

LIFT OFF

MAGAZINE



#74, APRIL 2026

URGENT APPEAL

CAMBRIDGE AIRPORT WILL BE CLOSING

We need your help to
relocate and build a
new base **P4**



East Anglian
Air Ambulance

Together we save lives

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Cover image: Critical Care
Paramedic Page.
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OUR URGENT CAMBRIDGE BASE APPEAL

We provide the very best care when the very worst happens, bringing intensive care directly to the scene of the incident in the fastest time possible. This service is only possible because of our two bases. However, the impending closure of Cambridge Airport – site of one of our two operating bases – threatens to cut our lifesaving service in half. With no base in Cambridgeshire, there is no East Anglian Air Ambulance crew in the centre of our region, no helicopter, and no lifesaving care.

This issue of Lift Off marks a truly pivotal moment in our history. With no choice but to relocate and build a new base, in November 2025 we submitted planning permission to build a new home in Cambridgeshire. Behind the scenes we have been working on raising the funds we need to build the base. The land is just one part of the challenge; we now need your help to raise £8.2 million and make our new home a reality.

That's why we're launching our biggest and most important appeal ever - to build a brand-new Cambridge air base that will help us deliver lifesaving care for years to come.

The vision for the new base isn't just about bricks and mortar. It's about

making sure people in life-threatening emergencies receive the very best care, fast. And it's about the future - providing world-class training facilities, meeting complex, evolving operational needs, and the ability to continue serving our communities for generations to come. For people in cardiac arrest. For those in serious road collisions. For anyone facing a medical emergency or traumatic injury. For their families, friends and each life they touch.

At the heart of this project, and everything we do, are our patients, their families and the communities we're privileged to serve. Every time our helicopters lift, or our critical care cars take to the road, it's thanks to you. Now we're asking you to join us in this next chapter - to help secure the future of lifesaving care together.

We're under no illusion; it's our biggest and most ambitious challenge yet. We can't do it alone, but together we can keep lifesaving care in the air and on the road, 24/7, for future generations. In this special issue of Lift Off, you'll get a behind-the-scenes look at our plans, learn why a base in Cambridgeshire is so important, and why we're asking you to be a part of it.

Warmest wishes,

Richard Hindson
Director of Operations
and Infrastructure

URGENT APPEAL

CAMBRIDGE AIRPORT WILL BE CLOSING



No base. No crew. **No lifesaving care.**

We need your help to relocate and build a new base

Every day, our crews deliver hospital-level care to people facing sudden medical emergencies and traumatic injuries. We're not just a fast transfer to hospital; we bring the emergency department to the scene, giving people the best possible chance when every second counts. But right now, this lifesaving service is under threat.

Nearly 3.2 million people call East Anglia home. Any one of them could need us if life throws a curveball, but without a Cambridge base, nearly 1,000 lives a year are at risk.

Our Anglia One and Anglia Two crews don't operate in isolation - they are part of a single, integrated system. If we lose our Cambridge base - which plays a central role in the heart of

our region - the entire network is at risk. The proposed new Cambridge Air Base is the final, permanent link that will enable this system to work as it should in the long term. It will ensure that everyone in the region has rapid access to the lifesaving care they need.

When Marion suffered a cardiac arrest at home in East Cambridgeshire, our Anglia Two (Cambridge) crew got to her quickly, bringing advanced skills, equipment and medication straight to her.

When Jonathan suffered a brain haemorrhage in the middle of the night in Peterborough, the Anglia Two crew drove to him. They anaesthetised and took over his breathing for him at home - vital treatment to protect his brain before he even got to the hospital doors.

Ruth suffered a cardiac arrest at home in West Norfolk. She was over



Marion



Ruth



Jonathan



Emily



Roger



Keith

40 miles from a specialist cardiac unit, so our Anglia One (Norwich) crew flew to her with advanced treatment, equipment and medication.

When 13-year-old Emily had a horse-riding accident in Thetford Forest, our Anglia Two crew were tasked by helicopter. They provided urgent care, which included giving her a pre-hospital emergency anaesthetic, in a remote location, before flying her to Addenbrooke's Hospital.

Keith was involved in a motorbike accident on the Norfolk/Suffolk border. Our Anglia One crew were tasked by helicopter, ensuring he received an urgent blood transfusion on the

roadside - emergency treatment to give him the best chance of survival.

When Roger suffered a cardiac arrest at home in West Suffolk, the Anglia Two crew carried out procedures in a land ambulance outside his house. They took over his breathing and performed cutting-edge interventions to give Roger the best possible chance of returning home to his family.

To make sure we can reach patients quickly by air and by road, our two bases are the heartbeat of our service. We've worked hard to find a new site, but we need your help to secure the land and build a new purpose-built home for our crews by the end of 2027.

A NEW AIR BASE IN CAMBRIDGESHIRE

Our proposals

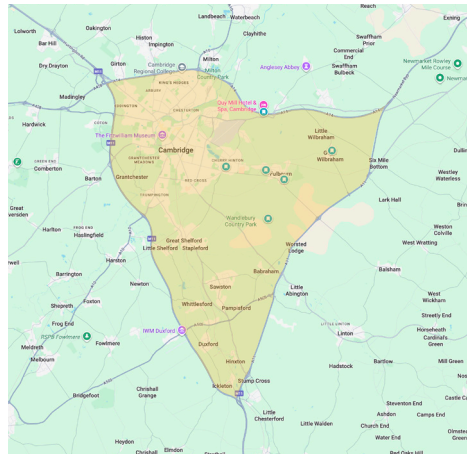
The need to relocate

For the last 19 years, we have worked with the owners of Cambridge Airport, Marshall, to ensure that our helicopter, critical care car and crew can swiftly attend critical care emergencies across the region, and we are incredibly grateful to Marshall for their support during this time.

However, with the planned closure of the airport, we must urgently relocate and build a new base for our Cambridge-based operation to be able to continue providing our vital service to the people of Bedfordshire, Cambridgeshire, Norfolk and Suffolk.

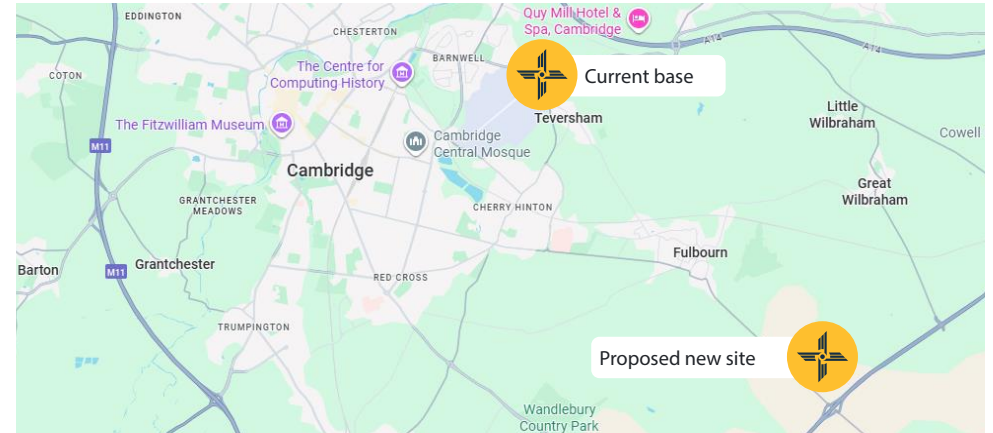
The search

Following a thorough regional review of patient needs, existing critical care and helicopter emergency medical service resources, our operations team concluded that Cambridgeshire remains the optimal location for our operation, specifically the area immediately surrounding Cambridge. After reviewing dozens of sites, the team were able to shortlist 22 candidate sites in and around the triangle of major roads



surrounding the city, including some of the region’s existing airfields. The list was then narrowed down based on operational considerations such as drive and fly population coverage, aviation compatibility, land availability, land costs, and existing infrastructure on the site.

Following this extensive research and assessment, land at Shardelowes Farm on Balsham Road in Fulbourn was identified as the only viable option available to the charity. The site is located 2km southeast of Fulbourn village and extends to approximately 10.35 acres.



The site

Strategically located within 700 metres of the A11, the major arterial road provides rapid access to the south, north and east. Additionally, Balsham Road offers direct connectivity to Cambridge. Response times are comparable to our current Cambridge base in terms of drive and flight times and associated population coverage. A ten-minute flight time from this location can reach a population of 1,206,000 and a 20-minute drive time can reach a population of 276,000.

The site has been audited by Babcock, our aviation partner, and is highly compatible with aviation. For the Airbus H145 D3 helicopter, which we operate, the site can accommodate a Final Approach and Take-Off area (FATO) which allows us to perform a class one clear area departure, enabling safer flying. It’s also been assessed as being highly compatible with Point-in-Space (PinS) approach, which would allow us to utilise GPS-based navigation

for precise landing and take-off in challenging weather conditions.

The ten acre site will let us build a new base to the specification we need, futureproof and safeguard our operation, ensuring we have the facilities needed now, and in the future. We’re not planning immediate expansion, and our priority remains delivering our existing Cambridge service (7am–7pm by air, 7pm–7am by road), but we always look for ways to best serve our community.

Flying 24/7 from Cambridge isn’t an immediate plan, but we’ll ensure the base can support it if needed. Any future change would depend on clear evidence of need and the resources and funding to sustain it long term.

At the time of going to print, we are awaiting the outcome of our planning application with a decision anticipated in spring 2026. If planning is not granted, we’ll search for a new location – but our base plans will stay the same.

THE FUTURE OF YOUR LIFESAVING SERVICE

The base plans have been designed with a clear purpose: to enable our crews to respond quickly, by air and road, to take lifesaving skills and treatment directly to people in our region when the unthinkable happens – wherever they are.

Hangar: The new hangar will be able to accommodate two helicopters. While we will only have one helicopter based in Cambridge, the bigger space provides a controlled environment for aircraft maintenance, inspections and aircraft swaps, saving us time and money.

Crew facilities: Duty crew office, medical store, lockers, showers and spaces dedicated to crew rest and welfare – all essential to deliver a 24/7 lifesaving service.

Training facilities: We'll create a centre of clinical excellence with dedicated spaces for continual crew and emergency services training. There'll be space for on-shift training, running through simulations and scenarios, as well as specialist training on equipment like our ultrasound machines.

Garage: Space for two critical care cars so we can attend people by road. The critical care cars give us an alternative way to take hospital-level care straight to the patient, as it's sometimes faster to go by road.

Space for aftercare support: Areas for former patients and their families to receive aftercare support in the aftermath of a life-changing medical emergency.

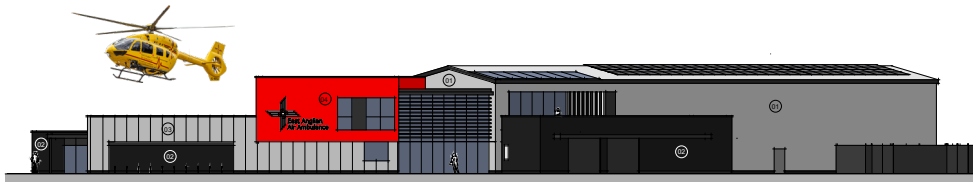
There will also be space for ground staff to ensure we can run safely, efficiently and compliantly.

A training and community hub: A welcoming space, offering opportunities to learn vital CPR skills. This means more people can help in medical emergencies when every second counts.

An exciting part of the new base plans is having space for our fundraising teams to work alongside our operations team, as well as opening our doors and connecting with the incredible supporters, fundraisers and volunteers who make our work possible.



YOUR QUESTIONS ANSWERED



How often is the air ambulance crew needed?

Last year, we provided urgent treatment and care to an average of five people each day. Our Cambridge-based crew treats in the region of 1,000 people every year.

What steps have been taken so far in terms of location?

We vetted dozens of sites against a set of criteria focused on response times, population reach by air and road, and operational and aviation compatibility. At the end of this process, a planning application for the only viable site - land at Shardelowes Farm on Balsham Road in Fulbourn - was submitted in November 2025.



Why can't both the Anglia One and Anglia Two operations be based at Norwich?

Tasking times for large parts of the area we cover would be drastically increased. People local to Bedfordshire, the western part of Cambridgeshire, and the south of Suffolk would have to wait longer for our teams to arrive by helicopter. Response by car would be virtually non-existent for patients outside of Norfolk. Without a local base with rapid access to major road networks, it would not be possible to reach these patients who are in time-sensitive, life-threatening medical emergencies.

Don't you just need a helipad and a hangar for a new base?

After 25 years of development from a 'flying ambulance' to a sophisticated 24/7 mobile intensive care unit, we're now a complex operation requiring significant infrastructure. In addition to helipads and hangar space for two aircraft, we also need a garage area for critical care cars, crew facilities, a medical store, specialist training areas, spaces for our aftercare team to support patients, and overnight accommodation and rest facilities for night shift and visiting crew, as well as office space for ground staff.

How much money do you need to raise for the new base?

The total cost of securing the land and creating the new base is £14m. In the background we have been working hard to secure the funds we need in preparation and, following a private fundraising phase, have already received kind donations and pledges of support. We've also committed money from our reserves and we are now asking you for your help to raise £8.2 million to make this a reality.

I live in Bedfordshire, Norfolk or Suffolk, how does the need for a new base affect me?

Without Anglia Two in Cambridge, our air ambulance cover would be provided by our Norwich-based Anglia One crew - but that could mean hundreds of people waiting longer for help, and over 600 fewer missions in Norfolk, 250 fewer in Suffolk, and 62 fewer in Bedfordshire every year.

Our operation depends on the strategic location of two bases - one in Norwich and one in Cambridge. Our two bases don't work in isolation - they're one team, ready to deliver hospital-level care wherever it's needed most. When every second counts, having two bases and helicopters isn't a luxury, it's vital.

How can I help?

Thank you! You can find all the ways you can support and make a donation to the base on pages 12-15 of this issue.



SUPPORT OUR APPEAL

Fly with us on every mission



**CAMBRIDGE
AIR BASE APPEAL**

BRING US IN TO LAND

Add your or a loved one's name to our helicopter.



To support our Cambridge air base appeal, we're offering the chance for your name to fly with us on every mission.

For donations of £175 or over, we would like to celebrate your support by adding your name, or the name of someone special, to one of our helicopters for a two-year period. As a significant donor to this campaign, your name will also be recorded at the new base itself. Each name serves as a visible reminder that, at a critical time for the charity, you stepped forward to help keep this service flying.

For some, adding a name is a personal statement of support. For others, it may be a tribute to a loved one, or a quiet expression of pride in the crews who respond day and night, by air and by road, to the most serious emergencies across our region.

Every name represents belief in this service, its future and the principle

that no call for help should ever go unanswered.

However you choose to support East Anglian Air Ambulance, you are part of the team that makes every mission possible.

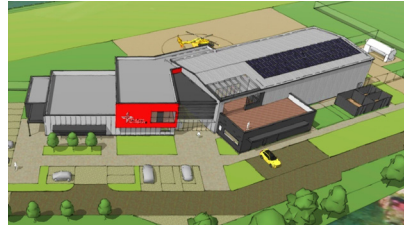
Donate today

To add a name, please complete and return our enclosed donation form using the provided envelope.

Or donate online at eaaa.org.uk/name

Donations to the Cambridge Air Base Appeal are restricted to funding our new Cambridge base. If we raise more than needed or circumstances change, donations may be used to support other areas of our lifesaving service. Full appeal terms: eaaa.org.uk/base

MORE WAYS TO SUPPORT OUR APPEAL



Donate by post

The easiest way to give is by using the enclosed donation form and returning it in the freepost envelope provided. Whatever you're able to give will make a huge difference. Together, we can build a new air base that protects our community for many years.

£30

Help keep our crews ready to respond when every second matters.

£75

Support lifesaving care from our new Cambridge base.

£100

Help keep our helicopter and crews mission ready.

Donate online: eaaa.org.uk/base

Donate by text*

Text BASE followed by your donation amount to 70480 to give that amount.

to give **£10** text **BASE10**

to give **£15** text **BASE15**

to give **£20** text **BASE20**

*Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text BASENOINFO instead.



Some of our amazing volunteers

Become a volunteer

Ambitious plans call for ambitious supporters, and we need lots of them. Your donation of time and skills will bring us even closer to our goal.



Happy Trek 24 participants



Our team are ready to answer the phone

Fundraise for us

Host your own event, or push yourself to your limits by taking on a personal challenge. From balls to cake sales, skydives to adventure challenges, there are plenty of ways to get involved and support our biggest ever appeal.

We're holding our flagship fundraising events, Only The Brave and Trek 24 again this year, adding a Cambridgeshire course option for our trekkers. Join Only The Brave or one of our 24 mile, 24 km or 2.4 mile Trek events and be a part of our incredible, lifesaving community.

Corporate support

Together you and your colleagues can make a real difference by securing the future of lifesaving critical care from Cambridge. Why not put us forward as your chosen charity, or get the team together to fundraise in whatever way works for you?

Let's talk!

Come and see us at a number of events across the region (see page 29). Meet our team and learn more about the plans, the impact on the entire region and how you can become even more involved. If you feel able to give a truly transformational gift, we have more information on how to do this as part of our Navigators 100 community, also on page 29.

Thank you! Let's start a conversation. Please get in touch on: info@eaaa.org.uk or **03450 669 999**. Details about all the ways you can support us can also be found on our website eaaa.org.uk

Bubby's second chance – thanks to you

BACK IN THE SADDLE

Every day, people in our region face moments they never expected – a serious accident, a sudden medical emergency, a life hanging in the balance. That's when we're there. Whether it's in a field, on a roadside, or in a family home, our crews bring hospital-level care straight to the patient, wherever they need us most. Because when every second counts, being there isn't just important – it's everything.

In August 2023, Isabelle 'Bubby' Upton's world changed in an instant. The talented event rider (now age 27), a familiar face on the equestrian circuit and a rising star since her debut at the 2014 Pony European Championships, was training near her Newmarket home when disaster struck.

On the afternoon of 18 August, Bubby's horse suddenly reared, throwing her backwards. As she hit the ground, the full weight of her horse landed on top of her, leaving her with multiple serious injuries.

Help was needed fast. Within minutes, our Cambridge crew were airborne to

bring advanced skills, equipment and medication straight to Bubby's side in the moments when she needed it most. In just 16 minutes, our helicopter touched down in a nearby field, and Dr Julie, Critical Care Paramedic Sally and Supervising Doctor Claire were working alongside the ambulance service to give Bubby the best possible care.

We gave Bubby a full assessment before administering advanced pain relief to help make her as comfortable as possible. The full severity of Bubby's injuries was not yet known so we fitted her with a binder to keep her pelvis still and placed her in c-spine blocks to keep her neck stable. This would minimise the risk of further injuries on the journey to hospital.

At Addenbrooke's Hospital, scans revealed fractures to Bubby's spine. After seven hours of surgery, she faced a long road to recovery. With incredible determination – and support from the Injured Jockey Fund – Bubby fought back. Less than a year later, she was back doing what she loves most. In May 2024, she competed at the prestigious Badminton Horse Trials with her beloved horse, Cola III, even leading after the first day.

"The expertise of the medical team that attended me was everything," Bubby says. "I can honestly say, hand on heart, that I wouldn't be doing what I am today if it wasn't for East Anglian Air Ambulance. Supporting them and supporting their new base is a no-brainer for me."



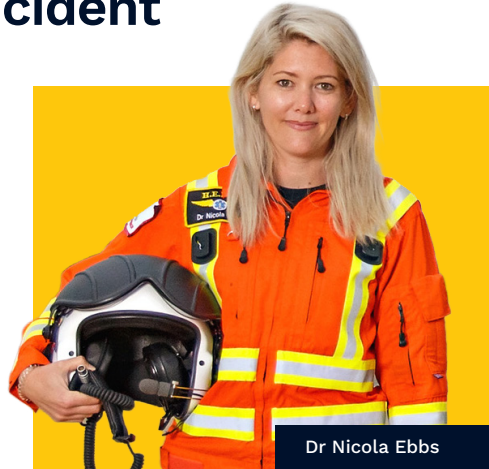
Bubby, Campaign Ambassador and former patient

BEHIND THE SCENES

of an equestrian incident

Dr Nicola Ebbs explains some of the crew's considerations when tasked to a horse-riding accident.

From busy towns to quiet farmland, we never know what the next call will bring. Newmarket, home to British horseracing, is only nine miles away from our Cambridge base, so our Anglia Two crew are tasked to almost 90% of incidents in the town where they can bring advanced care to the most seriously injured people.



Dr Nicola Ebbs

Landing safely – and calmly

If we're flying to a scene, our pilots always plan landing sites with care. That's true for every mission, but especially when horses or livestock are nearby. Horses don't like helicopters, so we do everything we can to avoid spooking them. Sometimes that means landing further away. Before we reach the patient, we'll also check that the horses are secure or led away so we can land and treat people safely.



Blood on board

Internal injuries are another concern – damage to the liver, spleen or chest can cause major bleeding. Since 2021, we've been able to give blood transfusions at the scene, which can be lifesaving for patients with severe trauma.



Scene reconstruction

Understanding the injury

Horse-related incidents can cause a wide range of injuries. We think about how the accident happened – did the rider fall, was someone crushed by a horse, or kicked? The size of the horse and whether speed was involved can make a big difference. A kick could cause an isolated injury, but a fall could mean multiple serious injuries that need advanced care.

Hospital-level care

Our crews carry skills and equipment you'd normally only find in an emergency department. If someone is critically injured, we can give a pre-hospital anaesthetic to protect their airway and prevent further harm, especially with head injuries. For broken bones or dislocated joints, we often use sedation, so patients are comfortable during treatment. And if there's an open fracture, we'll give antibiotics straight away to reduce infection risk.

Getting to the right hospital

Where we take the patient depends on their injuries. If they need specialist care, we'll head straight to a Major Trauma Centre. Whatever the medical emergency, whatever the cause, acting quickly, providing advanced care at the scene, and getting patients to the right hospital as fast as possible can make all the difference – and it's what helps save lives every day.





London rooftop, Dr David Clutton



Bury St Edmunds, Critical Care Paramedic, Liam Sagi



Frosty dawn at Helimed House, Dr Natalie Cookson



A snowy sunset, Dr Natalie Cookson



VIEWS FROM YOUR CREWS

Wispy clouds, Dr David Clutton



Rural snow, Dr Liam Neale



Field landing, Pilot Henrietta Davies



A dark and cloudy country twilight, Pilot Henrietta Davies

CLOSER TO HOME

We're here for everyone who needs us, wherever they are. That includes the rural communities we serve and the people who work in farming and agriculture. Accidents on farmland can be serious, and reaching someone quickly by road isn't always straightforward. But when a call comes in, our crews are ready to bring advanced treatment, care, equipment and medication straight to the scene - even in the most remote places - so help is never far away.



Image credit G's Group

While access to incidents on agricultural land is sometimes more challenging for road ambulances, our helicopter may be able to land closer to the scene so our clinicians can bring critical care to the patient in the fastest time possible.

Once on scene and at a patient's side, the crew operates with total patient focus and are especially mindful of some of the challenges that treating a patient on a farm could bring, such as additional risk of infection due to factors like mud and animal waste. The advanced medication carried by crews includes antibiotics. These can be given when a patient sustains an open fracture to reduce the risk of infection.

The farming community's support for critical care is incredible, and we're privileged that we're here for everyone in the region if the very worst happens.

G's Group have supported East Anglian Air Ambulance for the past 25 years.



Image credit G's Group



John Shropshire

The family-run seed to shelf farming business operates across the Fens and beyond, supplying all the UK's supermarkets with a variety of fresh produce all year round. We're humbled to have been the main recipient of their fundraising activities during the last quarter of a century. G's Group have also pledged their support for our urgent appeal because time matters, and so does every life we're here to save.

Chairman, John Shropshire, says, "The work of East Anglian Air Ambulance is a vital addition to the emergency services within East Anglia. We operate in a mainly rural location with many of our colleagues living and working in remote locations that are not always easily accessible to road vehicles. Knowing that emergency aid can be onsite to any major incident very quickly is reassuring and, potentially, a lifesaver."

John has also highlighted that our help for communities extends beyond the scene of an incident with aftercare for former patients and their families, and lifesaving CPR training programmes.

1,845 SECOND CHANCES

When the phone rings, we don't know who we're flying to. But thanks to you, we know we'll get there.

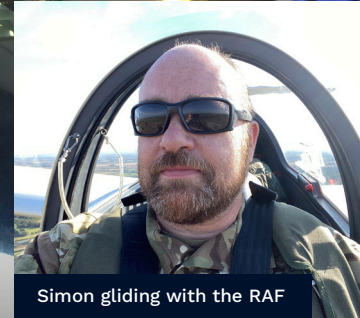
Covering hundreds of miles every week across the region, we partner with the emergency services at the most serious 1% of 999 calls, and deliver hospital-level care wherever it's needed. From farms and rural roads to urban centres, we respond quickly to emergencies, ensuring that somebody's location never stands in the way of critical care.

And in 2025, you made sure 1,845 people received urgent treatment and care on the worst day of their lives. That's 1,845 second chances and 1,845 thank yous, including:

222	in Cambridge
21	in Peterborough
49	in Newmarket
48	in Bury St Edmunds
370	in Norwich
138	in Gt Yarmouth
35	in Lowestoft
21	in Ipswich
31	in Bedford
13	in Luton



Your donation doesn't just fund flights; it funds hope, expertise, equipment, support, research, training, innovation – and second chances for people when the odds were against them. Thank you.



Simon gliding with the RAF

15 YEARS OF UNFORGETTABLE EXPERIENCES

Simon indoor skydiving

I suffered a cardiac arrest in 2010 when playing football. I was playing against a team with four doctors in, and another one watching – it was my lucky day. They performed 20 minutes of CPR on me. East Anglian Air Ambulance arrived and flew me to hospital for emergency surgery. Just five months later, I was back on the pitch. My heart recovered – and so did my life.

Last year, I celebrated the 15th anniversary of that day. 15 years of family, friends, and unforgettable experiences – thanks to the people on the pitch and the people who support East Anglian Air Ambulance.

Thank you for giving me a second chance at life. I'm here today because

of you. Your kindness, your support, and your belief in this charity made all the difference when everything hung in the balance.

Today, East Anglian Air Ambulance provides advanced critical care 24 hours a day, 365 days a year to the most seriously ill and injured people in our region, by air and road. By supporting them, you're helping to give that same chance to many more people and families – people who, like me, will never forget the moment hope arrived from the sky.

Your generosity truly changes futures.

Simon Cullum

Former patient



Heather and her family meet our crew

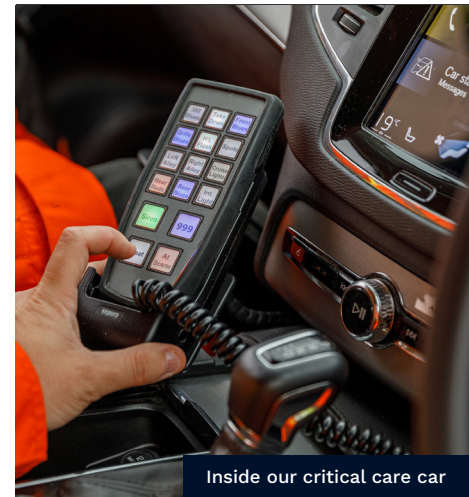
A FINAL GIFT, A LASTING MEMORY

40% of the costs of our new Cambridge air base will be funded by exceptionally kind gifts in Wills, having a long term impact on our region.

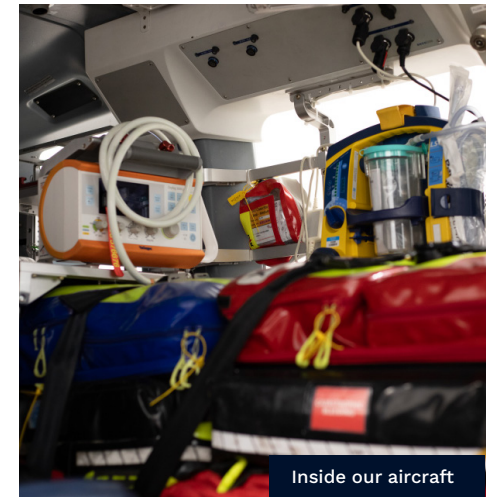
Hazel Mynott was a stalwart supporter of East Anglian Air Ambulance. She went on to make a final decision to leave a gift in her Will to save the lives of people she

would never meet. It was a privilege to welcome Hazel's sister, Heather, to her local East Anglian Air Ambulance base in Cambridge so she could see the impact of this kindness and Hazel's final gift.

"If only my sister Hazel, could have been with us when I was invited along with my great-nephew, Arno (9), and his



Inside our critical care car



Inside our aircraft

Dad, Jez, to visit the East Anglian Air Ambulance base and meet the crew in Cambridge," Heather explains. "She would have loved every moment, and I wish I could tell her how much her legacy was appreciated. Everyone was absolutely fantastic, explaining how the service operates and showing us equipment and facilities. Arno was particularly interested in the inside of the helicopter as well as the land-based vehicles where he was allowed to demonstrate the sirens and flashing lights!"

Hazel volunteered with us for several years at fundraising events in and around Suffolk, as well as playing our raffle.

Heather adds, "She enjoyed meeting people and had a great sense of humour. She had overcome bowel cancer, and was coming to terms with Parkinson's, when she received devastating news – she had a short time to live due to pancreatic cancer. She faced this with huge courage, and her lasting wishes

to support East Anglian Air Ambulance and MacMillan were carried out."

"Jez, Arno and I are so grateful for the opportunity to have seen first-hand just how important legacies are to East Anglian Air Ambulance - whatever the size - and learn how they are used."

Over the last decade, our Cambridge crew has delivered out-of-hospital emergency care to thousands of people right across the region. But this is just the tip of the iceberg, because the benefit of the crew's advanced medical care was also felt by countless families, friends and colleagues.

It was wonderful to meet Hazel's family to see just how proud they were of her decision to continue to save lives with a gift in her Will. These incredible gifts fund one in three of our emergency callouts, giving future generations, not only the best chance of survival, but for going on to live a fulfilling life. Thank you, Hazel.



OUR INCREDIBLE COMMUNITY

We can't do it alone. It takes a team to help save a life.

From our Trek 24 and Only The Brave events, marathons and skydives to creative community events, we're humbled by the amazing things you do to push yourselves to the limit to raise vital funds. Every challenge you take on helps ensure our crews can reach people in their most critical moments. Your kindness doesn't just raise money - it saves lives.

When Fintan Gould suffered a brain haemorrhage in March 2023, we transferred him by air from Ipswich Hospital to Addenbrooke's Hospital for specialist treatment. In 2025, 17-year-old Fintan ran the Ipswich Half-Marathon and raised £4,100. Fintan said, "It feels good to know that the money I raise will help save the lives of other people - just like fundraisers

for East Anglian Air Ambulance before saved mine."

We're fuelled entirely by donations, without any regular government funding, so your support powers every single mission.



Former patient, Fintan

CAMBRIDGE AIR BASE APPEAL

BRING US IN TO LAND



Something for everyone!

Walk 24-miles, 24km or 2.4 miles at our Trek 24 events in Cambridgeshire or Norfolk. Or embrace the mud and take on the exciting 3, 6 or 10 mile Only The Brave muddy obstacle course!

6 Jun	Trek 24 - Norfolk
6 Sep	Trek 24 - Cambridgeshire
20 Sep	Only The Brave

Sign up at eaaa.org.uk and save lives in our region. **Good luck to all taking part in Trek 24 - Suffolk on 18 April!**



Navigators 100

**100 extraordinary people.
1 extraordinary mission.**

Navigators 100 is for individuals, businesses and trusts who would like to go even further to support the Cambridge Air Base Appeal.

We're asking 100 visionaries to each pledge £50,000 to support the project, together contributing an incredible £5m foundation on which the future of lifesaving will be built.

By becoming a Navigator 100, you'll join a special community with one common purpose: to ensure East Anglian Air Ambulance can be there for anyone, anywhere, in their moment of greatest need. You'll be permanently recognised in the new base as well as gain access to exclusive updates and events.

Please contact Holly Marshall, Philanthropy Manager holly.marshall@eaaa.org.uk or **07939 072 866** to chat through the impact you can have as a Navigator 100.



Come and see us

- **25-26 April:** East Anglian Game and Country Fair
- **10 May:** South Suffolk Show
- **27-28 May:** Suffolk Show
- **24-25 June:** Royal Norfolk Show
- **4-5 July:** Duxford Airshow
- **23-26 July:** Latitude Festival

TRAINING TO PROVIDE THE VERY BEST CARE

In February, we warmly welcomed doctors Alex, Benjamin and Shadman, and paramedics Micayla, Lee and Richard through the doors of Helimed House, our Norwich base, to complete their week of intensive Pre-Hospital Emergency Medicine (PHEM) training before starting supervised shifts in Cambridge and Norwich on our helicopters and critical care cars.



Left to Right: Ben, Lee, Micayla, Alex, Richard, Shadman

And it's no mean feat, as they were really put through their paces. Already highly skilled and experienced clinicians in fields such as emergency care and anaesthesia, our PHEM course has given Alex, Benjamin, Shadman, Micayla, Lee and Richard the skills to take their expertise straight to people in our community in their most urgent moments of need.

During a week of PHEM training, all new doctors and paramedics joining East Anglian Air Ambulance take part in both theoretical and practical sessions. This training helps them follow in the footsteps of previous clinicians as they learn the procedures, advanced treatments, and care provided by our Norwich and Cambridge crews, who operate 24/7 across the region. Whether the training replicates the scene of a road collision, an incident in the countryside or in somebody's home, the crew need to be ready to respond. Every single time.

But the week is about more than the practical capabilities that each new crew member needs. It's preparing the team to deal with the unique challenges that pre-hospital critical care can bring: Quickly finding focus and bringing calm leadership and decision-making to the chaotic moments of a medical emergency. It's learning to work under pressure as a tight-knit team on the roadside, in a field, in a town centre. It's providing the utmost care for a critically injured or unwell patient, balanced with compassion for their loved ones at the scene. It's more than skills and expertise; it's communication, it's collaboration, it's kindness. It's everything.

It's delivering the very best care when the very worst happens.

JOIN ONE OF OUR EVENTS



and help save lives in 2026!

TREK 24

NORFOLK | CAMBRIDGESHIRE
SAT 6 JUN | SUN 6 SEP

Trek 24 miles, 24 km or 2.4 miles

ONLY THE BRAVE

SUNDAY 20 SEPTEMBER
EUSTON ESTATE, IP24 2QH

**Up to 35 obstacles,
3, 6 or 10 miles**

ARE YOU READY TO TAKE THE BIG LEEAAP?

SAT 16 MAY & FRI 2 OCT | **BECCLES & PETERBOROUGH**

Take the most incredible leap of your life!

Festive Carol Concert

**FEEL FESTIVE AND MERRILY
SING THE NIGHT AWAY!**

For information about our upcoming events scan the QR code



East Anglian
Air Ambulance

**CAMBRIDGE
AIR BASE APPEAL**

BRING US IN TO LAND



FLY WITH US ON EVERY MISSION



Add your or a
loved one's name
to our helicopter



By using carbon balanced paper, **Acorn Web Offset** has balanced the equivalent of **2,356kg** of CO₂ for this issue. This support will enable the World Land Trust to protect **450m²** of critically threatened tropical forest.



Registered charity in England and Wales. Number 1083876