https://twitter.com/LNAACT)

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## CONTENTS

Time is Everything	4-5
Celebrating International Women's Day	6-7
Just Look at us Now	8
Ride to Save Lives 2018	9
Help Us to Save Lives	10
When Bike Racing Goes Wrong	11
Fabulous Fundraisers	12-13
Ball Room Boutique – Lincoln Fashion Week	14
Spotlight on Sally Thomas	15

*Thank you to Rob Inglis for photography*

# TIME IS EVERYTHING!

**We are extremely excited to announce that by the end of 2018 our Helicopter Emergency Medical Service will become operational 24 hours a day, saving even more lives every year.**

This increase in the hours that our helicopter will be flying means that we will be the only Air Ambulance Charity in the East Midlands to operate a 24-hour Helicopter Emergency Medical Service (HEMS), ensuring the people of Lincolnshire and Nottinghamshire have access to the very best pre-hospital critical care possible, day and night.

Moving to 24-hour operations requires not only careful planning, but also significant investment. From a practical standpoint, we need additional crew, increased training, more aviation fuel and more medical supplies, and, vitally, we also need to raise even more funds, as the cost to provide a 24-hour HEMS service will increase from £2.5m per year to approximately £4m.

We want to continue to provide our patients with the very best and most advanced critical care possible outside of a hospital environment. Hundreds of families still have their loved ones today because of the fast actions and expertise of our crew and this is something we are extremely proud of.



*Our commitment to flying 24 hours a day, together with the additional benefits that our new helicopter provides, and the advancement in carrying blood on board, puts our Charity at the very forefront of medical aviation – somewhere we intend to remain.*

**- Karen Jobling,  
Chief Executive Officer**





Currently, our HEMS team operates 7-days a week between **7am** and **7pm**. The new 24-hour service will initially be for a two-year trial period. During this time the medical emergencies that we are dispatched to will be closely reviewed and monitored to ensure that we continue to provide the most appropriate critical care across our two counties.

As well as our state-of-the-art AgustaWestland 169 helicopter, we also have a Rapid Response Vehicle (RRV) which can quickly transport a Critical Care Paramedic and Doctor to a patient; this vehicle carries the same life-saving equipment as our helicopter. This means we can deliver an advanced level of clinical care and equipment to our patients which goes way above and beyond that of a land ambulance. Our RRV will continue to be used when the helicopter is grounded due to bad weather or unplanned maintenance.

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 in what is often their greatest hour of need.

**EMERGENCIES  
DON'T STOP  
AT 7PM AND  
NOR WILL WE!**



*I am delighted that we are gearing up to extend our pre-hospital emergency medical service as trauma, serious illness, and cardiac arrests can happen anytime, day or night. It's tremendous news that the Charity can continue to build upon its strong foundations of excellent clinical care by providing a 24/7 service.*

- Doctor Susan Dashey,  
Joint Clinical Lead



## **24-HOUR CARE BY AIR WE NEED YOUR HELP!**

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

Call our fundraising team on  
**01522 531308 (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 10**

Or follow us online:

**@LNAACT**

**Facebook.com/Ambucopter**



# CELEBRATING INTERNATIONAL WOMEN'S DAY

## What is life like for the female crew members on board our iconic yellow Ambu helicopter?

With an operational crew of 20 men and 3 women, it is not often that the Charity's three female crew members are on shift together. When this somewhat unusual occurrence took place, CEO Karen Jobling joined Co-pilot Anna Loake, Joint Clinical Lead Dr Susan Dashey and Paramedic Jane Pattison to see what a typical day on board the Ambu helicopter is like for them...



The crew undertake daily checks



The day starts shortly before 7am with the crew arriving at the Charity's operational base at RAF Waddington. The first job of the day is to manoeuvre the 4.8 tonne helicopter out of its hangar and onto the tarmac area where it will stay for the duration of the day, awaiting a call to the next potentially life-saving mission. Thanks to the specially designed 'heli-lift', this can be done by just one person and Anna got to work on this as a first priority.

With the helicopter in position and ready to go, they were joined by CEO Karen Jobling for the morning briefing. The pilots then ran through vital checks on the aircraft while the medical crew carried out an equipment check to ensure that they had the correct kit on board the helicopter for the shift ahead.

After these checks, the crew undertook their daily briefing followed by a training scenario in their specially fitted-out training room. The scenario involved advanced airway management using their interactive SimMan training mannequin, who has a realistic anatomy and can simulate changes in breathing, heart rate, pupil dilation etc. He can also make sounds and

**Karen Jobling** has been CEO for 2 years, during this time the Charity has seen the new state of the art helicopter – the AW169 come into service, the medical advancement of carrying Blood on Board and being able to undertake remote blood transfusions and, more recently, the announcement to increase the service from 12 to 24 hours later this year. A former RAF Officer, Karen has over 25 years' experience in the Charity sector and a very keen interest in aviation.





*Co-pilot Anna Loake and Doctor Susan Dashey manoeuvre the Ambucopter out of its hangar*

respond to medical intervention giving the crew as realistic training opportunity as possible.

The first mission of the day came just before 1pm when the crew were tasked to Bothamsall in Nottinghamshire to a man who had fallen from a ladder and had suffered a trauma to the head. The crew arrived in 10 minutes and assisted a road ambulance crew to stabilise the patient before he was taken to Doncaster Hospital.

Our crew returned to base just before 2pm to complete patient paperwork, undertake a de-brief of the mission and clean the inside of the helicopter. The kit was then replenished ready for the next mission before the crew finally had time to take a well-earned lunch break.

The second call of the day, to a road traffic collision in Skegness came in at 3.30pm. It took the crew just 16 minutes to fly to the furthest point from the base on the East Coast. The patient was trapped in a car. Our crew assessed the patient before she was released from the car by the fire service. Fortunately, she sustained only minor bruising. The crew returned to base just after 4.15pm.

Upon their return, the crew again completed paperwork, a de-brief and replenished the medical kit. There was

then time to sweep the hangar and wash the outside of the helicopter, keeping it in tip-top condition, a task most people don't realise is carried out by the crew.

There was then time for a medical audit and completion of daily reports before the helicopter was put back in the hangar and the doors closed for the night, all ready to open again the next morning when the next shift arrives.



**Anna Loake** is one of two co-pilots to have joined the Ambucopter crew after the delivery of our AW169 aircraft in June 2017. Believe it or not, flying was not Anna's first choice of career. After graduating from university, she spent ten years in the fashion industry before qualifying as a commercial pilot in 2006 and went on to work as a flight instructor and corporate charter pilot, before joining the Lincs & Notts Air Ambulance last year.



**Dr Susan Dashey** is a Consultant in Anesthesia and Intensive Care Medicine and is a vital member of the Lincs & Notts Air Ambulance team, becoming Joint Clinical Lead last year. Susan has a particular interest in pre-hospital motorsport injury care and pre-hospital medicine. In 2011-12, Susan worked with the Sydney Helicopter Emergency Medical Service in Australia before returning to the UK.



**Paramedic Jane Pattison** makes up the final female member of the crew. She joined the ambulance service in 2004, before taking up an air ambulance paramedic role with the Charity in 2011. She remains the Ambucopter's longest serving female crew member.



"Although it is nice to have women to talk to, when it comes down to it delivering excellent patient care is the most important thing."

# JUST LOOK AT US NOW...



Over the past 24 years we have strived to give our patients the very best chance of survival possible, constantly improving the critical care that we provide to men, women and children in their greatest hour of need.

From those early days of operating out of a portacabin and only able to fly when we had money to do so, we are now preparing to fly 24 hours a day, 365 days of the year.

## Here is a snapshot of how our Ambucopter has evolved



**1994** Our first helicopter – the Bölkow was an ex-Police Service helicopter



**2000** We started the millennium with our first MD 902 Explorer



**2010** We upgraded our helicopter but stayed with an MD 902 Explorer



**2013** During the winter we started flying in the hours of darkness



**2017** We took delivery of our new AW169 helicopter



**2017** We started carrying blood on board

## WHAT COULD YOUR DONATION FUND?

All of this has been accomplished with no direct Government or National Lottery funding, which makes what we have achieved, and continue to do every year, even more amazing. It is only thanks to our generous fundraisers, volunteers and supporters that we can continue to save lives 365 days a year.

There are many ways in which you can support your local Air Ambulance including taking part in a sponsored event or sporting challenge, joining our weekly Charity lottery, making a donation online or using the form on page 10, or applying to become a volunteer. Every penny donated, or hour given as a volunteer, really does help to save lives!

You can also make saving a life your lasting legacy by leaving a donation in your Will. Just £2,500 could fund one potentially life-saving mission. To find out more, contact our Legacy Team on **01522 548469**.



**2018** We announced our commitment to fly 24/7



# THE WHEELS ARE IN MOTION FOR OUR

# RIDE TO SAVE LIVES 2018



Sign up to our Ride to Save Lives 2018 now at [ambucopter.org.uk](http://ambucopter.org.uk) and help to save a life today!

We are 'wheely' excited to announce that our third annual motorcycle ride out will take place on **Sunday September 23rd**.

After the success of the previous two 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 which are road legal.

It costs £12.50 to enter and all the 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 nearly £5,000 which funded two missions. With your help, this year we are aiming to fund four!

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



## RIDE TO SAVE LIVES 2018 ROUTE MAP AND TIMINGS (approx.)

1 Newark Showground	11.00	19 North Leverton	12.27
2 Swinderby	11.08	20 South Leverton	12.29
3 North Scarle	11.16	21 Treswell	12.32
4 Wigsley	11.21	22 Stokeham	12.34
5 Fenton	11.32	23 Laneham	12.36
6 Torksey	11.36	24 Dunham	12.40
7 Sturton by Stow	11.45	25 Newton on Trent	12.41
8 Stow	11.48	26 Garton	12.46
9 Willingham by Stow	11.52	27 Besthorpe	12.48
10 Kexby	11.56	28 Collingham	12.51
11 Upton	11.58	29 Langford	12.53
12 Heapham	12.02	30 Newark Showground	12.58
13 Springthorpe	12.04		
14 Corringham	12.07		
15 Gainsborough	12.14		
16 Saundby	12.19		
17 West Burton	12.22		
18 Sturton Steeple	12.24		

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

# EVERY DONATION HELPS US TO SAVE LIVES

You can support your local Air Ambulance by making a one-off or regular donation online at [ambucopter.org.uk](http://ambucopter.org.uk). Alternatively, 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

## STANDING ORDER TO GIVE REGULARLY:

- Set up a new standing order to Lincs & Notts Air Ambulance
- Increase or change current standing order to Lincs & Notts Air Ambulance

Amount £	<input type="checkbox"/> Monthly <input type="checkbox"/> Weekly	Start Date
First Name	Surname	
Address		
Postcode		
Tel No.	Email	
Bank	Account No.	
<i>This is ongoing until I notify the bank otherwise.</i>		Sort Code
Signature	Today's Date	

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

Amount £ .....	Date .....
<i>Please make cheques payable to LNAACT. Please fill in the information in the grey boxes above</i>	

*If you are a UK Taxpayer, please complete the Gift Aid declaration below.*

## OR TO MAKE A DONATION BY CARD PLEASE CALL US ON 01522 548469



### GIFT AID DECLARATION MAKE YOUR DONATION GO FURTHER

- I am a UK Taxpayer

*Please complete the Gift Aid declaration to make your donation go further. This covers any future donations to our Charity and any donations made in the past 4 years. Please claim Gift Aid on all my donations to Lincs & Notts Air Ambulance. 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 on all my donations in that tax year it is my responsibility to pay any difference.*

Signature
-----------

## IF YOU WOULD LIKE TO RECEIVE FURTHER COMMUNICATIONS FROM THE Lincs & NOTTS AIR AMBULANCE PLEASE CHOOSE FROM THE FOLLOWING OPTIONS:

- I am happy to receive ALL COMMUNICATIONS from the Lincs & Notts Air Ambulance
- I am happy to receive SOME COMMUNICATIONS from the Lincs & Notts Air Ambulance as SELECTED BELOW (please tick all that apply)
- Our Newsletter  Thank You Letters

Information on the following:

- Events  Leaving a Gift in my Will  Charity Shops  Our Charity Lottery  Volunteering Opportunities  Fundraising Appeals

My preferred method of communication is:  By Post  By Email  By Telephone  By Text

Please make sure you have filled in the information in the grey boxes above so that we can keep in touch as you have requested. Please let us know if any details change at [enquiries@ambucopter.org.uk](mailto:enquiries@ambucopter.org.uk) Lincs & Notts Air Ambulance is a registered charity (number 1017501)

## DONATE £1 A WEEK!

BE IN WITH A CHANCE OF WINNING UP TO £1,000

Join our weekly Lottery for just **£1 per week** to be in with a chance of winning up to £1,000 in the weekly lottery. Our lottery is a great way to make a regular contribution with the added excitement of winning a cash prize. **Join today and help to save lives.**

To join call **01522 531308** or visit [ambucopter.org.uk](http://ambucopter.org.uk)

# WHEN BIKE RACING GOES WRONG, THE CONSEQUENCES CAN BE DEVASTATING



Here at the Lincs & Notts Air Ambulance it means such a lot to us to hear from our past patients and their journeys to recovery – patients like Chris Moore who recently contacted us despite his accident taking place over a decade ago.

In 2002 Chris was an up and coming championship racer, taking part in his first full season of racing.

After a damp practice at Cadwell Park he opted to start the first race from the pit lane. He started his second lap thinking “let’s see what this bike can do.” That was the last thing he remembers.

A week later he woke up in Queen’s Medical Centre (QMC), Nottingham, where he discovered that he had veered off the track into a tyre wall at an estimated 120mph, clipped the bank, flew over a marshal post and landed 78 metres down the track.

As he flew through the air his brain hit his skull causing an intracranial bleed and when he clipped the bank his arm was ripped from its socket. He also suffered a punctured lung, displaced ribs, and a broken arm and wrist. And, he had no pulse!

**“The Ambucopter was the link that enabled my life to be saved that day.”**

Due to the severity of Chris’ injuries, the Lincs & Notts Air Ambulance was immediately dispatched. Chris was put into a medically induced coma to prevent further brain damage and allow the clinical crew to take over his breathing; he was flown to QMC where he was transferred straight into surgery.

Chris explains: “The time from crash to surgery at QMC was under 1 hour thanks to the Ambucopter – within the vital ‘Golden Hour’. If I had travelled by road, I do not believe I would be here today. The Ambucopter was the link that enabled my life to be saved that day.”



Chris in 2002 before the accident



Chris with his wife and daughters

I had to re-learn everything, how to stand up, how to walk, how to talk. Racing was my choice, but thanks to many people that day including the Lincs & Notts Air Ambulance crew, I had the opportunity to recover.”

16 years later Chris is now married with two daughters. He went on to successfully work in Aerospace, Automotive and Nuclear industries. In 2017 he became a Chartered Engineer with the Institute of Mechanical Engineers.

Without the **Lincs & Notts Air Ambulance** it could have been a completely different story for Chris.

To share your own story of how the Lincs & Notts Air Ambulance has helped you, email [media@ambucopter.org.uk](mailto:media@ambucopter.org.uk) or call **01522 548469**

# Time to get involved

## FOCUS ON...

Even a broken rib couldn't stop long-time Ashby Charity Shop volunteer Gill Andrew from taking part in a 1-mile zip wire challenge in aid of the charity close to her heart. The 78-year-old daredevil undertook the challenge in Penrhyn Slate Quarry in North Wales – the longest zip wire in Europe! Well done Gill!



**1 MILE ZIP WIRE**  
**Gill Andrew**  
**£3,167**

**UNDERWOOD CONCERTS**  
**Rock n Soul Singers**  
**£1,000 so far!**



**CADWELL PARK**  
**£2,483**



**HUCKNALL FUN DAY**  
**Rolls Royce**  
**£2,655**



**CHRISTMAS OPEN DAY**  
**Ledgerwood Morgan,**  
**Winterton £400**



**MONTHLY QUIZ**  
**Mandy and Norman Deakin,**  
**Blacksmith Arms, Rothwell £1,329**



# What is **YOUR** challenge?



**FUNDRAISING EVENTS**  
Epworth District  
Flower Club **£2,000**



**LINCOLNSHIRE FARMERS' BALL**  
**£9,434.45**



**LADIES' CAPTAIN'S DRIVE IN**  
Beeston Fields Golf Club  
**£150**

**BEER FESTIVAL**  
Grimsby CAMRA  
**£467**



## FOCUS ON...



### THE DUKE OF WELLINGTON PUB

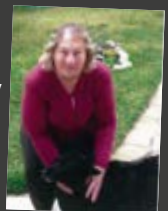
The Duke of Wellington pub, Midville, has supported the Lincs & Notts Air Ambulance for the past 19 years. In this time, it has raised a staggering **£225,600** from various fundraising activities, including raffles, quizzes, bingo, meal nights, auctions, darts events, sponsored activities and music events. The money has helped to fund in excess of 90 potentially life-saving missions. Some of the events already planned for 2018 include Chine & Ham evenings on May 15, July 17 and September 18, a tractor run in June, a raft race on August 12 and a quiz night on October 26.

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

In February we said farewell to one of our dedicated volunteers, Carol Spiers, who has supported our Charity for over a decade. Before her death, alongside her sister and brother-in-law, Val and Mick Midgley, Carol volunteered at many community events, helping to raise much-needed funds to keep our Ambucopter flying. She will be sadly missed by all at the Lincs & Notts Air Ambulance.



# FOR 1 WEEK ONLY VISIT OUR BALL ROOM BOUTIQUE

LINCOLN  
FASHION  
WEEK.

4TH – 11TH MAY

As the official Charity Partner of Lincoln Fashion Week 2018, we will be showcasing quality pre-loved dresses, accessories, handbags and shoes at our pop-up Ball Room Boutique in the Waterside Centre from 4th-11th May.

Fabulous dresses, spectacular shoes, accessories and the perfect bag – suitable for school proms, charity balls, a day at the races or that holiday cruise! All of these can be found at great prices at our pop-up boutique.

There will be something for everyone in many different sizes and styles, so why not pop in and grab yourself a bargain?

The best bit of all is that by buying a dress from our pop-up shop, you will be helping to raise vital funds for the **Lincs & Notts Air Ambulance** and supporting our move to fly 24 hours a day this year!



We always welcome donations of good quality clothing, toys, housewares, furniture and bric-a-brac at any of our 11 Charity Shops across Lincolnshire and Nottinghamshire.

Donations of smaller items can be dropped off at your local shop, or for free collection of larger items of furniture, call **01522 548469** (Lincs) or **0115 9412255** (Notts).

All items must be in saleable condition and sofas must still have their fire safety certificate attached. Unfortunately, we cannot take TVs or video cassettes.

To find your local Lincs & Notts Air Ambulance Charity Shop visit [www.ambucopter.org.uk](http://www.ambucopter.org.uk)

## SPOTLIGHT ON...

# Sally Thomas

**TIME WITH CHARITY:** 1 year  
**POSITION:** Head of Retail



When asked what they know about the Lincs & Notts Air Ambulance, most people talk about our distinctive yellow helicopter 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?

We have staff across Lincolnshire and Nottinghamshire who make sure the Charity goes from strength to strength and raises the £4million it will cost every year to keep the Ambucopter in the skies and saving lives 24 hours a day. People like our Head of Retail, Sally Thomas.

What was the last book she read, what is her dream job, and who inspires her?

Find out the answer to all of these burning questions and more here!

**Q. What does your role entail?**

**A.** Overall management of our 11 Charity shops in Lincs & Notts. I am also in charge of implementing shop policies and procedures and working with a great team of volunteers and shop managers to sell a wide range of fabulous donated items – from clothing and toys to bric-a-brac and furniture.

**Q. What is the best thing about being part of the Lincs & Notts Air Ambulance?**

**A.** That the whole team is great and the Charity is so well supported and respected by the local communities that we serve. I am also very excited to be part of **Lincoln Fashion Week 2018** – just take a look on the opposite page!

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

**A.** I would love to be a DJ in Ibiza.

**Q. What do you enjoy doing when not at work?**

**A.** I enjoy travelling, cycling and socialising with friends.

**Q. What is the most recent book you have read?**

**A.** 61 Hours by Lee Childs.

**Q. What one item could you not live without?**

**A.** Not an item as such, but I couldn't live without love.

**Q. What three words would sum you up?**

**A.** Older and wiser.

**Q. Who inspires you most?**

**A.** My mum.

**Q. Which actor would you choose to play you in a movie of your life?**

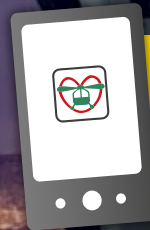
**A.** Samantha Morton.

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

**A.** I received a certificate from school for never having a day off sick in my whole education.



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