

May 2022

skylines

Newsletter



**NORTH WEST
Air Ambulance
CHARITY**

flying to save lives.



Registered with
FUNDRAISING
REGULATOR

Charity no: 1075641

nwairambulance.org.uk | 0800 587 4570

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NWAA receives no government funding. We are funded solely by you. #NWAAmazing



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Welcome to this special edition of Skylines...

I'm really excited to be the guest editor for this edition of Skylines, as an avid supporter of the charity and dedicated volunteer!



So why do I support the North West Air Ambulance Charity? Well, in May 2000, I was involved in a serious car crash on my way to work. The fire service was needed to release me from the car, where I was trapped for 45 minutes. Suffering severe leg injuries, I needed to get to an appropriate hospital as soon as possible. The NWAA crew quickly arrived on scene, airlifting me to hospital. Without NWAA, I may not have survived.

Since the accident, I have spent time volunteering for NWAA as a way of saying thank you. I deliver presentations to share my story and show just how important this charity is. Volunteering allows me to give back to the people who saved my life.

In this newsletter we are pleased to share more supporter stories, as well as a special feature to help you celebrate the Platinum Jubilee in style, with some very special recipes from our crew. Check out pages 6-7 for inspiration! This year, we are also celebrating our 23rd Birthday, so it's a double celebration!

Find out how you can get involved and support us by going to pages 10-11. We receive NO government or NHS funding. To continue to deliver enhanced pre-hospital interventions to those who need us most, we need the support of people like you.

Also, don't forget, Volunteers' Week is 1-7 June. For me, volunteering has been a fantastic and rewarding experience. Find out more about our other incredible volunteers on pages 14-15 and how you can get involved.

As ever, thank you for your generosity, which keeps us flying to save lives. We wouldn't be here without you.

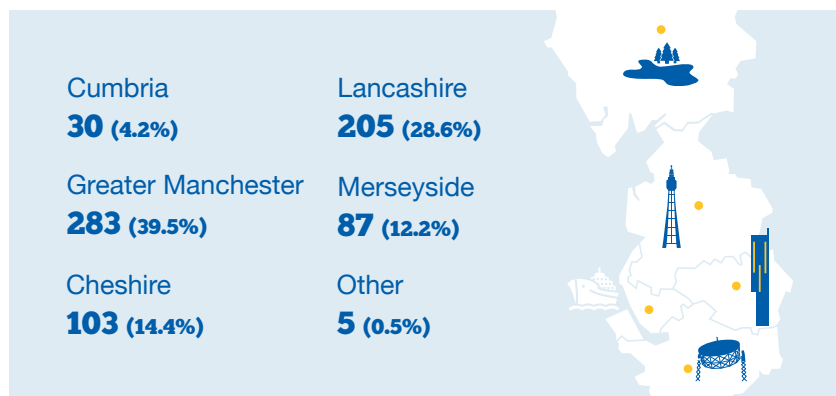
Danny

Danny Stenhouse

View from the Crew

Not only are our crew incredible doctors, HEMS critical care paramedics and pilots - they're incredible photographers too! Covering an area of 5,500 square miles and over 8 million people, our crew see it all, from spectacular vistas to bustling urban environments.

So far this year, we have attended to:



Medical
196 (27.4%)



RTC
173 (24.2%)



Accidental injury
155 (21.6%)



Sport/Leisure
23 (3.2%)



Transfer
4 (0.6%)



Exposure
3 (0.4%)



Other
162 (22.6%)



Celebrate the Platinum Jubilee with NWAA

70 years of service shows incredible dedication and sacrifice. Missing holidays and special family moments, not to mention a brew or two left to go cold. The crew of NWAA are no stranger to these things.

Milestones like this must be celebrated just as we celebrated our 23rd birthday on 19th May by hosting a Brew for the Crew in eight of our retail stores.

And to commemorate the Queen's Platinum Jubilee, what could be better than finger sandwiches, scones, and cake - a proper tea party. We have asked our team for their favourite cake and sandwich recipes to help make your event fit for royal-tea!



If you're feeling inspired to host your own part-tea, why not get involved with Brew for the Crew! It's no exaggeration when we say your brew could help save lives. By hosting your own event and raising vital funds, you will help our crew make a lifesaving difference.

Make sure you let us know about your event and register online so we can be there to support you through your fundraising journey. We've put together a whole host of materials that can be downloaded on our website, giving you the choice to choose which ones you need to make your event tea-riffic!



Simply visit www.nwairambulance.org.uk/brew-for-the-crew or scan here



Ingredients:

- 250g softened butter, plus extra for greasing
- 250g self raising flour
- 250g caster sugar
- 4 medium eggs
- 1 tbs vanilla extract

Filling:

- Whipped cream, strawberry/ raspberry jam and icing sugar

Eimhear's Sponge Cake

1. Preheat your oven to 190c / 170c fan / gas 5 and grease 2 sandwich tins.
2. While the oven is heating up mix the butter, caster sugar and vanilla extract together in a bowl until the mix is smooth.
3. Add in the 4 eggs, one at a time, and fold the flour until the ingredients are fully mixed.
4. Split the mix evenly between the two pre-greased tins. Place both tins into the oven for 20 minutes, or until risen and golden brown.
5. Once removed from the oven leave to cool for around 5 minutes. Remove the cakes from the tins and allow to cool on a rack.
6. Once completely cooled add the whipped cream and jam to one of the halves and place the other on top. Dust the cake with icing sugar to finish.

Helen's Coronation Chicken

1. Add shredded chicken to a large bowl with the mayonnaise and Greek yogurt.
2. Add the curry powder, cinnamon and mango chutney and season to taste, give this all a good stir until mixed through. Ensure the chicken is well coated.
3. Add the sultanas and fold into the mix.
4. Garnish with coriander and serve any way you like or as per suggestions below.

Serving suggestions:

Serve as a sandwich with some leafy or crunchy lettuce or mixed in with pasta. This could also be served in a baked potato with a side salad or in a flat bread with some salad garnish.

If you're veggie or vegan why not swap the mayonnaise, Greek yogurt, and chicken for plant-based alternatives!



Ingredients:

- 8 tbsp mayonnaise
- 1 tbsp Greek yogurt
- 4 tsp mild curry powder (this can be adjusted to taste. To increase the heat, you could use a hot or madras curry powder)
- 1 tsp lemon juice (optional)
- ½ tsp ground cinnamon
- 2-3 tbsp mango chutney
- 2 tbsp sultanas or apricots (depending on taste)
- Salt & pepper
- 600g cooked shredded chicken



Meet our Fundraisers



Daniel McLoughlin

A tree surgeon from Preston who was treated by the North West Air Ambulance Charity is hoping to raise £3,500, after a 'lucky escape' in a freak chainsaw accident.

32-year-old Daniel McLoughlin was working up a tree in June 2017, when the chainsaw he was using to cut branches hit his chest. Now five years on from the accident, Daniel is taking part in the Great Manchester Run half-marathon to raise vital funds for the charity.

Daniel said: "I was working up a tree cutting a branch with the chainsaw. I was in an awkward position and as I cut through, the branch kicked the chainsaw back into my chest."

Daniel was given pain relief at scene and transferred to Blackpool Royal Hospital where a team treated his injuries.

"I was really lucky. The chainsaw hit me in my sternum and missed everything vital. If it was my neck or anywhere else I would probably be dead.

"I was awake on the helicopter and the staff were really calm. It was the first time I'd been in a helicopter, I couldn't lie back because of the nature of my injury, so I saw my house as we flew over!

"It's great what the air ambulance do, and I found out the charity doesn't receive any funding, so I just wanted to give something back. It's a worthy cause and I want to raise the same amount as an average flight would cost."



"It's a worthy cause and I want to raise the same amount as an average flight would cost."



Corinne Mason

Six years after a horrific accident, mum of three Corinne Mason has successfully taken on her first marathon as a thank you to the charity for saving her son's life.

Corinne's son Fred was saved by the North West Air Ambulance Charity in April 2016 after a road traffic collision following a diesel spill on the motorway they were travelling on.

The family had pulled over to the hard shoulder because of the treacherous conditions and as Fred exited the car, another vehicle skidded on the road. The out-of-control vehicle hit the family's car and Fred, who was only five years old at the time of the incident, was thrown into the air before landing on the hard shoulder.

Fred was airlifted to Alder Hey Children's Hospital in a matter of minutes with a serious head injury. Nicknamed the 'boy of steel' by staff, he was out of hospital within a week.

Eight years on, Fred is now a healthy and happy 11-year-old and preparing to start secondary school this year.

Ever since the accident, the Mason family have fundraised regularly for the charity. In April 2022, Corinne took on her first ever marathon and smashed her fundraising target, raising a fantastic £1,250 for the charity. Collectively the family have raised over £4,000.

Corinne said: "The marathon is probably the biggest fundraiser we have done. But I absolutely loved the challenge. To do the full distance is amazing... and absolutely knacker!"

"The money we've raised doesn't seem like a lot, but if you manage to save a life or if the charity makes a difference to someone's outcome, then that's massive.

"Fred is a very healthy, normal boy now. We're super, super lucky. But for a certain amount of time in April 2016 we thought we'd lost him and if the air ambulance wasn't there I believe we would have."

Ways to get involved

There are many ways you can get involved with the North West Air Ambulance Charity. We have listed some of these below.

Please visit our website at www.nwairambulance.org.uk, alternatively send us an email to supporterservices@nwairambulance.org.uk or call us on 0800 587 4570 to find out more.

Leave a lasting legacy

Our patients need your support now and in the future. Did you know? One in five of our missions is powered by your will power. Leave a gift to NWAA in your will for FREE. Without your future support, we would never get off the ground.



Lift off Lotto

Each Friday someone wins £1,000 in our Lift off Lotto. If you would like to receive the call to say you're a winner, join today for just £1 a week. You'll also be entered into our quarterly Superdraw with a top prize of £10,000!

You must be aged 16 or over to play and Terms and Conditions apply.



Give a regular gift

Our supporters keep us flying and a regular monthly gift helps us make sure we are always ready to respond. Your generosity allows us to continue to provide enhanced pre-hospital care at the scene. Thanks to you we can develop the skills of our team and the kit we carry, making sure the patient is at the heart of everything we do.



Make a donation

Give us a boost! Donations made at this time of year help us meet the growing demand for our services over the summer, as people get out and about. Our lifesaving missions help people across the region, from the highways to the hillsides. We rely solely on your support.



Scan me!



Your pre-loved goods save lives

Did you know? We have 11 retail stores across the North West, as well as an eBay and Depop store. Our stores are filled with your pre-loved goods and last year, thanks to you, we saved 150 tonnes from landfill. To shop sustainably and bag yourself a bargain, head to your local NWAA store, or shop with us online!



Fundraise for us

Join #TeamNWAA and raise vital funds for our lifesaving charity. Host a Brew for the Crew, take on a sponsored skydive or collect at your local supermarket, the possibilities are endless. What we can guarantee is fantastic support from our team throughout your fundraising journey!

Corporate heroes

We're passionate about creating partnerships with companies who want to make a lifesaving difference across the North West. Our corporate partners play an integral role in raising awareness and vital funds for our service.



Become an #NWAAwesome volunteer

Volunteers play a crucial role; without them, we wouldn't be able to bring the hospital to the patient. Whether it's working in retail, supporting with collection tins, delivering presentations, or helping at fundraising events, there are opportunities across the charity to get involved. #NWAAmazing



By shopping through AmazonSmile, Amazon donates 0.5% of the net purchase price of eligible products (excluding VAT, shipping fees, and returns) to charity, at no extra cost to you. Visit smile.amazon.co.uk and login into your regular Amazon account. Choose the North West Air Ambulance Charity as your charity of choice and start shopping.

Get social

Show your support by following us on:



Like and share our posts - raising vital awareness of the North West Air Ambulance Charity.

Rapid Response Raffle 2022

Our Skylines magazine no longer includes our Prize Draw tickets inside – if you're a regular player these will be sent out to you in a separate mailing around 10th June.

Taking part in our raffle means that as well as providing a vital income for our services, you're also in with a chance of winning £5,000!

You can now play our raffle online too! Just visit www.nwairambulance.org.uk/play-our-lottery/ to buy your tickets online, or scan the QR code with your camera phone to be taken there!



We are so happy to hear from our supporters who win our raffle prizes. Read on to hear what it was like for Robert Hardy Pickering to win big...

1st prize
£5,000

2nd prize
£1,000

3rd prize
£500

4th prize
£250

PLUS £75
Runners up prize
(4 to be won)

"I choose to give to the North West Air Ambulance Charity for many reasons.

On a personal level, it's because I'm a motorcyclist, and although I've never had to use the service, it is nice to know they are there if I need them.

When I got a call to say I'd won, I was at first taken by surprise and then so very happy to have won – I could not help grinning for the rest of the day, to the annoyance of my family!"



Winner locations from our last prize draw: 17/04/2022

£5,000	1140229 – Wigan
£1,000	1042585 – Rossendale
£500	1264509 – Ellesmere Port
£250	1195186 – Greater Manchester
£75	1040115 – Blackburn
£75	11120842 – Sandbach
£75	1139225 – St Helens
£75	1238935 – Warrington



WINNER ALERT!

“

I'm a motorcyclist, and although I've never had to use the service, it is nice to know they are there if I need them.”

Volunteers' Week

01-07 June 2022

Every year from the 1st to the 7th of June, organisations and charities all around the country celebrate the selfless contributions of millions of incredible volunteers, working hard to make a difference in their communities.

This year, we are honoured to share our Volunteers' Week with the Queen's Jubilee Celebrations. Just as the Queen recognises the efforts of outstanding individuals in her New Year's honours list, we'd like to spend some time looking at the outstanding efforts of our volunteers and everything they have helped us achieve over the last 12 months.

Our retail volunteers have **processed over 80,000 bags of donated items** in the last year, and every hour a volunteer spends in a retail role **can generate £90 through retail sales.**

Whilst we know our volunteers are invaluable, the difference they make is truly astounding. Despite a limited calendar of events over the last year, our fundraising volunteers, namely speakers, tin collectors, and event volunteers, have helped to raise **over half a million pounds**, with £67,000 raised by our dedicated tin collection team.

They give their time, skills and dedication, which enables our lifesaving crew to be there for the most critically ill and injured patients across the North West.



Our retail volunteers have processed over 80,000 bags of donated items in the last year, and every hour a volunteer spends in a retail role can generate £90 through retail sales.

Our volunteers are first class, and we'd like to take this opportunity to say a massive and very well deserved **THANK YOU!**

They are our champions within the community - spending their time actively raising our profile, awareness of our service, and the vital funds needed to keep our crew in the skies and on the ground.

If you are interested in volunteering with us, join us at one of our events this summer, spend a few hours a week in one of our retail stores, come and support our head office team, or take on a flexible fundraising role that works around your commitments. We have so many opportunities to get involved and support our charity, get in touch with the volunteer team by calling us on 0800 587 4570 or visiting our website www.nwairambulance.org.uk to find out more.



Sudoku and more

1			6				2	
				2				1
	4		1					5
9		3			8		6	
		7	4		1	3		
	1		5			7		9
7					9		1	
5				1				
	3				5			8

Grab a brew and see how you do on this Sudoku and word search!

8	6	7	9	9	7	1	3	4
7	3	4	2	1	8	9	6	5
9	1	5	6	4	3	8	2	7
6	8	7	9	3	5	4	1	2
2	5	3	1	6	4	7	9	8
4	9	1	8	7	2	3	5	6
5	7	6	3	8	1	2	4	9
1	4	9	2	7	6	5	8	3
3	2	8	4	5	6	9	7	1

**AIR
AMBULANCE
CRITICAL
CARE
EMERGENCY
HELICOPTER
HELP NORTH
WEST
PARAMEDIC
SAVING LIVES
VOLUNTEER**

E	P	S	S	Z	S	D	P	O	G	U	A
T	A	T	E	M	E	R	G	E	N	C	Y
Y	R	M	L	A	Y	S	M	N	V	R	M
I	A	I	B	O	S	A	I	R	O	I	L
B	M	T	E	U	S	M	O	S	L	T	N
W	E	S	T	O	L	L	S	U	U	I	O
B	D	Z	B	H	C	A	R	E	N	C	R
D	I	S	D	P	E	L	N	S	T	A	T
H	C	O	C	N	Y	L	S	C	E	L	H
C	H	E	L	I	C	O	P	T	E	R	U
B	O	V	L	R	Y	G	L	M	R	O	L
B	S	A	V	I	N	G	L	I	V	E	S

1. AAPRDMIEC 2. MEREEGNYC 3. RTENELUVO 4. LEHP

1. PARAMEDIC 2. EMERGENCY 3. VOLUNTEER 4. HELP

Colour for the crew

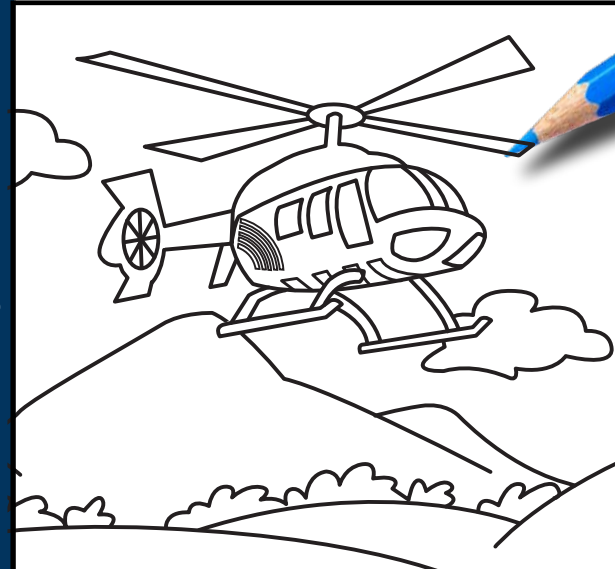
Share your colouring with our crew!

Post it to NWAA, North Mersey Business Centre, Woodward Rd, Liverpool, L33 7UY or share on our socials: [@nwairambulance](#), [f nwaac](#), [NWAirAmbulance](#)



Did you know?

Our helicopter has a cruising speed of approx. 158mph so can cover most areas of the North West in up to 25 minutes.



Paramedic Pup

is our charity mascot and is often spotted cheering on supporters at fundraising events or helping out at school presentations!

In the News



A long standing North West Air Ambulance Charity volunteer and fundraiser has been recognised for years of dedicated service to the charity.

Freda Whittle was nominated for Blackburn with Darwen Borough Council's Community Volunteer of the Year by NWAA colleagues.

Across nearly 15 years, Freda has worked tirelessly to raise funds and encourage others to raise money in several different roles. In total, Freda has raised an incredible **£117,000** during her time with the charity, but has encouraged so many more to raise funds and awareness.

Staff at the charity wanted to recognise her work and surprised Freda with a bouquet of flowers, and presented her certificate of recognition at the charity's Barrowford shop where Freda works.

Speaking about her time volunteering for NWAA, Freda said: "North West Air Ambulance Charity is such a worthwhile charity. I have a friend whose daughter wouldn't be here if it wasn't for the air ambulance"

"It's nice to be nominated, but it is recognition to the charity as well, which I think is more important."



Blackpool Council has donated £15,000 to the North West Air Ambulance Charity

Blackpool Council has donated £15,000 to the North West Air Ambulance Charity service as part of a national crematorium metal recycling scheme.

The cheque was presented to the North West Air Ambulance Charity by Councillor Neal Brookes, Blackpool Council's Cabinet Member responsible for cemeteries and the crematorium, on behalf of the Institute of Cemetery and Crematorium Management (ICCM).

The charitable Metal Recycling Scheme run by the ICCM, involves the sale of recycled metal materials recovered following cremations, such as hip and knee replacements.

In the past, this metal was removed and buried in the grounds of the crematorium but this became less acceptable on environmental grounds.

Families give their permission for the residual metals to be recycled via the nationally recognised scheme. Proceeds are shared between members such as Blackpool Council to donate to a charity of their choice.

Thank you



Thank you to our fantastic fundraisers who have taken part in some incredible challenges already this year! From marathons to skydives, they have pushed themselves to raise vital funds for our lifesaving charity. Here is a snapshot of some of the events that have taken place!



In March we launched our new fundraising event, Mission 3.5. We asked supporters to walk a mission a day, 3.5 miles for a whole week. We'd like to say a big thank you to everyone who took part, as well as our furry fundraisers!



Aughton Town Green Primary school



The New Crown Pub



Rue in her Mission 3.5 t-shirt!



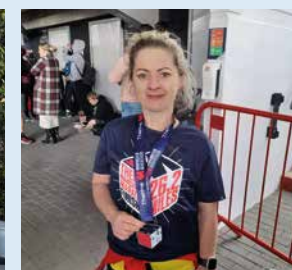
Liverpool Half Marathon

Thank you to Ingrid and Fiona who took part in the Liverpool Half Marathon back in March. On the day, our fantastic team of volunteers also joined us, packing goody bags for the runners, and cheering them on!



Wilmslow Half Marathon

Not long after joining the team our Interim Director of Finance, Roger, caught the fundraising bug and took on the Wilmslow Half Marathon.



Manchester Marathon

Four superstar supporters took on the Manchester Marathon in April. We'd like to say a big thank you to Tom Patterson, Brian McCormick, Keith Robinson, and Corrine Mason. Here's Corinne with her finisher's medal and t-shirt!



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