

Airborne

Issue 3

Meet our latest recruits

Four new HEMS
Paramedics join our crew!

YAA celebrates 20 years saving lives

Learn all about our
20th birthday celebrations

Jonathan Binnie talks NVIS

Now that the days are getting
darker discover how the YAA
are using Night Vision



Top five most flown to areas

Doncaster

108

York district

99

Sheffield

69

Bradford

62

Harrogate

49

Welcome to the YAA



Welcome to the third issue of our newsletter. The 25th October 2020 marked a landmark celebration for the Yorkshire Air Ambulance – our 20th Birthday.

When the Charity started out two decades ago, none of us expected to be where we are today, delivering a platinum emergency service to the people of Yorkshire and having airlifted more than 8,100 patients for lifesaving treatment.

It all started back in a rather compact, temporary portable cabin at Leeds Bradford International Airport in the year 2000. Our first helicopter was a 15 year old leased Bolkow, based at the airport. Now we have our very own purpose built airbase and two H-145 helicopters that the Charity own outright, thanks to the generosity of the people of Yorkshire and beyond.

Over the years our Charity has adapted to become the state-of-the-art service it is today. From being the first air ambulance in the UK to have a dedicated air desk to acquiring night vision status in 2017 and carrying blood on board both helicopters.

This last year has possibly been the most challenging in YAA history with the pandemic, but like all challenges we face, we have adapted, shown strength and resilience and will come out stronger. Thanks to our foresight to plan for unexpected events, our Charity is stable and able to continue our mission to save lives.

We have certainly come a long way in the last 20 years and we are proud to be delivering a first class service across the whole of Yorkshire. We are in awe of our supporters, who stick by us even in the most difficult circumstances. It is the businesses, organisations and people of Yorkshire that are the life-blood of the YAA.

Thank you for all your support and here's to another 20 years of saving lives.



Peter Sunderland
Yorkshire Air Ambulance
Chairman

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YAA Staff *Updates*

We are delighted to announce that we have recruited four new helicopter emergency medical service (HEMS) Paramedics to join our aircrew, seconded from our partner Yorkshire Ambulance Service NHS Trust, on a two-year basis.

The new Paramedics will form part of the Yorkshire Critical Care Team, comprising 11 Consultants in Emergency Medicine and 20 Paramedics who work as crew on the two YAA helicopters delivering the life-saving service 365 days a year.



Steven Dawber

Steven Dawber from Brough has been a qualified Paramedic for the last 12 years. He started his medical career in 2002 working on non-emergency patient

transport, then progressing to A&E and in 2008 he sat his paramedic exams. His career has been predominantly spent working in Hull, where he became a Clinical Supervisor in 2013 and was seconded to the post of Clinical Development Manager before joining the YAA.

Speaking of why he joined the Yorkshire Air Ambulance, Steven said: "I had reached a point in my career where I wanted to challenge myself again and go to jobs where I could learn more skills and push myself. Working at the YAA offers a different method of transport, different skills and medication and most importantly, you can make a difference to someone's life. I saw this on a call out during my first week of working here, where a journey by land would have taken 40 minutes, but it took just 4 minutes by air."



Georgina Godfrey

Georgina Godfrey is from Sheffield. When Georgina left sixth form she originally started her working life as a dental nurse, following in her family's footsteps. However, a year later she

decided to pursue a medical career, an ambition which stemmed from a serious fall Georgina had when she was younger and after being inspired by the medical team that helped her.

Georgina went to Sheffield Hallam University and qualified as a Paramedic when she was 21, she then joined Yorkshire Ambulance Service in 2012, progressing to a Clinical Supervisor in 2017.

Speaking of the Yorkshire Air Ambulance, Georgina said: "I've worked alongside the Yorkshire Air Ambulance many times in my role at Yorkshire Ambulance Service and I've always been impressed by their teamwork and care for their patients."



Gemma Richmond

Gemma joined Yorkshire Ambulance Service in 2002 as a Technician and worked at Menston Ambulance Station as an AEMT (Advanced Emergency Medical Technician) until she was offered

a position at HART, Yorkshire's Hazardous Area Response Team. It was there she completed her paramedic training and remained on the unit for eight years before joining the YAA.

Gemma said: "I really wanted the opportunity to experience life as a HEMS Paramedic. I spent eight years working across Yorkshire providing a HART response so now is a really exciting opportunity to provide a similar response but arriving to the emergency in a completely different way and providing my patients with a wider variety of clinical skills. I am really looking forward to working alongside the Doctors and Paramedics, providing a critical care response to the patients in the greatest need and hopefully learning a huge amount from the Doctors' experience in pre-hospital care."



Michael Williams

Michael joined Yorkshire Ambulance Service in 2009 after seven years in the Army. Originally based in Harrogate as a Paramedic, Michael moved to Leeds as a Clinical Supervisor prior to accepting his new role at the Charity.

"Being based in rural North Yorkshire, we often encountered the Yorkshire Air Ambulance on jobs and working for them has always been something that I wanted to do," said Michael.

He continued: "I am looking forward to getting out there and putting all the training into practice, whilst learning from all the YAA Doctors, Paramedics and Pilots."



Our new Paramedics during their initial training with the YAA

To learn more about YAA job opportunities please visit:
<https://www.yorkshireairambulance.org.uk/contact-us-careers/work-for-the-yaa/>

YAA Celebrates **20th** birthday



Thank you to everyone who joined in our 20th birthday celebrations this year. It was very different to how we had planned and expected it to be, but as always, our supporters rallied round in their dozens to help us celebrate and raise vital funds. It really made us realise why we love what we do and the importance of our life-saving work.

YAA birthday cake

To help us celebrate 20 years of the YAA saving lives across Yorkshire, Betty's Northallerton very kindly donated this 14" YAA iced fruit cake. We ran a draw at Farmer Copleys and via our online store, which brought in an impressive £340.

The winner was Abbey Hartley from Wakefield who plans on spreading the YAA birthday cheer and sharing the cake with her work colleagues. Here is Abbey's partner taking delivery of the YAA birthday cake.



Birthday balloon race

Businesses, community groups and individuals across Yorkshire united to help us celebrate our 20th birthday and raised an impressive £3,840 by taking part in our virtual balloon race.

The virtual balloon race commenced on the 19th October and finished on our 20th Birthday on October 25th 2020.

Prizes were awarded to first, second and third place balloons and participants were able to watch their balloons race via a virtual balloon race website and share messages with the Charity.

FACT: 1,250 balloons took part in the race



Thank you to all of our supporters who took part in the race, including:

Businesses

Home Instead (Wetherby and Ilkley), CMS Distribution, World of Wyndsors (Chesterfield), Capita Samsung (Leeds), JTF (Leeds), XPO (Bradford), TOG 24, Eastwoods (Elland), Junction 32 Retail Park, Recycling Solutions, LSI (Bradford), Planet Platforms (Wakefield), Bardsey Tree Services, Caravan Guard (Halifax) and ICC Group (Wetherby).

Community Groups

Yorkshire Trikes, Eldwick Village Society, Aire Valley UK, Froebel School, Gaslight Ukulele Band, 204 Sheffield Guides, Wetherby Wharfedale Rotary Club, Hebden Royd PROBUS Retired Men's Club, Sowood WI, Trefoil Guild (Keighley, Shipley, York, Hull, Selby, Bridlington, Skipton, Harrogate, Ripon, Knaresborough, Barnsley, Doncaster and Billingham).

'Lydia's Voyager' from the Froebel School, Leeds, was the first-place prize winner, taking home a £100 B&M voucher, kindly donated by B&M stores. Planet Platforms in Wakefield won the Marley Stir it up Record Player for second place and ICC Group, Wetherby, took home third prize which was a generously donated Betty's Northallerton gift box. The bonus fourth place prize of a Yorkshire Air Ambulance commemorative 20th Anniversary teddy bear went to Sue Munden for her 9 year old grandson Harry.

Jenny Jones, Regional Fundraising Manager (South and West) for the Yorkshire Air Ambulance, said:

"We would like to say a huge thank you to everyone who took part in our 20th birthday virtual balloon race. We were overwhelmed by everyone's support and it was a great way to celebrate the Yorkshire Air Ambulance's twentieth year.

It costs £12,000 a day to keep both of our air ambulances maintained and in the air and like many charities across the UK, this year we have been deeply impacted by COVID-19. The money raised from the balloon race will help greatly towards the vital funding of our service and enable us to continue saving lives across the region."

Patient's Story

Stephen Reynolds

Stephen Reynolds was midway through a training run in Knaresborough, when he suffered a cardiac arrest at the roadside. A passer-by, who had recently had a refresher in CPR, started chest compressions until a paramedic arrived with a defibrillator. It took several shocks to get Stephen's heart beating again.



The YAA were dispatched and Stephen was flown to Leeds General infirmary, where subsequent scans revealed that he had been born with a rare heart condition.

Stephen said: "Scans showed that I had been born with a rare congenital heart condition where my right coronary artery was positioned in the wrong place and it triggered my cardiac arrest when it became constricted during exercise. I was told it could have happened at any point in my life. I underwent open heart surgery to reposition the artery and spent a total of 3 weeks in hospital."

He continued: "The air ambulance crew were quick onto the scene and instrumental in my treatment at the roadside as well as ensuring a quick journey to the specialist cardiology unit at Leeds General Infirmary."

Stephen is now on the road to making a full recovery and has been able to start running again. At the beginning of July Stephen completed the Yorkshire Three Peaks to mark one year since the incident and earlier this year, Stephen held a fundraiser to celebrate his 38th birthday raising £1,500 for our rapid response Charity.

Speaking of the Yorkshire Air Ambulance, Stephen said: "It was great to get the chance to meet Rachel, one of the Paramedics, last year at the Nostell air base to say thank you for the part she played in saving my life that day. I will always be grateful to her and the whole team at the YAA for the amazing work they did helping me."



Read our patient stories here:

<https://www.yorkshireairambulance.org.uk/news-patient-stories/patient-stories/>

First class *training*



Every year the crew on board Yorkshire's air ambulances respond to more than 1,500 of the most serious incidents across Yorkshire.

Our HEMS Paramedics are trained to the highest level of clinical care, with specialist skills that equip them for challenging pre-hospital incidents involving major trauma. To keep our Critical Care Team delivering the platinum service the Yorkshire Air Ambulance is renowned for, training in the latest medical advancements and techniques and refreshing their existing skills on a regular basis is paramount.

Regular training ensures that we continue to deliver the best care to our patients and that we are ahead of the game and prepared for whatever comes our way at the

scene of an incident. Here are just a few of the recent training courses our crew have completed:

Joint Decision Model Training

Many of the incidents that our crew attend have multiple emergency services involved in making decisions for the patient. From the road ambulance Paramedics, who may have assessed the patient first, to our HEMS Paramedics and consultants who are flown to the scene. The priority is to determine the best result for the patient and Joint Decision Model Training helps emergency workers figure out what they need to achieve in highly pressured environments by splitting the decision making into three categories – the **situation**, the **direction** and the **action**.

The **situation** addresses what is happening and what the risks are. The **direction** identifies the aims and objectives of the emergency response. The **action** sets out what needs to be done to resolve the situation.

Matt Syrat Clinical Operations Manager, said:
“You may hear the term ‘spin the model’ and this means that we acknowledge that every incident, every situation and every decision is dynamic or constantly changing.
Spinning the model ensures our staff can consistently review the situation, making sure we are always acting on the most relevant and credible information. “



TRiM Training

While our crew remain diligent every day and ready to respond to whatever comes their way, long term repeated exposure to what can be highly traumatic incidents can, in some cases, result in post-traumatic stress disorder.

Among emergency service workers Paramedics have the highest rates of post-traumatic stress disorder, affecting more than one in 10 (14.6%).

TRiM Management is a risk assessed peer to peer support network and TRiM practitioners are trained to spot the first signs of distress amongst their colleagues. A TRiM assessment takes place 72 hours after an event, so that the crew have time to acknowledge and process what has happened.

Matt, continued: “Having the ability and knowledge to perform a TRiM assessment for our team ensures we have their mental health and wellbeing at the forefront of our minds. TRiM is not a cure, but it is a method of capturing those team members who might be struggling to process what has happened, thus allowing us to signpost them to the most appropriate form of support when they need it most.”

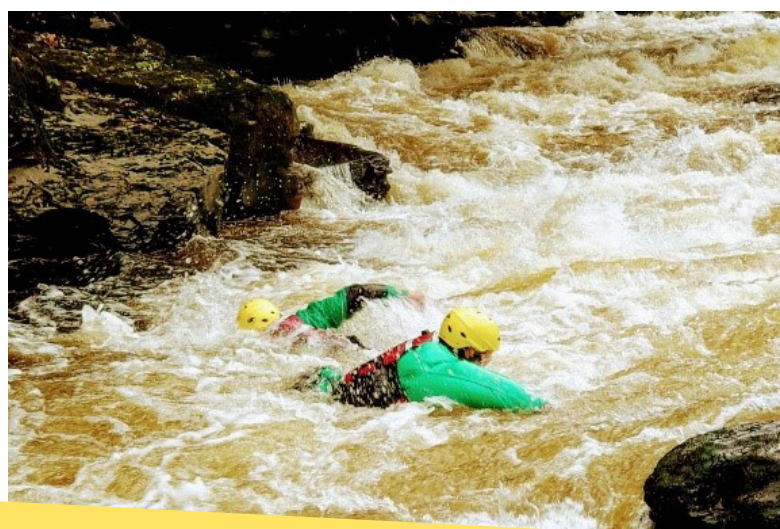
New HEMS training

Earlier this year we welcomed four new Paramedics to our team. They all completed vigorous training to become HEMS Paramedics.

This training included working the air desk to ensure the most appropriate Air resource is dispatched, Swift Water Rescue, fire training supported by Leeds Bradford Airport along with many instances of clinical skills training,

Clinical skills training involves using both our simulation manikins and simulation suite to immerse the Paramedics into a situation that is as close to a real life incident as possible, allowing them to demonstrate their ability to work under pressure in some of the most emotive circumstances.

“We are delighted to welcome such a great bunch to the team. Each one has valued strengths that will add fresh dynamics to our already incredible family”, added Matt, speaking of our new recruits.



To see our latest training updates, follow our YAA HEMS account on Twitter:
https://twitter.com/YAA_HEMS

Patient's Story

John Rae

John Rae 27, from Newcastle was riding his motorbike along the A167 in North Yorkshire with a friend, looking for somewhere to go for breakfast, when his motorbike collided with a car towing a caravan on a stretch of winding road. He was catapulted into the air at 60mph.



Speaking of his incident, John said: "We went to Richmond for a spot of breakfast, but it was too busy. I remember leaving Richmond and going over the zebra crossing towards Reeth and then I crashed seven miles further down and I don't remember how I got there. I lost 20 minutes before the accident and the next thing I remember I was waking up in resus."

A first aid trained teacher on board a school mini bus stopped at the scene to help and called emergency services. She removed part of John's helmet to help him breathe, which is not normally advised in incidents like this, but it subsequently helped to save his life.

The Yorkshire Air Ambulance were dispatched and due to John's critical condition, he was flown to James Cook University Hospital in Middlesbrough for treatment.

Tests revealed that John had broken his femur and vertebrae and nerve damage left him paralysed from below his right knee. He spent three weeks in hospital being operated on and a further three weeks in rehab.

John was newly married and had to postpone his honeymoon to learn to walk again. He gave up his job as a taxi driver to focus on his recovery but has since started a new job in January.

"The air ambulance did a fantastic job, they were very professional and I couldn't have asked for a better team to help me. It's remarkable what they do", said John.



Read our patient stories here:

<https://www.yorkshireairambulance.org.uk/news-patient-stories/patient-stories/>

Jonathan Binnie talks *NVIS*

NVIS (Night Vision) is a vital part of our operation, enabling us to extend our flying hours into darkness and ultimately save more lives. We caught up with our newest Pilot, Jonathan Binnie, to hear how he's getting on with his NVIS training.

My name is Jonathan Binnie and I'm the newest pilot at Yorkshire Air Ambulance. My first three months have been a baptism of fire – I've been blasted with information and new challenges and hopefully most of it has stuck.

There are new skills to be learned as a HEMS Pilot. It starts with a Type Rating onto the EC145 helicopter, then an Instrument Rating Renewal so I can fly in bad weather and cloud if required.

Next up is Air Ambulance HEMS Line Training where all the procedures for landing safely are covered, along with hospital locations, fuelling points, air space restrictions, low level flying, and a whole host of other requirements. All of that culminates in a Day Line Check which clears you to fly Day Operations. But YAA fly at night too... so welcome to the green world of NVGs (Night Vision Goggles)...

FACT: Last year the Yorkshire Air Ambulance flew 198 flights using Night Vision Technology

This has been the biggest challenge for me – getting used to flying with NVGs. These really enhance the availability of the helicopters – rather than having to put the aircraft in the hangar at night, YAA helicopters continue to fly and provide a service during the hours of darkness. There are more stringent restrictions applied to night operations, but the NVGs massively extend the service that the YAA can provide.



I had never flown on Night Vision Goggles (or "gogs" as they are nicknamed), although I have a lot of night flying experience. Fitting the goggles to my helmet for the first time, and then just trying to put the helmet on was quite an experience in itself.

They're fairly heavy pieces of kit – the battery fits on the back and the weight distribution takes a bit of getting used to – and I spent a few moments bashing them around the cockpit until I got used to having what felt like two toilet roll tubes sticking out of the front of my head!



The view through the goggles is quite restricted – and they don't turn night into day, more a green version of twilight. But once you've got used to the lack of depth perception and getting them focused, the advantages are huge. You look into what appear to be totally black spaces and the NVGs transform the scene. You see everything in a ghostly green hue – wires, obstacles, high ground, buildings, people – all the things we need to avoid to carry out a safe landing.

The key to operating at night is to be methodical and careful – very, very careful. Both the pilot and the Technical Crew Member/Paramedic in the front wear NVGs and we work together to make sure everything is safe before we actually land.

We carry out a recce of the location on our mapping system before we even get airborne, and then on scene we'll carry out a high recce to make sure we're at the right location and that we've identified all the hazards and possible threats that we need to take into account. We must look very strange to the folk in the back of the aircraft as our heads move all over the place as we scan the location.

Then we'll come a bit lower and carry out a low recce, usually in a slightly different direction just to make sure we haven't missed anything. We're continually talking out loud to each other not just for our benefit, but to reassure the folk in the back. It must be very unnerving to descend into what looks like a big black hole, so good communication is essential.



The final stage of the landing is carried out off goggles, so we have a very powerful search light to light up the area for the last portion of the landing. People often mistake it for a camera – Police Helicopters carry both a camera and a search light – but we only need the light.

At any stage, anyone in the aircraft can stop the landing for safety reasons, and if that happens we carry out what is called a “go-around” and we'll climb up to a safe height and sort things out from there.

As well as obstacles (powerlines, masts, trees, buildings, etc), we have another unexpected danger – lasers. It seems that some people don't understand the dangers and risks from their actions and think it's fun to point a laser pen at the helicopter. I was actually dazzled by a laser during one of my training flights with YAA.



Care from the Roadside to Recovery

At Yorkshire Air Ambulance the patient is at the heart of everything we do. From the care they receive at the roadside, right through to their recovery, we aim to be there every step of the way. Our two helicopters fly daily with a highly trained crew consisting of a Pilot, Consultant Level Critical Care Doctor and two highly skilled Paramedics flying from our Nostell airbase and a Pilot and two highly trained Paramedics from our base at Topcliffe. Last year alone, these Critical Care teams responded to over 1,500 incidents, treated over 1,100 patients and flew over 330 patients to Major Trauma Centres across Yorkshire.



Although we know that doctors and paramedics of the Yorkshire Critical Care Team (YCCT) give excellent care to the patients at the scene of their accident - it's less well known that the doctors may continue on with this care after the patient has been transported to hospital. Not all doctors have the skills to be a helicopter doctor. The team require advanced resuscitation skills with experience working in anaesthesia, ITU (intensive care units) and emergency medicine.

The Yorkshire team is about 50:50 split between anaesthetists and emergency medicine consultants.

It's no coincidence that these type of doctors tend to be part of the team that looks after the severely injured patients once they have been flown into the hospitals. A typical trauma team will have an emergency doctor and an anaesthetist working together to stabilise the patient. Thus when our doctors are doing their hospital day jobs they may be on the "other side" – receiving the patient from the helicopter team.

As an example, Tim, Neil and Steve are long serving doctors on the YCCT. When not flying on the helicopter they are trauma anaesthetists (and Major Trauma Consultants) at the Northern General Adult Major Trauma centre.

When working shifts as a major trauma consultant they carry a trauma pager that alerts them when a critical patient is being flown in. Not infrequently they can see their familiar EC145 helicopter landing on the helipad and a patient transported in by their helicopter team mates.

Handovers in the emergency department go very smoothly because of everyone's familiarity plus it's always nicer to handover/accept a patient from a friendly, familiar face.

After handover the major trauma consultant may have to help stabilise the patient. However their main role is to help co-ordinate the ongoing care of the patient – getting various specialist teams involved to fix all the damaged areas of the body. One useful part of this is that they can feed back to the helicopter team the progress their patient is making in the following days and weeks.



Emergency Department (ED) Resus

YAA crew members Chris, Rob, Sarah, Andy, Jonny and Paul are ED consultants. Their hospital job is to receive the patient from the critical care teams and lead the team that stabilises them. As they all work in major Yorkshire hospitals they may often accept a patient from the YCCT. They can literally be delivering patients to their own (or other) ED's on the Monday and accepting patients into their own ED on the Tuesday!

Handing over a patient to an ED doctor who understands the challenges and demands of the prehospital environment can be very useful. In former times there had been a slight "them and us" attitude between hospital and prehospital teams. Each group had little understanding regarding challenges and priorities of the other group. Having doctors who work in and out of hospital has helped enormously in blurring the boundaries and building bridges of trust and respect between the two professional groups.

Theatre

You could argue that the main job of the YCCT is usually to keep patients alive until they get the operation that they need.

Most victims of severe trauma will need surgery. This may be needed within minutes (to save life or limb) or over hours, days or weeks to correct serious but less immediately threatening issues.

The anaesthetists on the YCCT tend to be trauma anaesthetists – specialist anaesthetists who are used to dealing with patients who are bleeding and critically ill.

An example of "joined up YCCT care"

A recent case involved a woman who had been hit by a vehicle. She had multiple injuries and severe blood loss. The YCCT landed and immediately began to reduce the bleeding and administer blood. She was rapidly anaesthetised by the YCCT doctor and put on a ventilator to keep her alive en-route to hospital. The patient would almost certainly have died without this advanced care.

Once in the ED a YCCT member continued to resuscitate the patient as an operating theatre was arranged to address her life threatening injuries. An on-call trauma anaesthetist (coincidentally also a YCCT member!) was called in to resuscitate the patient in the operating theatre. The YCCT anaesthetist then helped co-ordinate a team of surgeons to operate on her chest, arms, legs, abdomen and pelvis to stop her bleeding. She needed to be given litres of blood to keep her alive until the surgeons gained the upper hand. She then went to the ITU where she improved and was eventually discharged to the ward. Her condition was then followed up by major trauma consultants.

YCCT doctors had been involved in every aspect of her care – quite literally from roadside to discharge from hospital!

Feedback

When speaking to ambulance based paramedics, one of their frustrations is that it's very difficult to follow up a patient's progress once they disappear into the hospital. They may use their skills and knowledge to keep the patient alive until they deliver them to the ED but then never discover what happens next! However one of the benefits of having the doctors on the team is that they can often follow the patient's journey and feedback their progress to the team. Apart from being a "feel good" activity – this may have real learning benefits too as it closes the "feedback loop" that enables the team to continually improve its level of care. If we don't find out what happens to the patients how do we know if we could have done anything better?

The most severely injured patients bypass the local hospitals and get taken directly to one of Yorkshire's four major trauma centres: Northern General, Leeds General Infirmary, Hull Royal Infirmary and James Cook. We are lucky in that YCCT doctors work in all 4 of these units. This provides a valuable pathway for feedback and reflection as well as helping promote working between the prehospital and in hospital teams in each unit.

At the Yorkshire Air Ambulance, we want you to know that our help & support doesn't have to stop once you reach the hospital.

Whether you would like help piecing together what happened on the day of your incident, help finding out the crew who attended you or your loved one, or you would like to pass on your feedback, you can contact us by emailing: patientcare@yaa.org.uk

Upcoming Events 2021

Join the Yorkshire Air Ambulance team with our calendar of exciting events across the region. From sport events to fundraising days, there's something for everyone to enjoy.



Benidorm Bangers Starting Tuesday 20th April 2021

We are delighted to offer 10 limited edition YAA Team places in the 2021 Benidorm Bangers Rally. If you are new to the Benidorm Bangers Concept, think Top Gear Challenge, with a group of like-minded people! Entry to the Benidorm Bangers event is £250 per 2 crew vehicle and any additional crew members are £25 each.



Skydive Sunday 16th May and 2021 Sunday 19th September 2021

Experience new heights and the stunning views over Yorkshire by taking part in one of two Yorkshire Air Ambulance skydiving days, organised by SkyDive GB in Bridlington#



Total Warrior Saturday 26th and Sunday 27th June 2021

Total Warrior 2021 will be taking place on 27th and 28th June at Bramham Park, Leeds. There are courses to suit the whole family from the 12k full warrior experience to half warrior and junior warrior courses.



York 10K Sunday 1st August 2021

Next year's York 10k takes place on 1st August, Yorkshire Day! Giving racegoers the chance to run through the heart of the medieval city, passing by iconic landmarks such as Clifford's Tower and York Minster.

*All event details, including proposed dates, are subject to change as government advice evolves. Please check our website for the most current information

We continue to work on exciting new plans and develop new events, so check the events section of our website regularly to stay up to date.

<https://www.yorkshireairambulance.org.uk/get-involved/events/>

Your Questions *Answered*

Last month we asked our supporters to share their questions for our Charity staff and crew on our social channels and we've asked a few members of our team to provide the answers.

What is the usual progression route to become a HEMS Paramedic?

Rachel Smith, YAA Paramedic:

"All of the YAA Paramedics started their careers working for ambulance services, many starting out as cadets, technicians, patient transport staff and also cleaners. More recently, staff tend to go down the university route where they study a Paramedic degree, but all must be paramedics with an absolute minimum of 3 years post qualification experience. It requires years of operational experience to be successful as a YAA HEMS Paramedic as dealing with high level trauma and high acuity incidents becomes the new routine. Once successful at recruitment to the YAA, we are seconded by the Yorkshire Ambulance Service on a two or three year basis and after that we can apply for a vacant full time position with the YAA or take the knowledge and experience back to into our operational roles within Yorkshire Ambulance Service where we can share with our ambulance service colleagues."



How has COVID-19 impacted YAA?

Matty McCabe, YAA Paramedic:

"Since our return to flying duties, after being redeployed back to the NHS at the beginning of the pandemic, we have had to make changes to the way we work in order to protect our patients, our staff and our aircraft. We are lucky to have some of the best PPE available, to make sure we can stay as safe as possible when caring for our patients in often challenging circumstances. The PPE itself though, has brought some challenges which we have worked hard at to overcome. It can be quite difficult to communicate with each other as we have our faces covered and our level of hearing is a little impaired with some of the headwear we use. We have however, as a team, worked hard in our state-of-the-art training suite to overcome these difficulties and simulate a variety of different circumstances whilst dressed in this new PPE."



Is there something you would like to know about the YAA or anything you would like to ask our team? Send your questions to marketing@yaa.org.uk

What was it like to land at Oakwell Stadium, home of Barnsley F.C?

Garry Brasher, YAA Training Pilot:

"As a YAA Pilot, I've landed at quite a few football grounds. A football stadium does have its problems when it comes to aircraft performance if we are trying to stay inside performance class 1 criteria. However, the stands at Oakwell stadium aren't that big so it was quite easy to land in. The fact that the stadium was still full of spectators didn't play a part in the landing, but we did discuss the fact that the landing would be on YouTube within seconds, and it was."



Do you have protected time for team debriefing sessions following a call out?

Andy Crow, YAA Paramedic:

"Debriefing after incidents is an important process that we try to do after each job. It allows for reflection on what happened, right from the initial call and flight to the location to the call out itself. By debriefing we can identify areas where we need to improve and it allows for all of our collective experiences to help us develop and get better at what we do. We also attend bi-monthly governance days where difficult or unusual jobs are discussed by the whole unit team, which is vital to ensuring we are always practicing safely and gives everyone an opportunity to learn from the experience of the others."



How has fundraising changed in the last few months?

Jenny Jones Regional Fundraising Manager (West and South):

"Suddenly trying to adapt from a heavily engaged face to face community fundraising model to a socially distanced and virtual world is no easy task! We have made some great steps in trying to adapt to digital fundraising. We've had a fantastic uptake of virtual communication amongst our communities such as zoom presentations, and seen some amazing fundraising events organised online. Whilst our helicopters are still serving all those in need, we must too, change our way of fundraising to keep this lifesaving service flying."



Digital *Giving*

Whilst many of us are celebrating over the festive period, someone's life will change completely due to an accident or medical emergency which we will attend.

The Yorkshire Air Ambulance works around the clock 365 days a year, including Christmas Eve, Christmas Day, Boxing Day and New Year to service the entirety of Yorkshire and it costs £2,400 for each and every mission we respond to.

Here are just a few ways you can support us this December and help us save lives whilst doing your usual Christmas shopping and into the new year.

smile.amazon.co.uk

[Smile.amazon.co.uk/ch/1084305-0](https://smile.amazon.co.uk/ch/1084305-0)

Amazon Smile is an easy way to support the Yorkshire Air Ambulance this Christmas. Simply select the Yorkshire Air Ambulance as your designated charity and use the link to do all your festive shopping or ensure that smile is activated on your Amazon shopping app. You can find this under settings and then click on Amazon Smile. For every item you buy, Amazon will donate 0.5% of eligible purchases to your charity of choice.



Give as you Live®

[Giveasyoulive.com](https://giveasyoulive.com)

Give as You Live is another way of raising funds for the YAA as you shop online. You can shop at over 4,000 leading stores via their website and in return, they will donate between 1% and 10% to your charity of choice, depending on the store.



[Thegivingmachine.co.uk](https://thegivingmachine.co.uk)

The Giving Machine is another great website offering cash back to your chosen charity. They also have a very useful tool so that you always remember to use their link when shopping.



[Easyfundraising.org.uk](https://easyfundraising.org.uk)

Easyfundraising.org.uk is one of the UK's leading charity shopping fundraising websites. Simply shop their range of stores and as a thank you, the retailers will make a donation to your chosen charity. Easy Fundraising also has a fantastic selection of fundraising tools and guides to inspire you to arrange your own charity fundraiser.



eBay charity donations

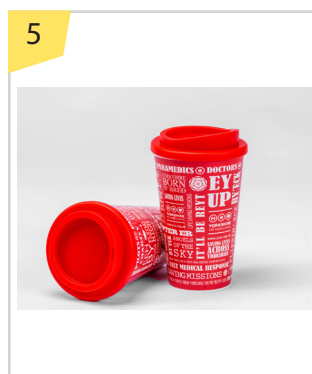
Planning on having a clear out over the festive period? If you're looking to sell a few things on eBay, you can select the YAA to receive as little as 10% or as much as 100% of your overall proceeds once your item has sold. Simply choose the YAA and the amount that you would like to donate when creating your listing.

For more YAA fundraising ideas, please visit:

<https://www.yorkshireairambulance.org.uk/get-involved/fundraise-for-us/>

YAA's Christmas Gift Guide

Give a gift that keeps on giving with our YAA Christmas gift guide items. We have something for everyone to enjoy from diaries to soft toys, tea towels to thermal mugs. Every item sold contributes towards the vital funding of the Yorkshire Air Ambulance and ensures that our service is readily available for those who may need us this Christmas and in the future.



1. YAA Bobble hat - **£10**
2. YAA Multifunctional Headgear- **£12**
3. YAA Tog 24 t-shirts (available in red, navy and grey) - **£20**
4. Soft helicopter toy - **£8**
5. YAA Thermal mug - **£9**
6. YAA Umbrella - **£8**
7. YAA Jute Bag - **£7.50**
8. 20th Anniversary Teddy Bear - **£10**
9. 2021 Diary - **£6**
10. Yorkshire Bundle (Jute Bag, Thermal Mug & Tea Towel, all items are also available individually) - **£20**

*All prices include postage

Items can be purchased from our online shop at www.yaa.org.uk/shop or over the telephone on **01422 237900**

Festive Fun at the YAA



Join the Yorkshire Air Ambulance for a month of festive fun and help us continue saving lives across Yorkshire.

Below you can find ideas to of how you can support the YAA this December.

Advent Calendar of Kindness

Christmas is the season of giving. Give back to the ones you love and the people in your local community by taking part in our Advent Calendar of Kindness. This works much like a traditional advent calendar, simply open a new door every day throughout the run up to Christmas, but instead of chocolate, the doors will reveal a random act of kindness for you to fulfil each day.

Digital Christmas cards

For those who prefer to cut down on their environmental footprint, this year we've teamed up with Making a Difference Cards to offer digital Christmas cards with 100's of designs to choose from. You can decide how much you would like to donate.

Christmas Recycling

If you're having a pre-Christmas clear-out to make space for your Christmas gifts or to start a fresh in the New Year, consider donating your unwanted clothing and shoes to a Yorkshire Air Ambulance recycling bank. By recycling your unwanted clothing and shoes, you can help save the planet and support the Yorkshire Air Ambulance at the same time.



Decorate the YORKSHIRE AIR AMBULANCE Christmas trees
and help us to SAVE LIVES ACROSS YORKSHIRE

Visit our Christmas page at
www.yaa.org.uk



You can choose to wrap a present under a tree, hang a bauble or switch on a light. You will then be able to make a donation and leave a message which will appear when anyone clicks on your decoration.



**COULD YOU BE ONE OF OUR
YORKSHIRE AIR AMBULANCE**

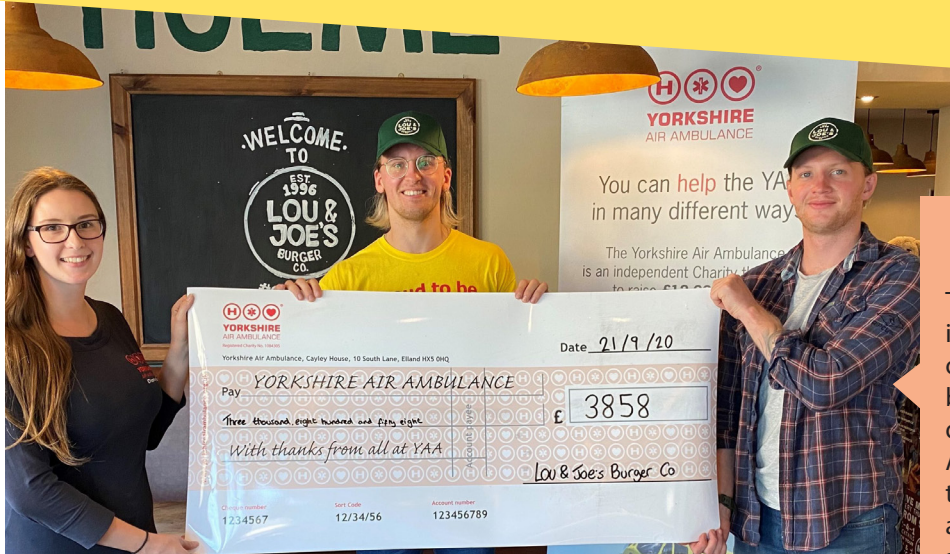
• XMAS PARTY •

HEROES

**TO FIND OUT MORE ABOUT DONATING THE COST OF YOUR
WORKS CHRISTMAS PARTY TO THE YAA VISIT:**

yorkshireairambulance.org.uk/christmas-with-the-yaa/christmas-party-heroes/

Fundraising *Shout Outs*



Lou & Joe's Burger Co raise £3,858

Thank you to Lou & Joe's Burger Co in Holmfirth for their recent donation of £3,858. For every Scotty 2 Hotty burger sold in the restaurant they donated £1 to the Yorkshire Air Ambulance. Lou & Joe know first-hand the skills of the team on board the air ambulance as their friend Scott was airlifted by the Yorkshire Air Ambulance after a serious car crash in 2016.



Rockwood Events

Thank you to Rockwood Events who organised Hunter Trial and XC Open Days which took place on Sunday 6th and Sunday 13th September at High Hoyland. They also hired out the jumpers in their field at Emley Moor. These events raised an impressive £10,000 for the YAA over three months!

Pontefract Scooter Club

Thank you to Pontefract Scooter Club who held a Scooter run and a stall at Squires Café earlier this year and raised an incredible £1,342!



Jack Jordan

Congratulations and thank you to Jack Jordan who cycled from Lands' End to John O'Groats in five days enduring 13 hours on his bike every day and raised £2,692 for the YAA.



Farmyard Escape

Thank you to the A Team Ladies who dressed up as farm animals and held a sponsored walk across the fields in Ryedale. They raised an impressive £1,000



£250 Sheep Donation

Our supporters are finding such ingenious ways to raise funds during these difficult times and David Calvert has definitely done just that. He sold three of his shearling sheep to raise funds for three different charities and Yorkshire Air Ambulance received a generous donation of £250 from the sale.



Michelle Slade's Bedale Marathon

Well done and thank you to Michelle Slade who ran a marathon around Bedale after the Yorkshire Marathon was postponed due to COVID 19. Michelle raised an impressive £1,120.



Business *Shout Outs*

We are incredibly lucky to receive support from businesses of all sizes across Yorkshire, spreading the word about our service and raising vital life-saving funds, especially during the last few months.

YAA goes contactless thanks to Yorkshire Payments

Thank you to Yorkshire Payments who have helped us go digital across Yorkshire with two generously donated 'Good Boxes'. The Good Boxes support contactless payments up to £30.





Armadillo Storage offer £14,000 storage solutions

A big thank you to Armadillo Self-storage in Sheffield Parkway who have now donated £14,000 worth of storage space to the YAA. We have been using the Sheffield Parkway storage facility since 2014 to store fundraising equipment and merchandise which helps raise vital funds to keep both our aircraft flying above Yorkshire.

l'Ansons extend Yorkshire Air Ambulance support for another three years

Masham based business, l'Anson Brothers have signed a further three year sponsorship deal with the Yorkshire Air Ambulance, which will bring their support total to over £100,000.

l'Ansons have been supporting the YAA by having the Charity's branding on their fleet of vehicles and since 2016, they have also pledged over £60,000 from their upgraded energy saving lighting system to the Yorkshire Air Ambulance to help purchase our vital Night Vision Goggles, enabling the Yorkshire Air Ambulance to extend our flying hours.



Views from the *Crew*





Thank *You*



It costs £12,000 a day to keep the Yorkshire Air Ambulance helicopters maintained and in the air, thank you for supporting our charity and keeping us flying over Yorkshire

You can support the YAA by:

- Becoming a Volunteer
- Hosting an event
- Playing our weekly lottery
- Leaving a gift in your will



YORKSHIRE
AIR AMBULANCE

Registered Charity No. 1084305

For more information or to make a donation:

Phone: 01422 237900

Visit: yaa.org.uk

Post:

Yorkshire Air Ambulance
Cayley House, 10 South Lane,
Elland HX5 0HQ



@yorkshireairamb



Yorkshire Air Ambulance



Yorkshire Air Ambulance



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