

LIFTOFF

MAGAZINE

#73, NOVEMBER 2025

lian
ulance

THE VERY
BEST CARE

WHEN THE VERY
WORST HAPPENS P.8-9



East Anglian
Air Ambulance
Registered charity in England
and Wales number 1083876

Together we save lives

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WELCOME to Lift Off #73



It hardly seems possible that we're nearing the end of 2025. It's been a year of reflection as East Anglian Air Ambulance marked 25 years and a quarter of a century of your lifesaving support.

As thoughts turn towards Christmas, our crews are ready to respond 24/7 to anyone who needs urgent critical care. Whether it's a road accident on a cold, frosty morning, or a cardiac arrest in somebody's home, we are so grateful for your generous support. You enable our doctors and critical care paramedics to bring advanced skills, equipment and medication to people when every moment really does matter. I think I speak on behalf of everybody at the charity when I say we never take this support for granted.

In this issue of Lift Off you'll read about Dan, a truly inspiring young man who lost his life in a road traffic collision in December 2022. Dan was attended by a crew from East Anglian Air Ambulance. While the interventions carried out at scene gave him the best possible chance, Dan died in hospital two days later. His friends and family had the chance to say goodbye in the saddest of circumstances. However, out of this devastating



situation, Dan gave hope to others. Turn to page six to read his powerful story, which we are so grateful to Dan's family for sharing.

Also in this issue, you can learn more about East Anglian Air Ambulance this Christmas and ways you can be involved, including our Festive Carol Concerts, our Christmas Lights competition, and Christmas gift ideas which have a lifesaving impact.

All year round, your generous donations mean crews from our bases in Norwich and Cambridge can respond, by air and road, to people who are experiencing some of their darkest moments. As always, our motivation comes from a determination and a passion to provide the best possible treatment and care to every person we are called to help - but it's you who inspire us every day with your kindness.

From everyone at East Anglian Air Ambulance, we wish you a happy, healthy and safe Christmas. Thank you for your support throughout 2025.

Nigel

Critical Care Paramedic

IN THE NEWS.



Dr Victor showing Open Day visitors around the helicopter

COMING SOON! BASE OPEN DAYS

If you've ever wondered what happens inside an air ambulance helicopter base, we're opening the doors to Helimed House, our Norwich headquarters, once again in Spring 2026 - and we're inviting you to join us.

Explore the world of helicopter emergency medical services, join a

guided tour to uncover surprising facts about our 24/7 lifesaving charity and discover how every second counts when it comes to reaching the most seriously injured and unwell people in our region.

The event is free to attend but booking is essential – *keep an eye on our website for details coming soon!*

FROM TACKLES TO CHEST COMPRESSIONS

Our Community CPR Training team were pleased to support BBC Cambridgeshire's Restart a Heart campaign in August. As part of this, our CPR Trainer Jack met with Cambridge United Football Club's Kell Watts to teach him the lifesaving skill of CPR and effective use of a defibrillator. This helped Kell to feel more confident should he ever need to step in to help somebody suffering a cardiac arrest.

We aim to educate and raise awareness of lifesaving defibrillator and CPR skills in the community to improve patient outcomes in the event of a cardiac arrest. Visit our website to book your free one-hour training session so you could become somebody else's lifesaver in the future.



CUFC's Kell Watts with CPR Trainer, Jack



Captain Lee



Captain Joe

CAPTAINS LEE AND JOE

Congratulations to two of our pilots who have recently been promoted to Captains. Captain Lee flies predominantly from our Cambridge base, and Captain Joe flies from our Norwich base. Becoming captain represents years of training, experience and teamwork coming together. Congratulations to them both as they commence their new roles.

We'd also like to extend a warm welcome to Captain Luke, and Co-pilots Alex and Sam who have joined us this year, as well as Captain Dan who has made a return to helicopter emergency medical service flights. Welcome to the crew!

OUR INCREDIBLE SON, BROTHER AND FRIEND, DAN.

Amanda's story

My son, Dan Leathers, was involved in a devastating road accident just before Christmas 2022. A crew from East Anglian Air Ambulance were tasked by helicopter to the scene on the A47 outside Norwich. Every possible effort was made to save Dan at the roadside, and East Anglian Air Ambulance's skills and equipment kept him alive long enough to get him to hospital. Despite their interventions and best efforts, he had suffered catastrophic injuries.

I knew, as soon as I saw him in the hospital, that he'd gone.

Tests later confirmed that Dan's brain was dead, and he was taken off life-support in Addenbrooke's Hospital two days later. He was just 20 years old.

The actions of the East Anglian Air Ambulance crew gave us two days and the chance to say goodbye. For our family, this was massive and why we are so grateful to the charity. Dan's friends also visited him over the two days. They played music to him, they laughed, they joked, and they cried.

He meant so much to us all.

Our grief was unimaginable, but we took comfort in the fact that we could honour a decision of Dan's that would change the lives of people he would never meet. He had previously spoken about the subject of organ donation, so we – myself, my husband Jeremy, and our daughter Lily – already knew this is what Dan wanted, and we were able to carry out his wishes.

Georgie was the recipient of part of Dan's liver. She later got married and her husband acknowledged Dan in his wedding speech. We're now in touch. Thanks to Dan she can look to her future. It gives me comfort because part of Dan is still alive. He's still helping people – he was always happy when he was helping people.

He's gone, but he hasn't.

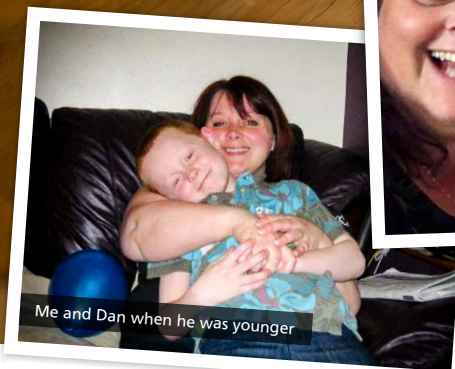
It's a deeply personal and powerful choice but, in our family's darkest moments, Dan's wishes to be an organ donor brought some light.

The rapid response and critical care from East Anglian Air Ambulance was made possible by people like you who donate to the charity.

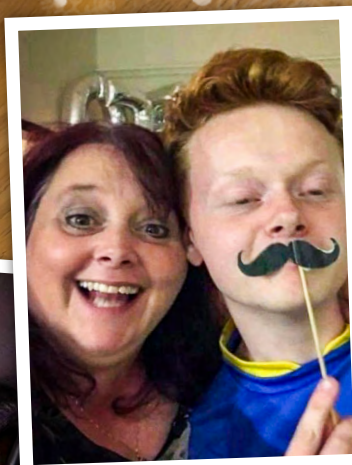
Dan received the highest level of care when he needed it most, and that makes us calmer because we never had that 'If only East Anglian Air Ambulance had been there' feeling; they were there and they gave Dan the best possible chance.

Before Dan's accident, I thought they were just a helicopter in the sky. It's only when something like this happens that you realise it's much more. It enabled Dan to do so much good from something tragic.

This Christmas, we'll remember our beloved son, brother and friend – as we do every day of the year – and we'll celebrate his kindness and incredible gifts to others.



Me and Dan when he was younger



Our family at Lily's prom



Our family: Me, my husband Jem, our daughter Lily, and Dan.

THE VERY BEST CARE WHEN THE VERY WORST HAPPENS.

In a life-threatening incident, every second matters.

When the worst happens - a sudden collapse, a serious accident, a medical emergency at home - our crews bring hospital-level care, right where it's needed most.

It's more than a fast transfer to hospital. It's bringing advanced medical care to the scene. It's delivering emergency anaesthesia, blood transfusions, and

carrying out surgical procedures before a patient even reaches hospital. It's giving people the very best chance of survival, and families the comfort of knowing that everything that could be done, was done.

That's what Dan Leathers' family experienced. When Dan was involved in a tragic road accident, our crew were

there doing everything they could. Dan couldn't be saved, but his family knows he was given the very best chance. And that means everything.

This Christmas, our crews will be out flying through the night, responding on Christmas Day, and bringing hope to families facing unimaginable situations. Your donations don't just fund flights;

they fund critical care. This gives families the chance of more Christmases together. And when that's not possible, it gives peace in knowing that everything possible was done for a loved one.



Donate today and give someone the very best care.

LIFTED BY YOU.

A CHRISTMAS MESSAGE FROM DR RACHEL.

People often ask us what it's like to work on Christmas Day or have shifts over the festive period. We try to recreate a semblance of Christmas on base, and a local hotel will usually host the crew on-shift for a festive dinner, but we are always on standby for the next emergency call, because we are here for people 24/7.

This includes over the Christmas period. Medical emergencies don't stop for Christmas, and neither do we. When the worst happens, we're here for you and your loved ones in the moments when you need us most.

In December last year, our crews were tasked 215 times from our Norwich and Cambridge bases. We provided

urgent treatment and care to 132 people during the month, delivering advanced interventions that made lifesaving differences. This included pre-hospital emergency anaesthetics and blood transfusions, right there at the scene of the incident.

Our work is often challenging. We're tasked to the most serious medical and trauma emergencies in the region, such as road traffic collisions and cardiac arrests. While we're 100% focused on providing our patients with the urgent treatment and care they need, we're always mindful that a family's world – and Christmas – has been turned upside down. Of course, nothing can take away

the fear and uncertainty that families experience when a loved one is critically injured or unwell, but we hope knowing that everything that can be done will be done is of some comfort.

We're lucky; we work in a strong and resilient team. We support and lift each other through the difficult and the good times – and you're part of that team too. Your donations and support mean people can be with their loved ones for many more Christmases to come.

YOUR IMPACT LAST DECEMBER:



215
TASKINGS



132
PEOPLE TREATED



We experience a different kind of festive spirit, one of teamwork and collaboration with each other and our emergency service colleagues. But we also see the very best of compassion and generosity that comes from our communities more than ever at this time of year.

When families are going through some really dark times, your support brings light – and that is truly the best Christmas gift of all.

Dr Rachel

WAYS TO SAVE LIVES THIS CHRISTMAS.

TAKE PART IN OUR CHRISTMAS LIGHTS COMPETITION

Light up your house or a window this Christmas in aid of East Anglian Air Ambulance! If you enjoy filling your home with Christmas lights, then we would love to see you take part in our competition. There are three opportunities of winning a £20 Amazon voucher with our categories: Best Display, Crew's Favourite, and Most Fundraised.

Your display can be anything, from decorating your home, a window or your mantelpiece!



If you'd like to take part, then please scan the QR code to let us know!

GIVE A LOTTERY GIFT

Are you stuck for the perfect present? Give the gift of excitement this Christmas – and help save lives – with an East Anglian Air Ambulance lottery gift. Your loved one could win one of 118 weekly prizes, including £1,000 and up to £25,000 in our accumulator draw. Choose a 3, 6 or 12-month gift, starting from just £13.

To arrange your East Anglian Air Ambulance lottery gift contact us on **03450 669 999** or at **info@eaaa.org.uk**
Age 18+, T&Cs apply.



ATTEND A FESTIVE CAROL CONCERT

It's the most wonderful time of the year to help raise funds for East Anglian Air Ambulance. What better way to spend an evening this Christmas season, than with friends and family, getting into the spirit by enjoying the uplifting carols at one of our Festive Carol Concerts:

Monday 8 December
Great St Mary's Church, Cambridge

Thursday 18 December
Norwich Cathedral

Advance booking is essential. Visit our website to purchase your tickets today.



71380.
Bobble Hat



71376.
Mug



81350.
Moonlit Hare



81352.
Guiding Light



81357.
Christmas Eve

MERRY AND BRIGHT! BUY GIFTS FROM OUR ONLINE STORE

Make your Christmas shopping truly meaningful by purchasing from our online store. Shop our range of Christmas cards and unique gifts – from socks to cuddly Helibobs mascot toys – and help save lives across East Anglia.



Scan here to find out more
Last website orders - 14 December

FROM SIMULATION TO ACTION.

Preparing our doctors and paramedics for critical moments.

Funded through generous gifts in Wills, Helimed House, our Norwich base, enables crews to have the training, rest and welfare facilities required for a 24/7 helicopter operation.

This includes a state-of-the-art immersive, simulation suite to support clinical training and innovation in Pre-Hospital Emergency Medicine. As we welcomed a new cohort of doctors and critical care paramedics in August, the simulation suite was key to their week's intensive training to prepare them for their new role. Doctors Tom, Arthur, Natalie, Lesley and Bruce, and paramedics Callum and Matty are already experienced clinicians in fields including emergency medicine and anaesthetics, and have brought their skills to East Anglian Air Ambulance. The start of this journey, as it is with each new cohort of clinicians, was an intensive one-week course to become a Pre-Hospital Emergency Medicine

(PHEM) practitioner at the highest level - to make a difference to somebody facing the worst moments of their lives.

After mornings of lectures, workshops and discussions on areas including critical care, emergency surgical procedures and major incidents, the clinicians put the theory into practice, using the simulation suite to consolidate their learning.

The suite can replicate environments and challenges that clinicians may experience when attending patients, including recreating conditions such as darkness, wind, cold and heat. With images, videos and audio of people,



Clinical training in our simulation suite

interiors and landscapes projected onto the walls, the simulation suite can support clinicians' training to remain focused in what can be chaotic environments.

With realistic patient manikins, the scenarios tested the clinicians' decision-making under pressure, as well as communication with each other and our emergency service colleagues, in order to provide the best possible treatment and care to every person they attend. The simulation suite contributes to the rigorous training and assessment of the doctors and critical care paramedics as they begin their placements with us. They benefit, not only from the first-class facilities, but also the latest research in Pre-Hospital Emergency

Medicine, which all ultimately help to save lives in our region.

Consultant in Pre-Hospital Emergency Medicine and Head of Clinical Services, Neil Flowers, says, "As the new group of doctors and critical care paramedics now begin a period of supervised clinical shifts and ongoing assessment, they will continue to build the advanced skills and confidence required to deliver safe, high-quality care in the most challenging circumstances.

This programme plays a vital role in preparing our clinicians to support patients and their families during some of the most critical and vulnerable moments of their lives."



A night landing, Captain Dan



Wells-next-the-Sea, Dr Kate



High above the sunset,
Ground Staff member Stacey



Cambridge from the air, CCP Liam

VIEWS FROM THE CREWS.



Crew shot, Dr Meghan



Framlingham Castle, Dr Meghan



Anglia One at Helimed House, Dr Nick



Holkham Trek24 flyover, Dr Kate



Cornfield landing, Dr Rachel



MEET THE TEAM.

Aftercare volunteer, Maureen

As a volunteer with our Aftercare team, Maureen Evans offers support to former patients and their families in the challenging aftermath of a life-changing medical emergency. She brings something very special to the team with the compassion and empathy she shows to others being shaped by her own experiences.

After her husband died suddenly, Maureen says she needed to find herself again. Pushing herself daily to get out and about to meet new people, nothing seemed like the right fit – until she started chatting to somebody over a coffee. They were a volunteer with East Anglian Air Ambulance and suggested that Maureen might like to find out more about joining the charity too.

Sarah, East Anglian Air Ambulance's Head of Volunteering, invited Maureen to Helimed House, our Norwich base. Maureen says that the rapport was there with Sarah from the start and something just felt right.

"As I got to a meeting room which overlooked the helicopter and helipad, I became quite emotional. I turned to Sarah and said, 'I think this is the right thing for me... I hadn't had that feeling since my husband died. I tried lots of different things, but it was like buying a house – I just needed to find the right fit.'"

Due to Maureen's bubbly and chatty personality, Sarah suggested that she might like to support our team by phoning event participants, which Maureen really enjoyed. However, it was one of the Helimed House Open Days which saw a twist of fate and a change of role. Designated as one of the guided group tour leaders, Maureen and fellow volunteer Don, showed groups of people around the base. At different points during the day, two visitors became upset. It turned out that they were both bereaved and Maureen naturally stepped in to support them, drawing upon her own experience to offer comfort and understanding.

Maureen explains, "One of the ladies said, 'What you're saying to me is just right.'"

She now assists Aftercare clinicians by supporting base visits, and making phone calls to former patients and their family members, instinctively understanding what they need to hear, or not hear.

Maureen says, "People don't want me to say, 'Hello, how are you,' They want, 'Hello, is today a good day or a bad day?' I can relate to what people are feeling, when to talk and when not to talk."

"I'm part of a network of similar people and there is a genuine sense of togetherness."

If you've been inspired by Maureen and would like to offer some time by becoming a volunteer, we would love to hear from you. We completely depend on a dedicated, diverse and flexible group of individuals who volunteer to support East Anglian Air Ambulance in delivering our lifesaving service by dedicating their time and skills in many different ways.

Visit our website to learn more.

CLINICAL CORNER.

INSIGHT-CPR

We are proud to announce an exciting collaboration with the University of Michigan, USA, to develop innovative technology that could transform the effectiveness of chest compressions delivered during CPR.

The INSIGHT-CPR project will harness advanced artificial intelligence (AI) to create a portable, easy-to-use device designed to improve survival chances for patients in cardiac arrest. The system combines a non-invasive wearable sensor with an AI-driven algorithm capable of accurately detecting blood pressure in real time. Worn on the wrist or finger, the sensor wirelessly transmits vital information to a monitor or mobile device. This provides rescuers with immediate insight into blood flow to the heart and brain, enabling them to adapt

their techniques, such as adjusting hand placement during chest compressions, to deliver the most effective care possible.

Dr James Price, East Anglian Air Ambulance Honorary Consultant (R&D) with the charity's Research, Audit, Innovation, and Development (RAID) group, explains: "INSIGHT-CPR is a collaborative project led by world-leading experts at the University of Michigan's Weil Institute, alongside pre-hospital experts at East Anglian Air Ambulance. It aims to improve outcomes for patients who suffer sudden out-of-hospital cardiac arrests. The grant awarded by the American Heart Association is one of the most prestigious and competitive in resuscitation research. Being invited to join this project really demonstrates our position at the forefront of Pre-Hospital Emergency Medicine."

Dr Paul Rees, Consultant Interventional Cardiologist and HEMS Consultant at East Anglian Air Ambulance, added: "For over five years, East Anglian Air Ambulance has led innovation in pre-hospital resuscitation. To be approached by such a respected international team, following our work on the SPEAR course and the groundbreaking ERICA-ARREST study, is a real honour. This collaboration represents a natural next step in advancing pre-hospital care for cardiac arrest patients."

The RAID group regularly partners with UK air ambulances, the NHS, universities, and industry, to drive progress in Pre-Hospital Emergency Medicine. The group's vision is to measurably improve patient outcomes by developing new treatments, equipment and skills through trials, extensive research, evaluation and by using the latest cutting-

edge evidence in Pre-Hospital Emergency Medicine.

Dr Price continues, "Each year, around a quarter of the patients East Anglian Air Ambulance attends suffer a life-threatening, out-of-hospital cardiac arrest. Early CPR from bystanders is often the difference between life and death.

By contributing to the INSIGHT-CPR project with global leaders like the Weil Institute, we can help create technology that supports rescuers worldwide and ultimately saves more lives."

The two-year study will be led by Professor Cindy Hsu at the University of Michigan's Max Harry Weil Institute for Critical Care Research and Innovation.



ACTION READY:

Defibrillators in your community

CARDIAC ARRESTS AND DEFIBRILLATORS

A cardiac arrest is a life-threatening emergency where the heart stops beating effectively and stops pumping blood around the body. An Automated External Defibrillator (AED) is a piece of equipment that can be used on someone suffering a cardiac arrest to deliver a controlled shock to their heart to potentially reset its rhythm.

You may see defibrillators in your community ready to help somebody in urgent need. If these defibrillators have been registered on the national defibrillator network (known as 'The Circuit'), the emergency services will know its location and status. There are over 100,000* registered defibrillators in the UK.

THE CHAIN OF SURVIVAL

The chain of survival is a series of time-sensitive actions and interventions taken in the event of a cardiac arrest to give somebody the best chance of survival. The out-of-hospital cardiac arrest survival rate in the UK is around 8% if only resuscitation/CPR is attempted. However, if a defibrillator is used alongside effective CPR within the first three to five minutes, a person's chances of survival can increase to between 40% – 70%.**

Bystanders have a vital part to play in starting the chain of survival before emergency services arrive.



YOU'RE NOT ALONE

If you find yourself as a bystander, whether for a stranger or a loved one, you're never alone. A 999-call handler will talk you through what to do while emergency services are tasked to the scene. If other people are with you, the call handler will confirm the location and how to access your nearest registered operational defibrillator. The device can be fetched by one person, while another continues CPR on the person in cardiac arrest to keep blood flowing to the brain.

DEFIBRILLATOR GUARDIANS

While it's useful to know the locations of nearby defibrillators, around 40%* are not accessible 24/7. Some may be inside buildings which are locked at night, for example, therefore it's important to

follow the 999-call handler's instructions about where you can find the nearest accessible and operational defibrillator.

Defibrillators perform 'self-checks', but they are looked after by 'Guardians,' volunteers who carry out additional checks to ensure the devices are in working condition, there is no damage, and the kit is complete.

DID YOU KNOW?

You'll often find community defibrillators in cabinets fixed to a wall and connected to an electricity supply. The power is for light and temperature control because cold weather can drain batteries.

Defibrillators talk you through what to do, analyse the heart's rhythm and only deliver a shock if it is needed. Understanding how they work and how you can access one in a medical emergency means you can play your part in building a stronger and more resilient community.



If you'd like to learn more, book a free CPR and defibrillator training session.

*Source: British Heart Foundation
**Source: National Institute for Clinical Excellence

SKIDS AND BEAR PAWS.

The silent strengths of the H145 helicopter

Instead of wheels, our H145 helicopters have skids. These are two long, curved rails underneath the aircraft, which are fixed landing gear. In this article, we explore skids, the connected elements known as 'Bear Paws', and how they work together to benefit our patients - particularly at this time of year.

LIGHTWEIGHT AND RELIABLE

The skids allow the helicopter to take off from and land on a variety of sites and landing surfaces without the need for wheels. Even though the skids are made from high strength-materials, they're lighter and more robust than wheels. This contributes to the aircraft's fuel efficiency and minimises maintenance.

BEAR PAWS, SMALL BUT MIGHTY

While they have a technical and catalogue name of 'Settling Protectors', most people who use them call them 'Bear Paws'. At this time of year, when the weather is colder and wetter, the ground is muddier and softer - so the skids need a little bit of extra help. This is why we have Bear Paws fixed to the rear of the skids.

Bear Paws are hollow metal plates, which are designed to increase the surface area and spread the load of the skids. Much of the H145's weight is towards the rear of the aircraft, where the engines are housed. Bear Paws help the weight to be more evenly distributed. Without them, the skids could become unevenly embedded in soft ground. If the skids became stuck in the mud, there is a risk the aircraft could tip over when the pilot tries to take off - something called 'dynamic rollover' - so Bear Paws really are small, but mighty components of the helicopters.

QUICKER AND SAFER ACCESS TO PATIENTS

East Anglian Air Ambulance pilots, provided by our aviation partner Babcock International Group (Babcock), fly to unsurveyed and unlit sites, 24/7. While the safest landing site may not be the closest landing site, they always endeavour to get our specialist doctors and critical care paramedics as close as possible to the person in need of urgent critical care.

A stable aircraft means less vibration and movement for a patient if they need to be loaded into the helicopter for a transfer by air to hospital. This is vital for critically ill and injured people. In the



Bear Paw fixed to the rear of a skid



Bear Paw

winter months of November 2024 to the end of February 2025, our crews were tasked by helicopter 369 times and, with the landing stability provided by skids and Bear Paws, our pilots have more landing site options available to them. In winter, and in our largely agricultural region, the skids and Bear Paws of our aircraft are especially important and are the silent strengths of our H145 helicopters, G-RESU and G-HEMC.

THANK YOU to our community

MUSIC N MOTORS

The Music n Motors event at The Old Garage in Magdalen, West Norfolk raised over £1,500. With a wide range of vintage and classic vehicles on display, visitors danced to country, 60s and 70s music before watching the sun set.



AH SINGING

AH Singing held a Classical Chorus 'Kaleidoscope' Summer Concert in aid of East Anglian Air Ambulance. This was an amazing evening and raised £2,743 to help save lives across the region.



JAGUAR DRIVERS CLUB

Thank you to Jaguar Drivers Club (Area 3) for their recent £500 donation and for choosing to make East Anglian Air Ambulance their permanent charity of the year, raising awareness as well as funds at every event they attend. They recently visited our Cambridge base to meet the crew and present their fundraising.

Leave a gift in your Will

Ann and Terry Hawes both volunteer their time to East Anglian Air Ambulance but what happened four years ago could have resulted in a very different story, one that would have changed Ann's life forever.

Terry suddenly became seriously ill while at the North Norfolk coast and was told by paramedics that he wouldn't make it to hospital by road, leaving only one alternative – air.

Luckily for Terry and Ann, people like you gave Terry a second chance.

Ann says, "There are moments when I get choked up, but they are short-lived. I am constantly aware of how lucky we all are and how much we owe to East Anglian Air Ambulance and the wonderful people who donate.

I recently learned that around one in four of their taskings are funded by gifts in Wills, that means that nearly a quarter of the people East Anglian Air Ambulance's attends only receive specialist out of hospital emergency care because of a lifesaving decision someone made when they wrote their Will.

Thank you for being there for more families like ours who, one day in the future, might be thanking you too for making a lifesaving decision."

**Request your free
Wills guide here.**



"I remember waving goodbye as the helicopter took off and not knowing whether I was a wife or a widow."

Ann Hawes,
wife of Terry, former East Anglian
Air Ambulance patient



BEHIND THE SCENES:

A neurological tasking

In 2024, 21% of the crew's call outs were to people experiencing medical emergencies, which can include incidents such as strokes and seizures, traumatic brain injuries and brain haemorrhages. In a look behind the scenes, we spoke to Dr Nicola, East Anglian Air Ambulance's Deputy Medical Director, about considerations when providing treatment and care to somebody who may be experiencing a serious neurological event.



DIAGNOSIS BY EXCLUSION

When attending somebody in the pre-hospital environment, we are presented with a group of symptoms and need to determine how to treat and help this person in an often time-critical situation. With a patient who is experiencing a serious neurological event, it's often a case of diagnosis by exclusion.

The person may have a reduced level of consciousness, so we need to rule out other reasons for their symptoms, such as low blood sugar, an overdose or an infection, as these may require other forms of treatment, such as the administration of antibiotics.

INNOVATIVE BLOOD TEST

Our innovative BRAIN-FIRST trial can support clinicians in these circumstances. BRAIN-FIRST uses a blood test at scene for patients with a reduced level of consciousness which may be able to help determine if they are suffering from bleeding in the brain. The trial is looking to see if the blood test can help detect brain biomarkers (tiny biological molecules found in blood, tissues, or other body fluids that indicate a normal or abnormal process, condition, or disease) and provide potentially diagnostic results in minutes.

A biomarker increase in the BRAIN-FIRST study may indicate that the patient is suffering from bleeding in the brain.

PRE-HOSPITAL EMERGENCY ANAESTHETIC

We make critical decisions on scene, such as whether to administer a pre-hospital emergency anaesthetic to provide neuroprotection - to slow progression of any neurological damage and reduce secondary injury. We are cautious and have meticulous attention to detail regarding anaesthetics.

To help plan, we review any history available to us and current medications the patient is taking as quickly as possible. We can then commence the right medication regime and pay detailed attention to neuroprotective care. This includes trying to maintain a patient's temperature, normalise a low blood sugar and trying to avoid any significant rise in intracerebral pressure (pressure on the brain).

BEAT-BY-BEAT BLOOD PRESSURE MONITORING

We also want to avoid significant variations in blood pressure as it's not good for the brain. By inserting an arterial line - a thin cannula into the patient's artery - we can carefully monitor blood pressure, beat by beat. This enables us to identify any increase or decrease in blood pressure quickly so we can respond immediately and optimise the patient's care.

DESTINATION HOSPITAL

The patient's condition and symptoms will influence our decision making at scene about which hospital they should be taken to, and whether this should be by air or by land ambulance. It may not be the closest hospital, but the most appropriate hospital for their ongoing treatment and care.





WINTER
RAFFLE



£1
PER
TICKET

WIN £5,000
or over 100 other amazing prizes!

Every day, we treat 6 patients.
Just one ticket could help save a life.

Crews from East Anglian Air Ambulance treat an average of six people every day. But it's only with your support that we can respond to these life-threatening emergencies.

By buying just one ticket in the Winter Raffle, you'll be helping to provide lifesaving critical care — and you could win a cash prize just before Christmas!



SCAN
HERE TO
PLAY
ONLINE

Top prize: **£5,000** | 2nd prize: **£1,000**
3rd prize: **£500** | 4th prize: **£200**
5th prizes: **£5 x 100**
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P	V	N	B	G	L	E	L	Y	E	L	L	O	W
I	E	O	R	O	H	A	U	S	I	G	I	F	T
L	H	R	I	R	W	A	N	N	E	K	C	R	A
O	I	W	D	R	A	A	T	O	S	N	O	W	Y
T	C	I	G	R	T	I	E	W	R	P	P	L	L
S	L	C	E	V	R	V	E	M	O	T	T	E	Y
L	E	H	U	I	E	O	R	A	N	Q	E	U	T
E	S	A	E	R	E	E	S	N	E	E	R	R	C
P	L	R	L	A	U	S	O	S	L	L	B	O	E
W	F	T	C	H	R	I	S	T	M	A	S	W	S
R	L	L	A	P	S	T	Y	O	B	P	E	W	A

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