



Newsletter

Autumn 17

THAMES VALLEY
AIR AMBULANCE



Welcome to Autumn 2017

Welcome to the latest newsletter for Autumn 2017. This time we look back on the incredible Summer we have had and look forward to the events happening this Autumn.

The next few months will see lots of exciting things happening at the charity. New crew members are joining the team and we are launching a big awareness and fundraising campaign for National Air Ambulance Week.

Who we are

Our crew provide emergency medical care for over two million people across Berkshire, Oxfordshire and Buckinghamshire.

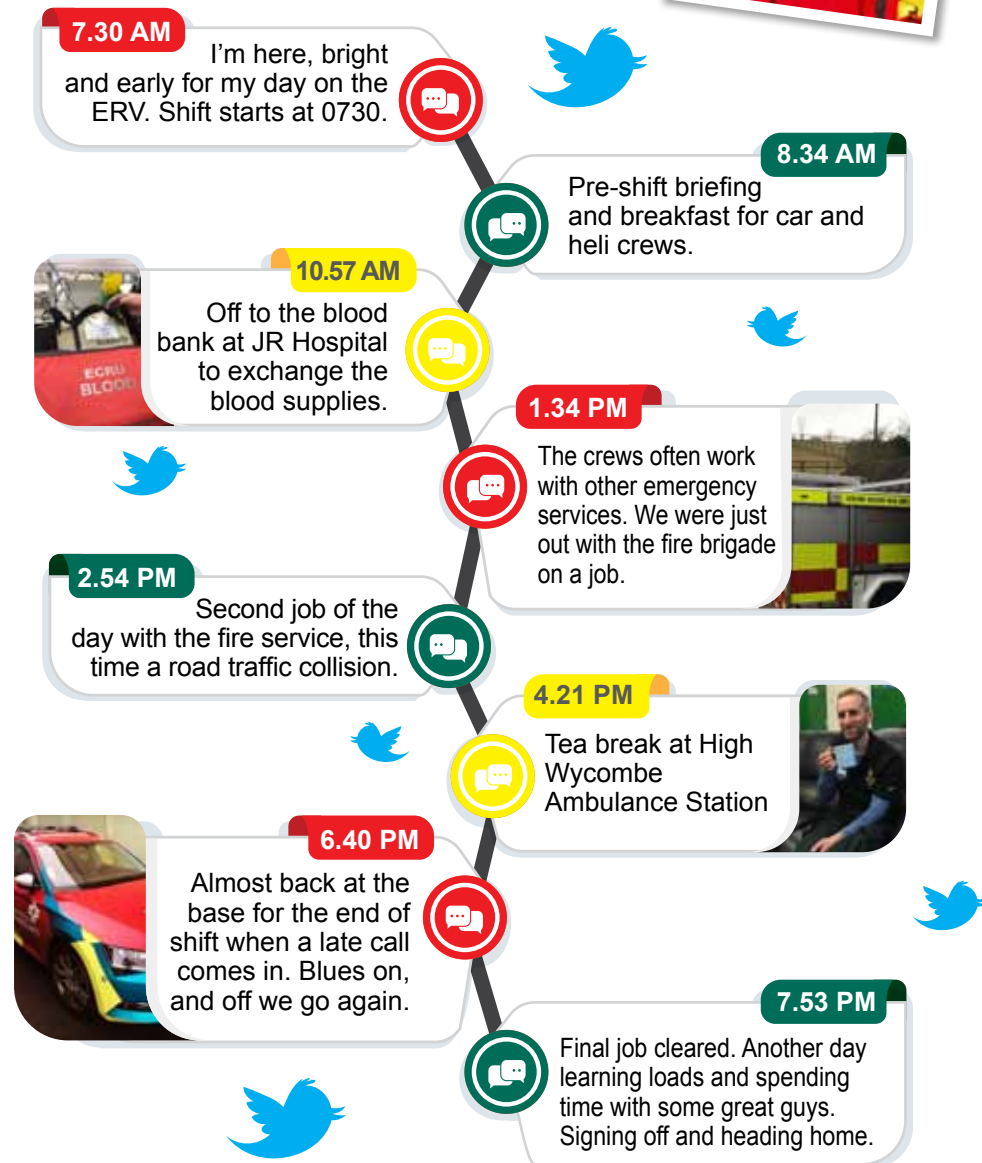
Our service is operational 19 hours a day, 365 days a year. On average three people a day will find themselves in a life-threatening situation, needing medical treatment from our crew on either our helicopter or Emergency Response Vehicle (ERV).

All of this is 100% funded through charitable donations, as we receive no Government funding and are not supported by the National Lottery. We rely solely on generous support from the public to keep delivering our life-saving service.



Amanda on the ERV

Each month our CEO, Amanda, heads out with the crew on the Emergency Response Vehicle (ERV) to experience a day in their life. She's been learning a lot.



New Doctors

Join the Team

In September, we welcomed four new doctors into our team, James and Joe from John Radcliffe Hospital and Chloe and Adeline from Stoke Mandeville Hospital. The doctors, who have considerable experience in A&E departments, have joined as trainees in Pre-Hospital Emergency Medicine (PHEM).



They will spend the next two years with us, working alongside our experienced Consultants, Doctors and Helicopter Emergency Medical Service (HEMS) Paramedics.

The new doctors are all very excited about the prospect of learning from the crew and operating outside of the comfort and security of the hospital.

Positions with TVAA are very sought-after, with dozens of doctors country-wide competing for just four positions.

Over the coming months, as they progress in their training, they will join our current team of doctors onboard the helicopter and in the Emergency Response Vehicle (ERV).

CEO Amanda is delighted to welcome the new doctors onboard, "It's great to welcome experienced doctors to the team. We continue to strive to make changes that positively impact the delivery of expert and critical care that we provide."

The next few months are really exciting for the doctors and the whole service. Each new member learns on the job to deliver the A&E to the patient and make a real difference to people in their time of need.

We hope that through this partnership we will not only contribute to the individual doctors' professional experience, but also to their peers when they return to their hospital placements.

You can read more about one of the new recruits, Dr Chloe, on page 12.



The Legend of the Burghfield Santas

The Burghfield Santas set themselves up as an official TVAA volunteer fundraising group in 2016, but their fundraising efforts go back to our early days as a charity.

Legend has it that they wanted a reason to go to the pub on the weekend before Christmas without being told off by their better halves. Surely if they combined the pub with raising money for their favourite charity then nobody could complain? And so, The Burghfield Santas were born.

It started off with five friends dressing as Santa doing a pub crawl around Burghfield and the surrounding villages. That first year they raised £475. The next year some more Santas joined and they started to gain business sponsors and raised over £4,000.

In recent years over thirty Santas take part in this festive fun and they have developed into a local fundraising group. The group have graduated from that first pub crawl to running beer festivals, box-kart races and an Easter bunny hop.

13 years on from the first pub crawl, the fantastic fundraising group have raised in excess of £150,000 for Thames Valley Air Ambulance

For more information about The Burghfield Santas, visit their website burghfieldsantas.org.uk.

If you are inspired by The Santas and interested in volunteer fundraising then contact katie.whelpdale@tvairambulance.org.uk for more details.

Ross' Survival Story

I'm Reverend Ross and I'm alive today due to the skill and dedication of Thames Valley Air Ambulance.

I'd always dreamed of owning a three-wheeled motorbike and last year my dreams came true when I took my brand-new trike out for its first ride. Unfortunately, 15 minutes into my first ride, that dream turned into a nightmare as I lost control and hit a metal post.

My vital signs were fading quickly as I lay on the ground in a lot of pain. I remember the air ambulance landing and I could see the crew's legs coming towards me. They gave me pain relief which allowed them to stabilise my condition.

I was flown to the John Radcliffe Hospital (JR) where they tried to save my leg but unfortunately not a lot could be done and I am now an 'above-knee-amputee'.



Recovery for me has been good but hard work. Learning to walk again is difficult but I take my recovery one day at a time. I've had family and friends round me which has lifted my spirits and the support I've received has been incredible.

Okay, I have lost my leg and recovery is challenging, but I am alive today. Looking back, my story could have easily been different.

Since my accident I've wanted to give something back to the crew and the charity that helped me when I was at my most vulnerable. I'm now a volunteer speaker and it's a privilege to be able to promote the charity and say that these guys literally do save lives.





A Sensational Summer

It was Dads V Iron Maiden XI at Thame

Over £1K donated by ACS Pacesetters

Incredible support as always from our volunteers



Pilot Alf entertained some very inquisitive kids



Great support from the students at Highcrest Academy



It was 99s all round for the crew



No words needed... beautiful



Our Dragon Boat team got to the semi-finals at Pangbourne



Smiles all round with the crew



Pure dedication at Tough Mudder



Lots of hugs from Paramedic Bob



Our Open Gardens Programme has been brilliant



Broughton Cycling Group pedaled to a huge total



TVAA's first Race Night



The Three Peaks were defeated by these guys



The Box Kart Bash was an amazing success



We celebrated Team Benson day in style



We had three new Lucas Machines delivered



The crew are getting used to the paparazzi

New Training Manikins...

Simulation using manikins in a pre-hospital environment is an essential part of learning and development for our crews. TVAA have used manikins to practice scenarios outside and these poor 'dummies' have served us well over the past 10 years. However, simulation technologies have developed to become more adaptable and realistic. With an expanding base of clinicians at TVAA, there has been an ever increasing need for realistic manikins to allow us to train our team to the highest level. This summer the charity invested in three new manikins.

How much did they cost each?

We have two adults costing £8,995 each. We also have a child, including child airway set totalling £9,990.

How are they used?

A large component of pre-hospital emergency medicine involves outdoor simulation. This essentially means we need robust manikins that can withstand regular training from our crew in realistic environments.

Basically our crew can throw these manikins in lakes, or put them upside down in car, and practice in a whole variety of outdoor environments, in all weather conditions. These high quality manikins can withstand it all.

How often are they used?

Every day. If our crew are on duty and are not out on task, they can easily unpack the manikins and set up a scenario to practice before they have to head off to the real thing. And of course, the manikins are also used on team training days.

Why are they better than the manikins we have had before?

Our team can use these manikins anywhere at anytime and not worry about cables and electronics going wrong.

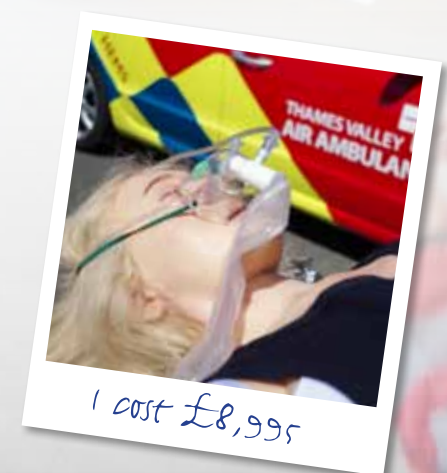
They are used with the 'iSimulate package' that the charity purchased a few years ago. This is an iPad based system which basically means no wires or power cables. The crew can control the scenario remotely and change how the 'patient' is breathing, the heartrate and how they may react to treatment etc.

Are we still looking to purchase others?

We are looking at how we can continue to use technology to make the training scenarios as realistic as possible to support our crews.



child airway set £9,990



1 cost £8,995

5 minutes with...

New PHEM Trainee, Dr Chloe

Who are you?

Hi, I'm Chloe and I'm a Junior Registrar, working in the Emergency Department at Stoke Mandeville Hospital. I started at the beginning of August; half my time is spent there and half my time onboard with TVAA.

What made you want to be a doctor?

The simple Medical School interview answer is, "to help people". Whilst of course this is true, it seemed to me the most natural way to combine a love of science with a real passion for people. Being a doctor is not simply a job, it is a lifestyle choice and I can't imagine doing anything else.

Why TVAA?

I've been volunteering with TVAA for the past 18 months or so, working with the paramedics on the Emergency Response Vehicle (ERV), as regularly as my hospital rota will allow. I have loved every minute of working within this inspirational team of people and it is an honour to be joining them more permanently.



Dr Chloe

Your favourite placement?

That's a really difficult question, but the most incredible experience I ever had was in 2012. I had just completed Medical School and was lucky enough to spend eight weeks in New Zealand in a wonderful Medical Centre on the Kapiti Coast.

And most importantly – what's your favourite biscuit?

As anyone who works in healthcare will tell you, we never turn down a biscuit! Anything you can dunk into a cup of tea without it falling apart is fine by me, but I guess my absolute favourite would have to be a ginger nut.

Freddie's Coast to Coast

For most 14-year-old boys, half term is a chance to get up late and brush up on gaming skills but not for Freddie.

In May, Freddie, accompanied by his mum, Anita, and her partner, Matthew, cycled 190 miles in the Coast to Coast Challenge.

The epic cycle ride was from Whitehaven to Sunderland which they completed over five days. To make the ride even harder, Freddie carried his own tent and luggage throughout.

Freddie and his family chose to support TVAA as they live near the John Radcliffe Hospital and see the helicopter land regularly.

"We see it land so often and I know what great work they do. They help save so many lives so it's brilliant to raise money so they can continue," said Freddie.

Freddie, and his very proud mum, came up to RAF Benson to meet the crew and present them with a cheque for £763.

Anita summed up their day at RAF Benson, "We are just in awe of what they do. From all the preparation on the ground to the teamwork needed to save lives every day. It's been brilliant meeting the crew and learning more about their incredible jobs."

And Freddie's ambitious challenge is not over yet. Before leaving the base he hinted that his next aim was to cycle from Land's End to John O'Groats next year.

From all at TVAA, we want to say a massive thank you to Freddie and his family for supporting the charity. Your support helps save lives.



Pilot Dave

and his 'eagle' eye view 'fore' golf

You'd be forgiven for not seeing the link between golf and Thames Valley Air Ambulance. However, as a pilot for TVAA and a keen golfer myself, I often see the two worlds collide.

Since I've been a pilot with TVAA, I've landed at many golf courses in emergency situations. In 2016 we airlifted Mark, who was a fit man in his 50's competing in a Charity Golf Tournament. Nearing completion of his round, Mark collapsed without warning.

Mark was in cardiac arrest for an astonishing 45 minutes. Without the equipment, expertise and determination from my medical colleagues onboard, he would not have survived.

"Thank you to the crew for what you did to me in my situation. Without your help, there is no doubt I would not be here today."

Mark, former patient

The link between TVAA and golf doesn't stop there. Over the last 12 months £28,000 has been raised by 33 golf clubs throughout our three counties. Fundraising activities ranged from a simple collection box to charity tournaments. On behalf of all the crew I would like to say a massive thank you to all those who have supported us.

"It's been a privilege to be involved in raising money for such a worthwhile charity and I am looking forward to our last social event to present the final amount and cheque to TVAA!"

Sally, Ladies Captain at Ellesborough Golf Club.

We would love to hear from Golf Clubs, captains and golfers who might want to support our life-saving work. Get in contact today.



Make it a Charity Christmas for TVAA



Christmas is a time of goodwill, family and plenty of celebrations, which also makes it an excellent excuse to raise funds for charity.

Cards For Good Causes

Our annual Christmas cards are available to buy at Beaconsfield and Tadley Cards for Good Causes shop. You can also buy them from our website.

If cards aren't your thing – let your friends, family or colleagues know you will be donating to charity instead of sending a card this year. You could send our digital version instead and then donate the money you've saved.

Become a Santa runner

Join the hordes of Santas running, jogging and walking to raise money this Christmas. There are a number of Christmas runs in December, here are just a couple you could enter and support TVAA.

3rd December Reading Santa Run

3rd December Marlow Santa Run

Contact us for more info.

Carol concerts, Christmas Fairs, choirs & collections

Are you involved or know about events in your local community where TVAA could get involved for Christmas? Perhaps the carol concert in your village hall has a chosen charity – could you ask them to support their local Air Ambulance?

What to look out for

Calendar of Events

TVAA are involved in lots of exciting events and activities for 2017, here are just a few dates for your diary

Month	Date	Event	County
October	8th	Oxford Half Marathon	Oxfordshire
December	3rd	Reading Santa Run	Berkshire
	3rd	Marlow Santa Run	Buckinghamshire
	6th / 7th	Highclere Christmas Fair	Berkshire
2018 Dates for your diary			
March	18th	Reading Half Marathon	Berkshire
May	19th	Three Counties Trek	All 3 Counties
July	2nd	Windsor Charity Race Night	Berkshire

To find out more about any of the above please visit the website or contact fundraising@tvairambulance.org.uk or call 0300 999 0135

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 Thames Valley Air Ambulance

0300 999 0135
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Charity number: 1084910


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