

LIFTOFF

MAGAZINE

#58, NOVEMBER 2020

HALF MASK
RESPIRATORS P.4

20 Years
TOGETHER

LIFE-SAVING
MEMORIES
A COLLECTION OF
YOUR STORIES P.18

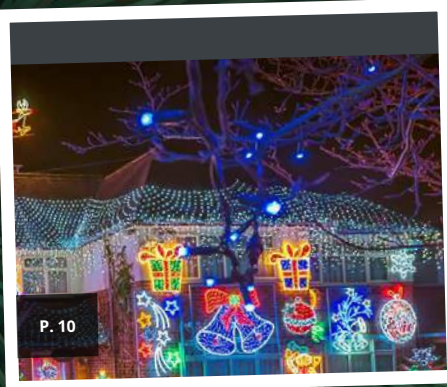


East Anglian
Air Ambulance
Registered charity in England
and Wales number 1083876

Together we save lives

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WELCOME

to LiftOff #58

Hello, I'm Stuart Wyle. I've been part of EAAA's fundraising team since 2016 and in September I took over from Jo Dew as Director of this incredible department.

Writing this introduction as we enter another lockdown, I'm reflecting on what's already been a very eventful and difficult year. However, amongst the ups and downs of 2020, we have truly seen so much positivity towards EAAA and I feel incredibly proud of you, our supporters. You have continued to be there for EAAA throughout a very challenging time, and for that I can't say thank you enough.

In April, we had a phenomenal response to our emergency PPE appeal and in other areas where we feared donations would drop significantly, such as our lottery, we have been surprised. The lottery funds 45% of our vital work and due to the first lockdown, we were anticipating a huge drop due to cancellations and our canvassers being unable to work. However, we were humbled to see several supporters increasing their weekly plays and referring friends and family to join. This was a huge help and thankfully the lottery has remained fairly consistent so far.



In September, we held our first 'virtual' challenge event, Together We Run, in place of Only The Brave and Trek 24. We didn't know what to expect, but 157 people took part, over 3,000 miles were completed (beating our 2,000 mile target) and almost £18,000 was raised! Although we don't know what's ahead, thanks to you, we are going into 2021 in a stronger position financially than we were expecting, and our plans to start flying 24/7 are still on track, just slightly delayed (pg 12).

As you read this magazine, you will find some updates on what we're doing to keep our crews safe on the frontline (pg 4), a variety of ways to support us safely over the Christmas period (pg 8 to 11) and some incredible stories from the people you have enabled us to help (pg 6 and 26).

For everything you have done to support EAAA this year, we are all incredibly grateful. On behalf of everyone at EAAA, I'd like to wish you all the best and a very safe Christmas and New Year.

IN THE NEWS.

HALF MASK RESPIRATORS HAVE ARRIVED



A superior and much more sustainable high-protection mask for our crews, kindly funded by the Lions Club, as part of our PPE appeal. The half mask respirators offer as much protection as a full respirator hood, are custom fitted to each crew member, making them more comfortable, and are much more sustainable than the single-use FFP3 masks. Instead, these masks contain a filter which is changed every six months. This level of protection is now a must-have for our crews, and we're pleased to be able to offer them such an effective and more sustainable solution to single-use PPE.



PPE BELT

When our crews started reacting to the challenges of Covid-19, we found two things impacting on their day-to-day safety. The first was the best way to carry and store the PPE they might need, as this can vary depending on the mission and the patient's needs. The second was the challenge of not having access to their flight suit pockets when operating in a level three PPE suit, and therefore the essential kit they are used to having quick and easy access to.

The solution was to introduce a PPE belt. However, we struggled to find anything currently available that met all of our

needs. To get this right, we created a custom-designed PPE belt which offers our teams up to four pouches which provide a safe and standardised way to carry and store PPE, including one pouch specifically designed to hold – and protect – the FFP3 / half mask respirator, as well as pouches to replace their pockets. Importantly, the belt is light, ergonomic, made from an IPC compliant material to support infection control, and meets our needs within our budget. Huge thanks to the Godolphin Management Company Ltd for supporting this project.

CAMBRIDGE HANGAR DEVELOPMENT



Plans to build a hangar for the aircraft next to our Cambridge Base have moved along in recent months. This has been supported by funds from a Government grant, secured in Autumn 2019, and will mean that the Anglia Two helicopter is online faster, providing an additional 182.5 flying hours per year, helping us to save more lives in the future. The project has been delayed by Covid-19 but will hopefully be in place in early 2021 and will make our Cambridge pilots very happy!

2020 ANNUAL ROADSHOW – ONLINE ONLY

This year we experimented with holding our Annual Roadshow, your chance to hear from our CEO and Executive Team on developments at EAAA over the past year, online. It was broadcast live and included a live feed into our Cambridge base as well as a Q&A with Doctor Victor Inyang and Doctor Pam Chrispin. If you missed it, you can watch it online at www.eaaa.org.uk/news/virtualroadshow

KIT BAG APPEAL UPDATE

We saw a fantastic response from all over the region for our kit bag appeal and even exceeded the target, which is a great result for our crews. Now we have the funds in place, we will be able to finish road-testing the prototype design and aim to commission the 20 new kit bags next year.

As this is a brand-new design, we need to be sure the new bags will be fit for purpose. Not only do the bags need to be durable, but when every second counts, we need to know the design will also speed up accessing the vital kit. A huge thank you from our crews to everyone who was able to help us reach this goal, we're very excited about introducing the new kit bags as soon as possible.

STOP THE PRESS: EAAA PRIVACY STATEMENT

We have made some updates to our privacy statement about how we look after your data. If you would like to read this statement, please go to: eaaa.org.uk/privacy-policy



PATIENT STORY.

I BABY CHARLIE

In July the Day family, from North London, were enjoying a summer break at Fritton Lakes, near Great Yarmouth.

Dad Chris, mum Bailyn and one-year-old Charlie were getting ready to leave the lodge, packing up for the trip ahead. Unfortunately, as lunch was being prepared, Charlie excitedly burst into the kitchen. Within seconds, he had reached up onto the kitchen counter and pulled a pan of boiling hot water all over his chest, torso and face, causing him to scream out instantly in incredible pain.

Charlie's parents rushed him into the shower to try and cool the burns down as quickly as possible and dialled 999. An ambulance was dispatched whilst Charlie's family tried to follow the advice of the call handler, but his condition wasn't getting any better and the situation was escalating quickly. Recognising that Charlie would most likely need specialist treatment, the Anglia One team from Norwich was also dispatched.

In less than 10 minutes of being activated, Doctor Chris Chadwick and Critical Care Paramedic Gary Steward arrived at the scene. Pilots Steve Norris and Rob Gleave landed the helicopter on part of the

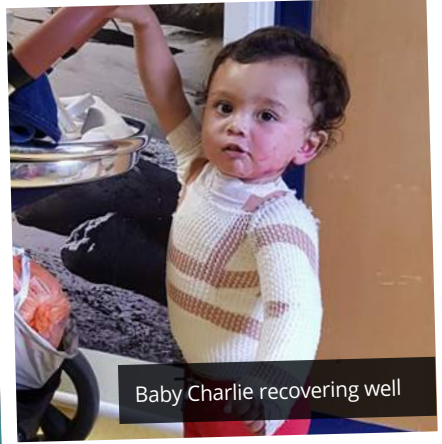
To further support patients like Charlie, consider buying our crews a virtual gift this Christmas. P.8

holiday park, providing quick access to the lodge. The burns Charlie suffered were very severe and he required advanced pain relief and emergency burn care before being flown to the specialist burns unit at Broomfield Hospital in Chelmsford, where a team was ready to treat Charlie.

By air, the flight took 45 mins. By road, even under blue lights, this would have taken an hour and a half. The transfer EAAA were able to provide made a significant difference to Charlie's care. Chris, Charlie's dad, went in the helicopter with Charlie and said:

"I really can't thank the ambulance and air ambulance teams enough for what they did for Charlie. They walked into a crazy scene with Charlie screaming in pain and us trying our best to cool his wounds down, but they were incredibly calm and quick in everything they did. They didn't waste any time in treating Charlie and getting us to Broomfield. Most of all, they really helped me to keep it together.

It all happened so fast and was absolutely terrifying. I think we might have lost Charlie if it wasn't for them but the team, especially the doctor, knew what to do. They are true heroes."



Once at Broomfield, Charlie went straight into surgery for specialist treatment, which included having biobrane mesh fitted, to promote healing. Charlie was in intensive care for two days and spent 10 days on the burns unit. Once home, our Aftercare team sent Charlie a bravery pack and kept in touch with his family for support.

Incredibly, just a few months after this ordeal, Charlie was back to his usual cheeky self, very active and happy. Some areas of Charlie's skin have some pigment damage, which should resolve in time, and he has a pressure suit to help with scarring. Thankfully, due to the quick and expert treatment he received, he has made a wonderful recovery. A huge thank you to everyone involved in Charlie's care and we wish Charlie and his family a wonderful Christmas.

To read about more of the patients we've helped with your support, go to www.eaaa.org.uk/patients

SUPPORT OUR CREWS THIS CHRISTMAS

GIVE A VIRTUAL GIFT THIS CHRISTMAS

and help protect our crew

Virtual Gifts help to equip our air ambulance crews with everything they need to save lives in East Anglia. By giving a Virtual Gift this Christmas, you'll be making a huge difference to them and the people they help 24 hours a day, seven days a week.

How it works

1. Choose one of our virtual gifts
2. Buy the gift for yourself or as a gift for someone else
3. You'll receive a card in the post signifying purchase of your chosen gift. You can keep this or send it on as a gift for someone else
4. At the same time, we will use the gift you've bought to help our lifesaving work

BUY YOURS AT WWW.EAAA.ORG.UK/CHRISTMAS2020
OR CALL 03450 669 999



£10



Batteries - the gift of power: This gift will help to make sure our kit is always fully charged and ready to go at all times.



£56

2x Fire-retardant crew tops

£72

Crew boots

£225

High vis jacket

By protecting our crew with the appropriate kit, we can ensure they can focus entirely on patient care and save more lives.

£20



Fuel - The gift of reaching people: this gift ensures we can remain operational and get to the patient in the quickest time possible.

£30.50



Blizzard Blanket - To keep a patient warm: This piece of equipment ensures our crews can keep a patient warm on scene and during transport to hospital.



FESTIVE FUN.

It's competition time!

Get those Christmas lights out

Always a favourite of ours, seeing the fantastic Christmas light displays our supporters come up with, we think this will be more popular than ever this year.

Have you ever driven around your local area looking for the best Christmas light display? It's a fun and safe way to get your quota of Christmas cheer. New for this year, we're here to help you with a contactless collection poster to help keep you, members of the public and your donations safe! The show will go on!

To support EAAA, and be in with the chance of winning a hamper for the best display or the most donations raised, please email info@eaaa.org.uk to register your Christmas light display with us and we will be in touch to support you with your fundraising.

To be in with a chance of winning the competition, we will need a photo of your display in order to judge the best one and for the prize for the most donations raised, please make sure we have all of your funds by 10 January 2021. Good luck!



Dr Mauger at the 2019 concert in Bury St Edmunds

Oh Christmas Tree... Oh Christmas Tree!

We are pleased to have the support of some incredible Christmas Tree providers across the region, who will be supporting us through their Christmas Tree sales this year. These are:

Bypass Nurseries

Choosing and decorating a Christmas tree is one of the most magical times of the year and to add to the magic, Bypass Nurseries in Suffolk will be donating £1 from every tree sold to EAAA. London Road, Chapel St Mary, Ipswich, IP9 2JR. www.bypassnurseries.co.uk

The Christmas Tree Firm

An online service, based in Cambridgeshire, they offer free Christmas tree delivery and will be donating £1 per tree sold to EAAA. You can also visit them to pick up a tree from Quarterway Barns, Little Thetford, CB6 3HP or outside the Morrisons in Bedford, on Ampthill Road, MK42 9PP. www.thechristmastreefirm.co.uk

Norfolk Christmas Trees

This firm have supported EAAA over the last few years and will be again in 2020. In exchange for donations, they provide cut foliage for decorations. Find them at Great Melton Estate, Hall Farm, Great Melton, NR9 3BW www.norfolk-christmastrees.co.uk

Keep an eye on our website for further information and suppliers.

EAAA's Virtual Festive Concert

Date: Thursday 10 December 2020
From the comfort of your sofa!

Save the date and join us for our virtual festive celebration! Although we can't be together in-person this year, we can still enjoy all of the festive cheer and support a vital cause, without leaving the comfort of our own homes. All you will need is a computer and internet connection.

So get cosy, enjoy the heart-warming sounds of choirs and listen to magical readings from special guests. And of course, there will be an opportunity to sing-a-long to your favourite Christmas carols, too! To find out more, go to: www.eaa.org.uk/festiveconcert

24/7 NORWICH BASE UPDATE.

The new Norwich 24/7 base is slightly behind schedule, but given the knock-on effect of lockdown and the Coronavirus pandemic on supply chains, we are optimistic that it will only be 16 weeks behind our original plan.

Building works began in late January and were forecast to be completed by the end of the year. After everyone and everything was safely moved out, the old base was knocked down to make way for the development of the site. The Anglia One and Operations teams moved across the airport to a temporary base on the Eastern Apron and all of the charity staff moved into temporary accommodation on Broadland Business Park. Moving everyone with no clinical down time was no easy task, but a great result, taking months of careful planning.

All going well, we are aiming to move in Spring 2021 and start flying 24/7 in May 2021. The funds for the land transaction and base build have been ring-fenced from years of generous gifts in Wills, which have been wisely invested by our

trustees, meaning the build will not be affected by the current economic climate and any future fundraising challenges.

The new base will not only enable us to fly 24/7 for the first time, helping hundreds more patients a year across the region, but it will also future-proof EAAA for many years to come by making our operation much more sustainable. In addition, the base will provide greatly improved training, rest and welfare facilities for the crew as well as a community hub, more space for first aid training and much larger and more modern office space for charity staff and volunteers.

Patrick Peal, CEO of EAAA, commented: "Building this new base marks a landmark in EAAA history, where the charity becomes a property owner for the first time. No longer will we be renting our operational and office space in Norwich and we have the freedom to build something completely purpose-built for our needs, as well as creating a space suitable for a 24/7 helicopter operation. "





This project is the result of years of hard work and careful planning and it is very exciting to see that we are getting closer to our ambition of being a fully 24/7 HEMS operation for the region, despite all the challenges of 2020. A huge thank you to everyone who has supported our Mission 24/7 so far.

Patrick Peal, Chief Executive



AVIATION CORNER.

What 3 Words – helping us find patients faster

When the red phone rings, getting to the patient as quickly and as safely as possible is our pilots' top priority. Finding suitable landing sites can be difficult, but, if the patient is lost or in a remote location, just finding them can be even harder.

Recently, we have been able to get to some patients much easier due to the What 3 Words app. As with all apps, it's only as good as your phone and battery power, however it really can be a lifesaver in an emergency. It categorises every three metre square of the world into a unique three word combination. For example, the helipad at our Cambridge base (although split over four squares) can be found using: trains.libraries.class or bump.giant.hopes.

The app is now used by 80% of emergency services in the UK. And not just for those who love exploring or being outside, it has also helped us find patients involved in road traffic collisions, quickly giving us their precise location.

You can see how it works at www.what3words.com or download the app for free.



WHAT 3 WORDS

Laser pens – an unusual threat

Handheld lasers can have several legitimate uses, such as during a lecture or training session, to highlight information on a slide, or in the building and construction industry, to measure angles and levels. Sadly, however, these handheld lasers can also cause great harm and laser attacks on aircraft, trains and ships are not uncommon. Not only do they cause great distraction to the operator, putting them at risk of losing control, they can also cause permanent eye damage.

Laser attacks often take place when an aircraft is low, and helicopters are therefore good potential targets. At EAAA, we have unfortunately had some incidences of these attacks, however catching the perpetrators (who can be fined and face a prison sentence of up to five years) is difficult. Restricting ownership is the only way to mitigate the risk, and a petition is live to try and do this. You can find more information on this under the news section of our website.



Dr Mark Clayton, Cambridge



Blustery day over Ipswich

VIEWS FROM THE CREWS.



Anglia One and Two, Cambridge



Anglia One above the broads, Norfolk



Anglia One casting shadows over fields



2001: EAAA's first helicopter, the Bolkow BO-105DB. Flying just one day a week, this helicopter was shared with the police

HISTORIC VIEWS FROM THE CREWS.



2004: EAAA in Lavenham, Suffolk, attending to a man who fell from a roof



2006: EAAA introduce a second helicopter to better cover Cambridgeshire and start covering Bedfordshire from 2007



The new BK117 was used between 2006 and 2011

20 Years
TOGETHER



2012: EAAA introduced the EC135 helicopter, used until 2016 when we moved to the current H145 model

20 Years
TOGETHER



LIFE-SAVING MEMORIES.

A huge thank you to everyone who has sent us their EAAA memories in response to launching our 20 years together campaign in September. To send us a memory, either write to us or go online to www.eaaa.org.uk/20yearstogether

Megan from Cambridge

I used to be a fundraising intern at EAAA and loved it! Recently they came out to my auntie who had a burst brain aneurysm and if they hadn't got to her as quickly as they did, she would not be alive today! She's currently in rehab, but she's making progress. I really can't thank EAAA enough for what they do!

Lucy from Cambridgeshire

On 8 November 2019 the crew were called out to my husband who had dislocated his hip and broken his femur. He was in considerable pain and the doctor had to administer ketamine before he could move him. It was incredibly traumatic but also a crazy couple of hours as my husband was treated on the kitchen floor. The crew were amazing with him and with me. Sadly, my husband passed away three weeks later from the cancer that had metastasised in his bones. I will never forget or thank enough the amazing team that helped us through that day.

Sarah from Norfolk

We always gave to EAAA, one day we might need its services. That day came sooner than anyone could anticipate. My dad, who was 67, and fit and healthy (so we thought) collapsed after suffering a sudden cardiac arrest at Taverham Clay Pigeon shooting ground. He had loaded and clicked his gun shut and with his finger on the trigger was about to shout "pull" when he just fell forward. He was in cardiac arrest. His friends dialled 999 and started compressions.

An ambulance and EAAA were dispatched and after nearly 30 minutes and five shocks, dad's heart was beating again. He was agitated as he came round, so EAAA gave him an emergency anaesthetic and got him to the N&N where the Cardiologist removed a very large clot from one of his coronary arteries. Dad spent nearly three weeks in ITU and over a month in total in hospital, but I sincerely believe if it wasn't for the extra skills that EAAA brought to the scene my Dad would not have survived or had such a successful outcome.

Judy from Royston

On the 3 February 2014 I had a cardiac arrest while at home. I was helping my eight-year-old daughter with her homework and had only just returned from work. My husband, on calling 999, performed CPR for 12 minutes. The EAAA team by road attended first and without their intervention, I literally would not be here today retelling my memory. Not forgetting how proud I am of my husband, too, he is also my hero!

Maria from Newmarket

I fell off a horse on 1 December 2011. I knew immediately that it was bad as I couldn't feel anything below my neck. I will never forget the care I was given with such professionalism by the crew that day. To extract me from a ditch without moving my spine, in a lot of mud, must have been very difficult, but done so quietly and calmly. I spent a long time recovering, but I got my life back. I am eternally grateful to EAAA for all you do. I often see EAAA flying over my village and always wave!



To find out more about the history of EAAA, try listening to one of the podcasts in our Time Flies series. We're finding out what it was like in the early days of EAAA and the challenges the teams faced along the way. Head online to: www.eaaa.org.uk/podcast

OUR NEW ONLINE WILL WRITING TOOL.

We understand the importance of making sure that loved ones are looked after in the best possible way.

Many people don't realise the difference having an up-to-date Will in place can make to those they care about most. It will make sure that your possessions go to the people and causes you care about and, most importantly, if you have children under 18, it means you decide who should be their guardian.

To help you take care of all that is important to you, we have teamed up with Bequeathed to offer you a free and easy way to write your Will: online - in your own time, in your own home.

You don't have to include a gift to EAAA in your Will by using this service, but we do hope you'll consider supporting our work, after you've provided for your loved ones. It is thanks to gifts in Wills that we have been able to respond to one in four missions – that means last year alone, these amazing gifts paid for 705 missions.



However, so you don't feel alone, there is someone you can connect to at any point throughout the process. Or, if you discover that you have some more complex issues, Bequeathed can connect you with a trusted solicitor who will give you a price to help you complete your Will.

If you have any questions about Bequeathed, or about leaving a gift in your Will, please contact Lucy Day on 07908 767187 or email lucy.day@eaaa.org.uk



VOLUNTEERING IN NEW WAYS.

The last few months have proven difficult in terms of offering volunteering opportunities, but we have kept in regular contact with our volunteers and are doing our best to re-invent volunteering, to suit the current challenges.

In between March and July, when all volunteer activity was sadly suspended, we created a weekly volunteer newsletter. It was incredibly important to us that our volunteers remained a big part of the EAAA family, and this is something we will continue to focus on during the coming winter months.

Thankfully, in July, as lockdown restrictions began to ease, those who felt comfortable picking up volunteering duties again were able to help for a few months. Everyone was individually risk-assessed and focused on collecting over 100 full collection tins, out in their local communities. This generated over

£16,000 of much-needed income. A huge thank you to everyone who helped with this mega task.

With the national situation changing over the past few months we have unfortunately had to limit our volunteer roles. Now we find ourselves back in lockdown, we have unfortunately had to press pause on volunteering once more. That being said, we are working on some exciting plans for next year to introduce the V word and take our volunteers virtual!

Where possible, we are trialling virtual community presentations as well as exploring options around socially distanced collections with contactless donations, and tasks which can be safely completed from home. Watch this space.

A huge thank you to our brilliant volunteers for being patient, understanding and so supportive, at this time and always.

MEET THE TEAM

Dr Joanna Stevens



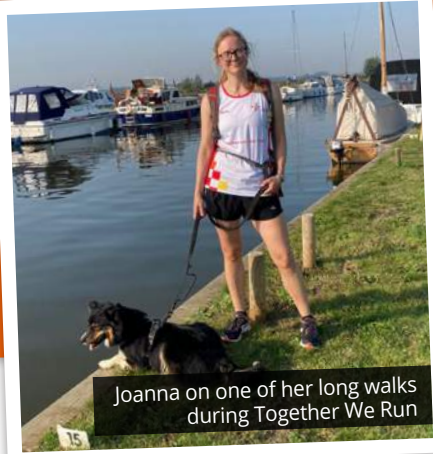
For this issue, we got to know Dr Joanna Stevens, who is a new Clinical Fellow, predominantly working as part of the Anglia Two team at Cambridge.

How long have you been with EAAA and what do you like most about it?

I've been with EAAA since February this year – which has been an interesting introduction to helicopter emergency medicine service (HEMS) during the COVID-19 pandemic! One of the highlights of working for EAAA is working alongside a brilliant and dedicated team, who have, over the last six months, taken on the roles of teachers, friends and fellow tea-drinkers. I'm so grateful for the support I've received from the crew and pilots as I've learnt to do this job. When I'm not working at EAAA I'm a trainee in Emergency Medicine at West Suffolk Hospital.

How did you find being a Team Captain for Together We Run?

I loved it! I was so impressed and motivated by the effort everyone put in, and really enjoyed watching our progress throughout the week. I also got to spend the whole week outdoors, admiring East Anglia in the sunshine!



Joanna on one of her long walks during Together We Run

What do you do in your spare time?

I like being outdoors. The garden has been my solace over the last six months and gives me a chance to be creative and enjoy watching things slowly grow, which is a lovely change from this fast-paced job. My husband and I like to camp and have an old 4x4 with roof-top tent that we can happily live out of for weeks at a time (as long as there's a decent supply of wine).

What's your favourite part of being a doctor?

I once had a lady in her 90s sing to me at 5am in her room in a very busy Emergency Department. It was a minute of peace during a difficult shift. Every so often you are privileged to get an amazing insight into the person you're treating, and you remember that we're hopefully a very temporary part of their life, and that our job is to get them back to it.

A GREAT BIG *Thank you!*

Thank you for your support which helps to keep East Anglian Air Ambulance flying and saving lives. Here are just a handful of people we would like to thank for their support over the last few months.

Tim Suthers' 60th Birthday Challenge

Since taking up running just a few years ago to help him control his type two diabetes, Tim Suthers, from Norfolk, has had a strong desire to complete the London Marathon before he turned 60. Unable to get a place in the London Marathon, to fulfil this goal before his 60th in July of this year, Tim was able to get a place in the Barcelona Marathon. However, due to take place in March, this event sadly did not go ahead due to Covid-19. Still determined to run a marathon before his birthday, Tim decided to go ahead and run his own marathon, close to home. He did so in a fantastic 4hrs 23 minutes. And, in the process, Tim raised more than £700 for EAAA. A huge well done and thank you to Tim!



Norfolk County Council's Reuse shops

A huge thank you to Norfolk County Council for their continued support as we enter our third and final year as the charity partner of their reuse shops. To date, almost £20,000 has been raised thanks to the good folks of Norfolk choosing to use these shops, based at recycling centres across the county. Councillor Andy Grant, Cabinet Member for Environment and Waste, said: "It's great news that, thanks to the strong level of donations and sales at our reuse shops, we've been able to raise £10,000 for EAAA during 2019/20, and I hope they continue this impressive record next year. Our reuse shops help ensure that fewer things end up being thrown away, while 5% of the proceeds go to charity. It's wonderful to be able to support such an important cause in this way."



Tim Suthers running his marathon close to home



Phil Brown, Jim Hodgkinson and Jonathan Holmes

Land's End to John O'Groats - LEGOG4EAAA

On Sunday 2 August Phil Brown, Jim Hodgkinson and Jonathan Holmes set off on a 13-day cycle challenge to tackle the iconic Land's End to John O'Groats route. They chose to support EAAA after a member of their cycling group recently needed our help, after he was badly injured on an isolated Norfolk lane.

Jonathan said: "We completed 1,006 miles of cycling with 73,265 feet of climbing. The biggest challenge was cycling long distances every day, rather than two or three times a week, and the degree of elevation gain. In Norfolk, over a 100 mile ride we would occasionally reach 3,500 feet climbing, but our highest daily climb was over 8,000 feet! The climbs in Scotland up the Spittal of Glenshee and the Leicht, both of which had Ski Resorts at the summits, were spectacular! To have completed such a challenge and been able to raise funds along it for EAAA pleases us all and we are so grateful to all who have supported and donated".

Mick Roberts (aka 'Man In The Shed') and friends Rick and Savannah

Lockdown music from Mick (Man in the shed), from Woolpit, near Bury St Edmunds, brought his local community together and raised a whopping £2,300 for EAAA! During lockdown Mick would sing and play his mandolin to his neighbours. Some weeks he was joined by Rick, who plays guitar and Savannah, who sings. Performing at a safe distance in Mick's driveway, which is close to a village green, lots of people could watch and listen, safely. With the pubs closed, this became the village's Saturday entertainment and was a big part of their VE Day celebration. Mick said: "We started collecting money on behalf of EAAA because you do such a fantastic job getting people to medical care quickly. I understand the importance as I had a heart attack and cardiac arrest three years ago, but luckily, I was in hospital, so I was cared for immediately. Our target was to raise £1,000, so to raise over £2,000 has really surprised me!"



'Man In The Shed' singing during lockdown



YOUR PLAY MAKES A DIFFERENCE.

Without your support we wouldn't be able to help people like Laura, Harry and Ollie. Read their full stories at:

www.eaaa.org.uk/stories



Laura's Story

Two years ago Laura was in a life-changing car accident on the A11. She was trapped in the car for some time, in the dark and completely deaf, as her cochlear implants were lost during the accident.



Ollie's Story

At just 14, Ollie is a keen racing driver who has competed in the British Karting Championships and has high hopes for the future. During a race, he badly broke his femur after swerving to avoid a collision in front of him.



Harry's Story

Harry was driving a forklift at work when he collided with a steel girder, weighing two and a half tonnes. The metal beam struck him across his face, breaking his jaw and causing severe wounds to his face, mouth and head.

Good luck!

20TH ANNIVERSARY RAFFLE



Send back your Anniversary Raffle tickets by 7 December to be included in the draw on 14 December. To celebrate 20 years together saving lives, the top prize is £5,000. Or, buy tickets online at: eaaaraffle.org

LOTTERY WINNER

Highlights

Thank you for continuing to support our lottery. Alongside 18 weekly prizes, we also have our Accumulator Prize, which increases by £500 every week it's not won. In October, the Accumulator was at £9,500 – one of its highest levels for a long time – and was won by a lucky supporter in Suffolk. We hope it came in handy in the build up to Christmas!

Graham, pictured, from Bungay won £50 on the lottery in July and wrote to us to say:

"I rarely win prizes so it was a great surprise, especially as it arrived two days before my birthday. I'm retired these days but fill much of my time as a keen amateur photographer and videographer. I have wanted a "floating" head for my tripod, as they make it much easier to get smooth video footage, and used the prize money to purchase a reasonably priced one. The work of EAAA is vital in my opinion and I will continue to support the organisation as best I can and encourage my friends and family to do likewise. Keep up the good work!"

We also received this wonderful update from an anonymous winner in August:

"Just a note to say thank you. I received my cheque today, what a surprise. It's been a difficult year for me and my family, I have been an amputee, left leg, for seven years. Then I got very ill in January this year and I became a double amputee, very difficult. But on the positive side, Addenbrooke's Clinic 9 are going to help me get new legs! My next goal is to have my car adapted, so the money will go towards this. Again, thank you so much. I have made enquiries and the money should cover the cost."





EAAA Christmas Collection

order by 10 December



£3.00



£9.99



£7.00

19208. EAAA 2021 Pocket Diary
Handy pocket size diary for 2021 (approx size 95mm x 174mm)

19950. Cuddly 20cm Reindeer Toy
This cuddly 20cm reindeer is made entirely from recycled materials.

2508. 10" Huggable Bear
Wearing an EAAA Hoodie

(packs of 10, with white envelopes)
All designs £4.00



19201. Big Snowman
125mm x 125mm



19197. Donkey and Robin
126mm x 126mm



19199. Festive Lift Off
140mm x 140mm



19200. Robin in Branch
125mm x 125mm



£3.00

19207. EAAA 2021 Wallet Diary
Handy fold-flat diary for 2021 (approx size 103mm x 168mm)



£1.50

2759. Helicopter Wrapping Paper
Pack includes two sheets, one of each colour and two tags (700mm x 500mm)

More gift items are available online at:
www.eaaa.org.uk/shop
01227 811 644
(Mon-Fri 8:30am-5:00pm)