



# CHALLENGE BADGE

This pack belongs to:

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*Together we save lives*

# BECOME A LIFE-SAVER WITH THE EAAA CHALLENGE BADGE!

Welcome to the East Anglian Air Ambulance (EAAA) Challenge Badge, where you can learn life-saving skills and be part of our awesome Challenge Badge community!

## WHY?

Every year approximately 12,000 people suffer a cardiac arrest in the East of England. Only about 40% of those receive any form of bystander cardiopulmonary resuscitation (CPR) before the arrival of the emergency services. Less than 20% have a defibrillator deployed before emergency services arrive.

Whatever our age, we all have our part to play in accident prevention and understanding how to help others in a medical emergency. The EAAA Challenge Badge is here to help you learn vital CPR skills, understand what a defibrillator is and how to use one so that, one day, you might become somebody else's life-saver.

## HOW?

There are plenty of fun, thought-provoking, and creative activities to get involved with. Our exciting Challenge Badge tasks will not only help you learn more about first aid and

accident prevention but, as you work your way through your Challenge Badge pack, you will understand more about what we do and where, our helicopters, and why our supporters are at the heart of everything we do. Plus you will get to have plenty of FUN with fundraising!

## GETTING STARTED

You've secured your Challenge Badge pack, so you are ready for lift-off!

To successfully complete the challenge, your group must take part in at least three tasks in each section. Your community CPR training session (section 2) is mandatory and will be provided by us. Be sure to tick off the tasks and track your progress, make notes too (if you wish), but most importantly, learn lots and have fun!

*Good luck, and thank you for being a life-saver!*

## I ABOUT US

*East Anglian Air Ambulance (EAAA) is a charity providing life-saving critical care 24 hours-a-day, 365 days-a-year by air and road across Bedfordshire, Cambridgeshire, Norfolk and Suffolk.*

*Our specialist doctors, critical care paramedics and pilots bring advanced skills, equipment and medicine directly to the most seriously ill and injured people in our region in the fastest time possible. You can read more about us at:*

[www.eaaa.org.uk](http://www.eaaa.org.uk)

## CONTENTS.

Introduction and contents	2
Helicopters	4
First aid and accident prevention	6
East Anglia	8
Charity	10
Fundraising	12



1

# HELICOPTERS



## TOP FACTS

We operate two H145 helicopters: G-RESU, code name Anglia One, located at Norwich Airport, and G-HEMC, code name Anglia Two, located at Cambridge Airport.

The helicopters carry enough fuel to fly for over two hours with a range of nearly 400 miles.

You can track both helicopters on an app called Flight Radar – check it out and see where we're flying!

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## NOTES

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### Ready for take off

Design a helicopter (drawing, junk modelling, Lego, etc.) and label the different parts.

2



### Recruiting the crew

Research the different roles of our crew and create job descriptions to recruit new team members.

3



### Navigation

Be a co-pilot and navigate someone who is blindfolded around an obstacle course.

4



### Up, up and away

Learn how to read weather charts and the impact weather has on the use of helicopters in our work.

5

# Aa

### Phonetically speaking

Learn the phonetic alphabet, how it is used and why, then use it to spell your full name.

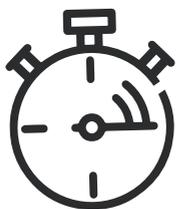
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### Have you got what it takes?

Talk to a doctor, paramedic and/or pilot to find out what they do and what qualifications you need to become one.

1



### The golden hour

Learn about the golden hour and present your findings.

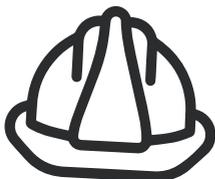
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### Emergency response

Learn how and when to make an emergency call and present your findings or create a poster.

3



### Safety first

Make helmets for hard-boiled eggs out of different materials and test how effective they are by dropping things on them.

4



### Chain of survival

Attend an EAAA community CPR training session.  
*(mandatory and will be provided)*

5



### Heart beat

Learn about cardiac arrests and label different parts of the heart.

6



### Safety act

Act out different scenarios to practice first aid skills (bandage a teddy, build and race a teddy stretcher, etc.)

2

# FIRST AID & ACCIDENT PREVENTION



## TOP FACTS

We deliver one-hour CPR (Cardiopulmonary resuscitation) training sessions to equip people with basic life-saving skills.

Performing CPR is a vital step in the chain of survival and can ensure oxygen reaches the brain until a defibrillator arrives.

We aim to train 20,000 people in CPR each year. Will you be one of them?

## NOTES

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# EAST ANGLIA

## TOP FACTS

We provide life-saving critical care by air and road across four counties in East Anglia: Bedfordshire, Cambridgeshire, Norfolk and Suffolk, but occasionally we are tasked further afield.

We are tasked on average seven times a day to medical emergencies across East Anglia.

We also have Rapid Response Vehicles (RRVs), which give our crews an alternative way of getting to patients across the region in the quickest time possible. Our RRVs cover around 30,000 miles each year.

## NOTES

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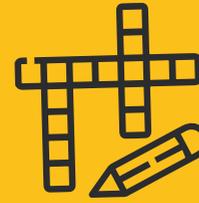
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### Cryptic challenge

Create a crossword or wordsearch about East Anglia.

2



### Crafty counties

Create a mobile or collage incorporating key images from the four counties covered by EAAA with our helicopter in the middle.

3



### Where are we?

Learn about one of the counties EAAA covers and design a flag, poster or coat of arms to reflect what you have learned.

4



### Map skills

Look at a map of your local area and identify how many spaces the helicopter could land in. Why would some spaces be more suitable than others?

5



### Almost famous

Learn about famous historical figures or locations in your area and present your findings.

1



### It's good to talk

Arrange a talk by an EAAA volunteer.  
*(mandatory and will be provided)*

2



### Kitting around

Dress up as a crew member or design a new crew kit.

3



### Money talk

Research how much money we need to raise each year and learn about some of the costs to keep our crews in the air.

4



### Action stations

Create a cartoon, graphic novel or poster showing our crew in action.

5



### Looking ahead

Design a helicopter base for the future. What equipment and facilities do you think it would need 50 years from now?

6



### Past and present

Design a promotional leaflet about the history of EAAA and the services we offer.

4

# CHARITY



## TOP FACTS

Our charity launched in 2000. Since then, we have been tasked to over 36,000 missions.

We offer a dedicated Aftercare service to help more of our patients and their families with their recovery journeys.

We're supported by over 230 regular volunteers who help us at events, at our offices, and even delivering talks and training. We couldn't do what we do without them!

## NOTES

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# FUNDRAISING

## TOP FACTS

We do not receive any regular government funding, so it is our amazing community of supporters in East Anglia who keep our two helicopters flying and saving lives with their kind donations, fundraising and support.

Each of our missions costs in the region of £3,750 – and every £1 raised helps to save lives.

We have a jam-packed annual events calendar that everyone can get involved with. Why not check it out on our website?

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SCAN TO SEE OUR FUNDRAISING RESOURCES!

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**Get going**

Take part in an EAAA event such as 'Get Up and Go Fundraise'.

2

**TEEAAM work**

Arrange and take part in a sponsored event. Some ideas include a sponsored silence, litter pick, swim, walk, reading challenge or chores.

3

**Community spirit**

Organise a fundraising activity in aid of EAAA. This could be a bag pack, car wash, table top sale, quiz, fill a collection box, helicopter trail, a cake sale or sports tournament.

4

**Sales pitch**

Create a poster to advertise your fundraising activity in your school or local area.

5

**Read all about it!**

Write a press release about what you are doing to support EAAA for a local newspaper, magazine or social media page.

6

**Celebrate!**

You've worked hard and completed lots of amazing things. Take time to congratulate yourself! Fundraising is meant to be FUN after all!

# CONGRATULATIONS! YOU DID IT!

You have now achieved your East Anglian Air Ambulance Challenge Badge. We hope you've enjoyed the challenges, activities and learning more about EAAA and how you can save lives.

## WHAT NEXT?

All you need to do now is complete the request form on our website and wear your badge with pride when it arrives. Don't forget your group leader(s) can also share photos and stories about what you have been up to on our participation wall. We can't wait to see what you've been doing!





*Together we save lives*

**[www.eaaa.org.uk](http://www.eaaa.org.uk)  
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Registered Charity in England and Wales  
Registered Charity number 1083876

