

October 2022

# skyelines

Newsletter



**NORTH WEST  
Air Ambulance  
CHARITY**

*flying to save lives.*

Charity no: 1075641

[nwairambulance.org.uk](http://nwairambulance.org.uk)  
0800 587 4570



Registered with  
**FUNDRAISING  
REGULATOR**

Turn to pg 7  
for a free  
festive  
recipe!





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## Welcome to this festive edition of Skylines...

I'm Piers, one of the Helicopter Emergency Medical Service (HEMS) Critical Care Paramedics – yes, that's a very long job title! I'm excited to be welcoming you to this festive edition of Skylines.

For us, Christmas is business as usual. We'll turn up in high spirits and although it's nice to spend the day with your family and have dinner on the table, it's also nice to spend time with your colleagues - we're a really close-knit team. Working during holidays is just part of the job. We are a service to be there when people need us and if it's any consolation, I'll have something plated up waiting for me in the microwave when I get back home!

It's the charity supporters that motivate us to do it because, without them, we wouldn't be here. Your messages of support are really heart-warming and this Christmas you can send us one on the baubles inside this edition, there's even one to keep and hang on your own tree.

On pages 4-7, we celebrate the life and service of HM Queen Elizabeth II who sadly passed away on 8th September 2022.

We have an interview with our Lead HEMS Paramedic, Andy on page 10. Also included are inspiring stories about our patients and fundraisers – with a highlight on our very special annual Cross Bay Walk.

Without your support, we wouldn't be able to be there for patients when they need us most. Without you, we can't do our jobs and we can't save lives. Find out how to get involved on pages 14-15, and keep us flying across the North West!

*Piers*

Piers



- 04. HM Queen Elizabeth II celebrating her life and service



- 08. View from the crew captures all angles



- 22. NWAA track down Diamond Jubilee Medal



# Queen Elizabeth II

21 April 1926 - 8 September 2022



Photograph of HM Queen Elizabeth II taken on her 80th birthday by Jane Brown

Since the 8th of September 2022, we have mourned the passing of Her Majesty Queen Elizabeth II, the second-longest reigning monarch in world history. Beginning her reign on February 6, 1952, Her Majesty ruled for 70 years and 214 days.

Her years of selfless dedication were not originally on the cards for the royal - having been born third in line to the throne - but one which she took on, aged 25, with gumption and poise. From Winston Churchill to Liz Truss, 15 Prime Ministers have served Her Majesty.

Since taking to the throne in 1952, it's estimated she carried out more than 21,000 engagements over the course of her reign, gave Royal Assent to approximately 4,000 Acts of Parliament and visited over 100 countries as Monarch.

During this time, she worked as a Patron for over 500 organisations, sent more than 300,000 congratulatory cards to centenarians, and sat for over 200 official portraits.

With her "strength and stay" Prince Philip at her side, she modernised the monarchy to adapt to changing times, but her devotion to her duties remained unwavering.

In her spare time, the Queen enjoyed participating in activities within the Buckingham Palace Girl Guides Company (a version of the UK's Brownies and Guides) which was also created for the young princesses and their cousins to palace staff's children. From a young age, the Queen also showed a love of horses and began riding lessons aged 5, something she continued to do into her 90s.

During a period of remarkable change throughout the Commonwealth and the world at large, she proved herself one of the most effective and best-loved sovereigns the nation has known.



**1937** - Princess Elizabeth I with her eldest daughter, Princess Elizabeth II on the balcony of Buckingham Palace

**April 1947** - "I declare before you all that my whole life, whether it be long or short shall be devoted to your service." Age 21

**November 1947** - Elizabeth was 21 when she married Philip 26, a royal Naval officer. She would later refer to him as her "strength and stay."

**August 1951** - Princess Elizabeth with the Duke of Edinburgh holding Prince Charles and Princess Anne



**June 1953** - Queen Elizabeth II is crowned at Westminster Abbey. Her coronation was the first in history to be televised

**July 1969** - Her majesty invests her son and heir, Charles as Prince of Wales, in a ceremony at Caernarfon Castle

**June 1977** - Elizabeth greeting the crowds on her Silver Jubilee, celebrating 25 years of her reign

**May 1986** - The Queen meets a foal during a visit to Lane's End Farms



**June 2002** - Her majesty watching the Concorde fly overhead during her Golden Jubilee, celebrating 50 years of her reign

**July 2015** - Queen Elizabeth talks with her great grandson, Prince George outside the church on the Sandringham Estate

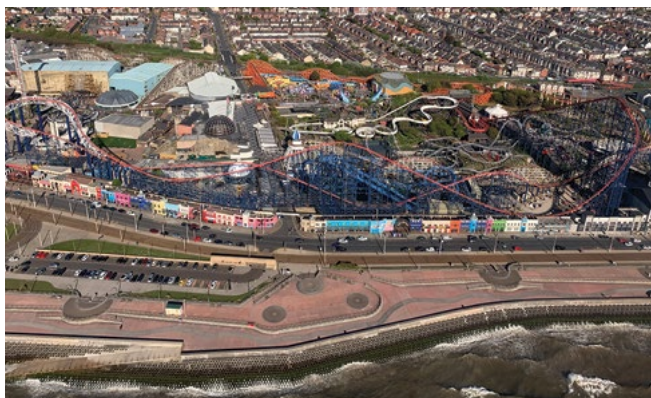
**July 2010** - Elizabeth greets a Guard of Honor outside the Canadian Parliament

**June 2022** - Queen Elizabeth II, Prince Charles and wife Camilla stand on the balcony during the Platinum Jubilee celebrations, marking 70 years of her reign



# View from the Crew

The landscape of the North West changes from county to county. From the beautiful rural landscape of the Lakes to the skyscrapers of Manchester city centre, our crew see it all! And when possible, they take some #NWAAmazing photos...



## This year we have attended to:



**Medical 409 (22.5%)**  
Medical includes incidents of cardiac arrests and heart attacks



**RTC 498 (27.4%)**  
RTC stands for Road Traffic Collision which includes car crashes, motorbike incidents and pedestrians injured by a vehicle



**Accidental injury 440 (24.2%)**  
Accidental Injury such as slips, trips and falls



**Sport/Leisure 67 (3.7%)**  
Sport/Leisure could be a broken leg while playing football



**Transfer 15 (0.8%)**  
Transfers occur when patients need to be taken to a different hospital or care facility



**Exposure 19 (1%)**  
Exposure could be an individual who suffers severe burns



**Other 368 (20.2%)**



# Christmas with the crew

We grabbed a brew with our Lead HEMS Paramedic Andy to talk about his role within NWAA, why he became a paramedic and what it's like to work at Christmas.



## Why did you become a paramedic?

I worked in a warehouse for almost 20 years before deciding to become a paramedic. After such a long time I decided I wanted to do something interesting, something that had people skills at its core.

## What does your role as a Lead HEMS Paramedic mean?

My role is to lead the paramedic team clinically and operationally, as well as operationally manage the doctor team. That sounds very formal but, in reality, I ensure the paramedics have all of the information they need to do their job to the best of their ability and support them where there is a training or development need. This could be new medicines and equipment introduced or new guidelines issued for how a patient should be best treated in certain circumstances.

A HEMS Critical Care Paramedic requires an extra level of training and an advanced level of skills – what made you want to take that extra step?

HEMS Critical Care Paramedics respond to some of the most challenging and difficult situations. I wanted to challenge myself and see how I could cope in those situations.

## How important is the support you receive from the public to you and the rest of our crew?

I like to think about our helicopters as a good way of demonstrating how important our supporters are. There are about one million parts in a helicopter, all crucial to its ability to fly. Our supporters are crucial to every mission we take. We are truly humbled by the support we receive.

**What is the best thing about your role that you have seen change since you started?** Seeing the whole team grow in size, confidence and ability has been one of the biggest differences I have seen since I started at the charity. But this change is only made possible by the unwavering support of our volunteers, supporters and charity team.



## What is it like to work for the North West Air Ambulance Charity as a HEMS Paramedic?

I think the charity puts a lot of trust in us as clinical staff. It supports us as much as we support our patients. The charity really gets what we do and that means we are able to get on with our jobs.

## What's it like to work at Christmas? Does it bring any challenges or an increase in missions?

Christmas is a strange time there's lots of work around it to ensure the crews that are working have everything they need such as medicines and medical supplies especially if the holiday is on a weekend, as additional Bank holidays add more disruption to supplies. Then there's the welfare of the crew. Working in an emergency service you're resigned to seeing it as just another day unfortunately, with at least 12 hours away from your family. We try to add some fun into the day as well by giving presents to each other, or by bringing something in to share at lunchtime.



Easy



Prep: 30-40 mins  
Cook: 20 mins



Makes:  
18 pies

## Ingredients

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg, beaten
- icing sugar, to dust

## Festive Mince Pies

- 1 Make the pastry - rub the butter into the flour, mix in the golden caster sugar and a pinch of salt.
- 2 Combine the pastry into a ball – knead it briefly. The dough will be fairly firm, like shortbread dough.
- 3 Heat the oven to 200C/180C fan/gas 6. Line 18 holes of two 12-hole patty tins, by pressing small balls of pastry into each hole.
- 4 Spoon the mincemeat into the pies. Pat some pastry out between your hands to make round lids, to cover the pies.
- 5 Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg.
- 6 Brush the tops of the pies with the beaten egg. Bake for 20 mins until golden. Leave to cool in the tin, then remove to a wire rack. To serve, lightly dust with the icing sugar. Will keep for three to four days in an airtight container.



# Meet our patients



#NWAAmazing

## Family thanks North West Air Ambulance Charity for saving son Dylan's life

A mum has thanked the North West Air Ambulance Charity for saving her son's life.

In October 2021, Dylan Fryers from Warrington, left his home to buy some sweets with his brother Ethan, and on the way was involved in a hit-and-run.

Dylan's mum, Sam, was sitting at home when Ethan came running back into the house.

She said: "I could barely understand him. Then I heard 'Dylan has been hit by a car'. I ran out as fast as I could.

"Dylan was just lying in the middle of the road. It was like watching Casualty without a pause button."

Dylan had major swelling of the brain and had suffered multiple skull fractures. He also had broken ribs, a collapsed lung and bruising all over his body.

Paramedics arrived, and due to the serious nature of Dylan's injuries, the North West Air Ambulance Charity was called to the scene. The crew was dispatched by road using one of the charity's critical care vehicles.

Critical care vehicles contain the same equipment as a helicopter and enable the charity's HEMS doctors and critical care paramedics to deliver enhanced pre-hospital care to the patient at scene.



**"The air ambulance is the reason why Dylan is alive now."**



"Sam said: 'I realised just how serious it was when the doctor arrived. He came over to me and basically explained they were bringing the hospital to the roadside.

Then they explained they were going to intubate him because he was very agitated, and they didn't know what damage was done at that point.

"It was better to put him in a coma to let his body calm down. That's what they did at the roadside."

Dylan was intubated by the doctor. He was then transported by land ambulance to Aintree University Hospital. He remained in a coma for 11 days. Now after months of rehabilitation, Dylan is slowly returning to normal life.

Sam is forever grateful to the North West Air Ambulance team for saving Dylan. When Dylan had recovered enough, the family dropped cakes off to the crew, and hundreds of other healthcare staff who treated him, to say thank you.

Sam said: "The air ambulance is the reason why Dylan is alive now. One hundred million per cent. That is why Dylan is still with us now and not in a worse state than he could have been in.

"Bringing the hospital to the roadside saved that travel time - they just crack on and they explained it fully to me."

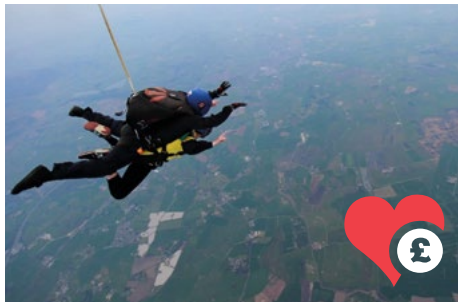
# Ways to get involved

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](http://www.nwairambulance.org.uk), alternatively send us an email to [supporterservices@nwairambulance.org.uk](mailto:supporterservices@nwairambulance.org.uk) or call us on 0800 587 4570 to find out more.

## 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.



## 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!



## 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

## 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 Winter, 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.



## 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.



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](http://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.



## Did you know?

One in five of our missions is powered by gifts in Wills. Leaving a gift to North West Air Ambulance Charity in your Will will help save the lives of future generations. To find out more, including how to write your Will for FREE please call 0800 587 4570 or email [legacies@nwairambulance.org.uk](mailto:legacies@nwairambulance.org.uk). Without your future support we would never get off the ground. Thank you.

## Get social

Show your support by following us on:

Facebook Instagram Twitter LinkedIn TikTok



# Cross Bay Walk

## Over 400 supporters join us on our annual Cross Bay Walk

Time and tide usually wait for no man out on the iconic Morecambe Bay, but with the moon having dragged away the water to reveal beneath it the hidden sandy bay, we were set to embark on this year's North West Air Ambulance Charity Cross Bay Walk.

On 20th July NWAA staff, including Heather Arrowsmith, CEO, and Sarah Naismith, Director of Income and Engagement, along with our wonderful volunteers, welcomed over 400 supporters.

Participants walked across the bay, encountering the fast-flowing channel crossing of the river Kent and the infamous quick sands, which were just two (of many) reasons that made this walk exhilarating and unique in equal measure.

Due to the nature of the walk, we were delighted to be led by the Queen's Guide to the Sands, Michael Wilson. Michael and his team at Guide Over Sands Trust organise all of the walks due to the ever-changing landscape and ensures there is a safe route across.

It was an absolutely fantastic day that has helped us to raise over £8,500 - enabling us to continue flying to save lives. Events like this wouldn't be possible without the support of our fantastic volunteers and the Guide Over Sands Trust, so we want to say a huge thank you to them for their continued support.



Crossing the bay towards the River Kent



Crossing the River Kent



CEO Heather Arrowsmith addressing the crowd



Cross Bay Walk



Reaching the finish line

# Summer Campaign

## Raising awareness across the North West...

Many of our supporters don't realise that we receive no government or NHS funding. We rely on people, like you, to help us raise the £9.5million we need each year to keep us operational.

That's why, this summer, we launched a campaign to make people aware of our charity status, and to highlight the many ways people can get involved to support the charity's vital work.

Running throughout June and July the campaign featured outdoor posters across Liverpool and Manchester and radio ads across the whole of the North West, on Capital, Heart, Smooth and Radio X.

Global also spent 24 hours with us, with their radio presenter speaking to patients, volunteers and fundraisers, helping us to raise awareness amongst people of all ages across their radio stations.

**We also took to social media to spread the word!**



The wonderwall at Manchester Airport



The campaign featured a unique eye-catching collection tin, complete with its very own rotor blades, carrying a simple message of how to make a donation via text.

# Volunteering

## Making a lifesaving difference

Volunteers are an essential part of our charity. Without them, we wouldn't be able to fundraise, open our charity shops, spread the word that we're funded solely by you, and ultimately save lives.

We've spent a lot of time over the last few months listening to what our volunteers think and feel, and we've learned from them exactly what it's like to be a volunteer in a lifesaving team.

Our volunteers consistently rate their experience above a 9/10 and with so many different opportunities to support the charity, many would recommend joining #TeamNWAA to family and friends.

Volunteering is a work of heart; we know many go above and beyond to support our lifesaving mission and we know we wouldn't be here without them. That's why we're committed to celebrating our volunteers and everything they do for us.

Earlier this year we hosted Volunteer Roadshows across the North West. We handed out certificates and pin badges to volunteers to acknowledge their length of service and, throughout volunteers week in June, we celebrated everything our volunteers have achieved.

We then put together some fantastic thank you events, where we invited our volunteers to come together for a day of celebration, inspiration, and thanks. With updates from our clinical team, incredibly moving patient stories and a chance to share volunteer experiences, it really was an amazing opportunity to thank them for what they do every day to keep us flying to save lives.

### 5 reasons why our volunteers choose NWAA:

- 1 I can support a vital service
- 2 I can volunteer in my local community
- 3 I can give back and do something useful with my spare time
- 4 NWAA Needs volunteers like me
- 5 I can meet new people and make new friends



If you'd like to join our lifesaving volunteer team, you can find out more on our website or by emailing:

**volunteer@  
nwairambulance.org.uk**

Why not give it a try and see what volunteering can do for you?



# Sudoku and more

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

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

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

**CHRISTMAS  
FLYING  
AMBULANCE  
WINTER  
CARE  
EMERGENCY  
SERVICES  
HELICOPTER  
LIGHTS  
VOLUNTEER**

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

1. WEITRN 2. MEREEGNYC 3. BCUALAMNE 4. RECA

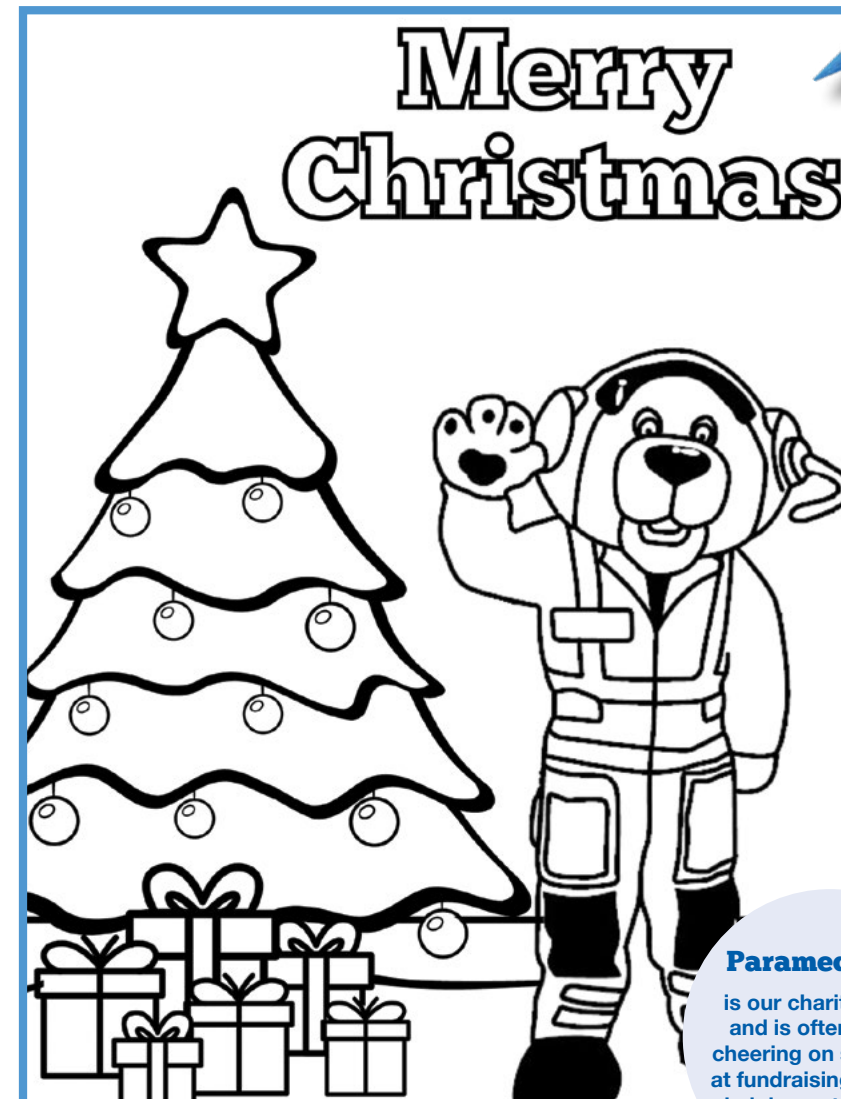
# Colour for the crew

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](#)

 [nwaac](#)

 [NWAirAmbulance](#)



## 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

## Paramedics help track down Diamond Jubilee Medal!

Two paramedic friends have come to the rescue of their colleague and friend, to track down a rare medal marking the Queen's Diamond Jubilee.

To recognise years of service working for the emergency services, it is customary for the Monarch to award honorary medals to paramedics across the country. This happened in 2022 to mark the Queen's Platinum Jubilee, and prior to that in 2012 for the Queen's Diamond Jubilee.

HEMS Paramedic Mark Etherington, who has worked for NWAA for 13 years and as a paramedic for 19 years, was due to receive a medal in 2012 from the Queen for his service. But after speaking to Mark, colleague Andy Duncan discovered that Mark didn't receive his medal at the time.

The two friends made it their mission to find an award for Mark. After formal applications, emails and phone calls across the country, they had no luck in locating a medal.

On the verge of giving up, a catch-up with their friend and retired paramedic Phil Evans, re-ignited their mission. One week later, the search for Mark's medal was over as Phil had managed to find a Diamond Jubilee medal.

Lead HEMS Paramedic Andy Duncan said: "I've known Phil since we studied to become paramedics, and he is also a good friend of Mark's.

We had a little get-together to celebrate Phil's career and retirement, and after a few beers to toast our mate, we started sharing some paramedic tales. The story of 'Medalgate' came up and Phil said: 'I might just have a little solution for you...'

After Phil had tracked down the medal, Mark finally received his Diamond Jubilee award ten years later. The medal was presented to him by Phil at the North West Air Ambulance Charity's Blackpool base. Phil said: "It's a privilege to help a colleague and a friend and it's nice to see Mark get the recognition he deserves."

Andy Duncan said: "We would like to thank Phil for this incredibly kind gesture. We are proud that Emergency workers across the region work together as one team to help our patients, and each other, in any way we can."



Mark's Diamond Jubilee Medal

# Thank you

Thank you to our fantastic fundraisers who have taken part in incredible challenges and come up with some inspiring fundraising ideas to ensure we can continue flying to save lives.



Like Technologies kicked off their year of fundraising for NWAA at the Cross Bay Walk. They aim to raise over £5k through this #NWAAmazing partnership.



In 2020, Olly Harrison created a sunflower maze for people to enjoy, with the proceeds going to healthcare charities. Olly raised an amazing £30,000, donating £10,000 to the charity in 2020 and a further £3,500 in 2021. Olly now also hosts a Birthday Bumper on his YouTube channel to raise money for NWAA. In his videos Olly shouts out to people celebrating their birthday, in exchange for making a donation to our charity. So far Olly's raised £7,251.



We'd like to thank Chris and Rob who are taking on the Inca Trail in May 2023 to support our lifesaving work. They are being supported by Rob's wife, Coronation Street Actor Jane Danson who will be cheering them on from the UK as they aim to raise £10,000 from this challenging trek. You can support them by visiting [justgiving.com/fundraising/perutrekchrisandrob](https://www.justgiving.com/fundraising/perutrekchrisandrob)



A team of ten, including pupils, staff, and parents from Oakhill School Whalley, completed a Cycling Challenge – a total of 500 miles from Land's End to Lowestoft! So far, they have raised £2,100.



Peter and Carol Beaumont raised £1,029 in memory of their son Stephen, who sadly passed away this year. We would like to thank the couple for all their hard work in raising such an incredible amount, and we look forward to catching up with Peter, a keen biker, at our next Ride Out event.



A huge thanks to NFU Mutual Middlewich Branch for their kind donation of £6,379. Antony, Senior Agent at NFU Mutual (pictured centre), is also raising further funds for NWAA with Julie Shankey, as this year's captains of Sandiway Golf Club.

### Also a big thank you to all our corporate supporters:

- **Marsden Building Society** have donated £16,487 raised from their affinity accounts
- And **Chorley Building Society's** affinity accounts have raised £14,236
- **Anord Mardix** raised over £10,000 from their first ever Big Cycle event







NORTH WEST  
**Air Ambulance**  
CHARITY

*flying to save lives.*



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