



YORKSHIRE AIR AMBULANCE

Hike4Heils

1st - 30th September 2023



YORKSHIRE
AIR AMBULANCE

Registered Charity No. 1084305

Welcome...

Our popular Hike4Helis fundraiser is back for 2023 and this September we're challenging you to take on the distance in air miles between our Nostell and Topcliffe airbases to help raise vital funds for Yorkshire Air Ambulance.

Walk, run or cycle the distance of 33 miles which is the distance in air miles between our Nostell and Topcliffe airbases or 66 miles if you wanted to make the return journey!

All we ask is that you aim to raise a minimum of **£50** sponsorship through your challenge and keep us updated with your progress.

To take part in this year's Hike4Helis, if you haven't done so already, sign up at donate.givetap.co.uk/f/yorkshire-air-ambulance/hike4helis23

During sign up your fundraising page will be created. This is the easiest way to collect your sponsorship and your personal link and QR code make it really easy for you to share your page

After the event, if you have fundraised for YAA, you will be awarded an official **#Hike4Helis** certificate and a YAA pin badge to recognise your achievement and if you send us a photo, you will be added to our Hike4Helis Heroes Facebook album.

*Thank you for taking part.
Enjoy and get on your way for YAA!*



#hike4helis

yaa.org.uk

About YAA

Yorkshire Air Ambulance is an independent charity providing a life saving rapid response emergency service to 5 million people across the whole of Yorkshire.

The service is operational 7 days a week, 365 days a year. The Charity currently attend an average of 4 incidents every single day.

To keep both of Yorkshire's air ambulance helicopters maintained and in the air, YAA needs to raise **£19,000** every single day.

The generous donations received really are the life blood of the Charity. The swift medical interventions provided by the air ambulance crews have a major impact on a patient's chance of survival and subsequent quality of life. Yorkshire has a vast topography that not only includes remote, rural and densely populated areas but also includes major motorways and road networks such as the M62, M1, A1 and M18.

On average, dispatch time is around 2 to 3 minutes and patients are transferred to the nearest major trauma centre, flying at speeds of up to 160 mph.



Get Kitted Out

Proudly show your support for YAA whilst completing your chosen miles by wearing some of our official merchandise. Please visit our **online shop** for more information and prices.



Fundraising

The easiest way to collect your sponsorship is to set up a fundraising page as part of the sign-up process, if you haven't already, you can join the adventure by visiting donate.givetap.co.uk/f/yorkshire-air-ambulance/hike4helis23

Once your page is set up, use your unique link and QR code to share it far and wide and let everyone know that you are taking part in the **#Hike4Helis** challenge.

Keep us updated

We would love to see how you're getting on and cheer you on at the virtual finish line. Tag us in your photos and videos using the hashtag **#Hike4Helis** and join our official Facebook event page to share your stories with us.

: [yorkshireairambulance](https://www.instagram.com/yorkshireairambulance)

: [yorkshireairambulance](https://www.facebook.com/yorkshireairambulance)

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

: [YorkshireAirAmbulance](https://www.facebook.com/YorkshireAirAmbulance)

: [@yorkshireairambulance](https://www.tiktok.com/@yorkshireairambulance)

: [Yorkshire Air Ambulance](https://www.linkedin.com/company/Yorkshire-Air-Ambulance)

Have an interesting story to share with us?

Email marketing@yaa.org.uk



Scan the QR code to join the
Hike4Helis Facebook Group



#hike4helis

yaa.org.uk

Tracking

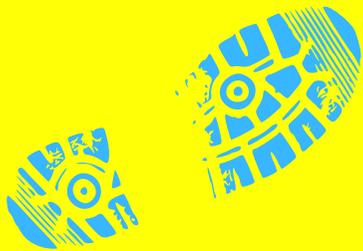
Share your progress with family and friends!
There are various apps available that will make tracking your miles easier and enable you to share your progress with family and friends.

Map My Walk

Track and map every walk with MapMyWalk.

For every mile you go, you'll get feedback and stats to help you improve your performance.

Discover new workout routes and save or share your favourites and get inspired to reach new walking goals.



Strava

Strava allows you to record each walk, run, cycle or swim through the app so you can look back at each day and see your route and timing.

Strava includes both a free version and a subscription version with premium features.

You can link Strava to your Hike4Helis fundraising page. **Click here for the Give Tap guide to connecting your page to your Strava.**

AllTrails

Whether you hike, run or walk, AllTrails is your companion and guide to the outdoors. Find detailed reviews and inspiration from a community of trail-goers like you.

Map My Ride

Track and map every ride with Map My Ride. For every mile you go, you'll get feedback and stats. Discover new routes and save or share your favourites.



Blog

Check out our latest blog posts [here!](#)

Progress Tracker



My aim is to do _____ steps/miles by the end of September

				Fri 1st	Sat 2nd	Sun 3rd
Mon 4th	Tue 5th	Wed 6th	Thur 7th	Fri 8th	Sat 9th	Sun 10th
Mon 11th	Tue 12th	Wed 13th	Thur 14th	Fri 15th	Sat 16th	Sun 17th
Mon 18th	Tue 19th	Wed 20th	Thur 21st	Fri 22nd	Sat 23rd	Sun 24th
Mon 25th	Tue 26th	Wed 27th	Thur 28th	Fri 29th	Sat 30th	

Patient Story

Jules Collet - West Region

Jules Collett, and his 12-year-old son Henry from Hipperholme, Halifax were out running when Jules turned to his son and said that he didn't feel well.

"I turned to Henry and said I didn't feel too well and that I was going to collapse, and moments later I did", said Jules.

Henry, who had only recently completed CPR training at his school, Hipperholme Grammar, and local Sea Cadets club, said: "It was quite scary because he didn't know what was going on. I knew something had happened because he wasn't breathing. I said in my head do what you were taught, the next few minutes can save your dad's life or end very badly."

Henry began CPR until a jogger appeared and took over whilst Henry ran to get the defibrillator from the nearby Rugby ground.

Yorkshire Air Ambulance dispatched their Nostell aircraft and treated Jules on-scene. He was then taken to Calderdale Royal Infirmary by land ambulance.

Jules spent five days in an induced coma but thankfully made a good recovery. Henry's actions saved his dad's life, against all the odds.

"When my dad first woke up, I was so relieved because I still had my dad", said Henry.

Speaking of his son's heroic efforts, Jules said: "Hearing Henry talk about what happened that night makes me really impressed and proud of him. I'm so grateful to him. To see what he did from the knowledge he got and he had the confidence to do it, it's incredible."

Since his cardiac arrest, Jules has resumed cycling, running and taking part in the couch to 5k challenge with his son. "The swift work by Henry and the medical team's on-scene gave me a far better chance of recovery and I've been able to resume an active life. I'm very thankful for all their help."

For more patient stories visit the patient stories section of our website by clicking [here!](#)



Patient Story

Paul Coxon - North Region

Avid cyclist Paul Coxon from Middlesbrough was cycling a 200-mile Sportiv route through Yorkshire with a group of friends when he fell from his bike around the 120-mile point.

A passer-by found Paul and raised the alarm.

We dispatched our Topcliffe aircraft and two Paramedics assessed Paul, making the decision to fly him to James Cook University Hospital for further treatment.

Tests at the hospital revealed that Paul had broken seven ribs, two vertebrae, dislocated his right shoulder and punctured his lung. Paul spent five days in the hospital and had a difficult two-month recovery, where he struggled to even lie down. But thankfully, he has since been able to get back on his bike.

The area where Paul had his incident was approximately 50 road miles away from the nearest major trauma centre. The journey would have taken approximately one hour by road ambulance but took just 20 minutes by air.

For more patient stories visit the patient stories section of our website by clicking [here!](#)



Patient Story



Michelle Bliss - South Region

Michelle Bliss and her partner Shane were both involved in a serious motorcycle incident in Thorne. Michelle said: "I don't remember much of what happened, but I do remember the first responder saying 'Don't worry you're going to be okay'."

With Yorkshire Air Ambulance in attendance, it was down to the paramedics on board to assess the severity of both parties' injuries. Subsequently, Michelle was flown to the Major Trauma Centre at Sheffield Northern General as she was deemed the most seriously injured of the two, and Shane was taken by land ambulance.

Tests at the hospital revealed that Michelle had sustained a bleed on the brain, fractured her collar bone, had an open fracture to her right arm, fractured her pelvis and spine, broke her leg, dislocated her ankle and ripped her tendons. Shane had broken almost every rib, fractured his sternum, broken a finger and his leg, and dislocated his elbows.

Michelle spent ten and a half weeks in the hospital including a stay on a high-dependency ward and Shane was in hospital for a week and a half. Michelle has had multiple surgeries, inserting plates in her arm and collar bone, a bar in her pelvis and pins in her spine, and her ankle fused.

Speaking of Yorkshire Air Ambulance, Michelle said: "I'm really glad they were there, they saved my life by getting me to the hospital as quickly as possible."

In 2019 one in ten patients treated by Yorkshire Air Ambulance was involved in a motorcycle incident.

For more patient stories visit the patient stories section of our website by clicking [here!](#)



Patient Story

Sian Cromack - East Region

Sian Cromack, who was hit by the car whilst jogging across the road, bounced off a car's windscreen and was thrown 360 degrees in the air before landing on the pavement. We dispatched one of our aircraft to the scene and due to a suspected head injury, Sian was flown to James Cook University Hospital for further treatment.

"I don't remember any of my accident. I only realised when I got to James Cook Hospital the seriousness of what happened and what was about to face me", said Sian. Tests revealed that Sian sustained a fractured elbow and an open fracture to her foot resulting in metal rods being inserted to straighten her toe. She also sustained a foot injury, which resulted in complications leading to a further six weeks of treatment.

Sian also had scarring on her face and suffered concrete burns. She spent five weeks in hospital at James Cook University Hospital in Middlesbrough and had to change her normally active lifestyle. "I used to ride horses and go to the gym and do a lot of running. However, I am just trying to gradually build myself back up and start by walking again with my dog. We're lucky to have the beach nearby", said Sian.

Speaking of Yorkshire Air Ambulance, she continued: "I would love to thank the air ambulance for the work that they did that day and that they continue to do day in, day out and I will be forever thankful for what they did for me."

Sian works for Anglo American who have previously supported Yorkshire Air Ambulance, raising an incredible £21,600 for YAA in 2020.

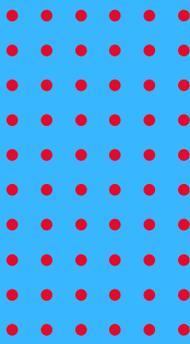
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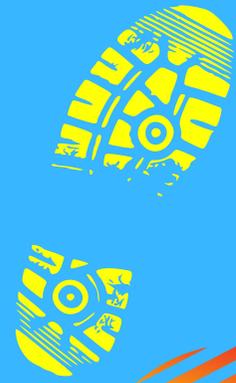
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for more info!