



LINCS & NOTTS  
AIR AMBULANCE

30  
YEARS

1994 - 2024



JANUARY 2025

# COPTER COMMS

Updates from Lincs & Notts Air Ambulance

## Blow Away The Cobwebs And Walk Side By Side This Spring

Continuing our 30th Anniversary celebrations, join us as we walk 'Side By Side' with crew through the ancient woodlands of Sherwood Pines, Nottinghamshire.



Stroll along the 5km loop to the finish line to claim a well-deserved medal.

Walk with family or friends or walk in memory of a loved one and take time to reflect in this oasis of peace and calm.

READ MORE



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Walk  
Side by Side

**Sunday 23 March 2025**

Sherwood Pines, Nottinghamshire

**Tickets: £15 each**

**Children can register for free**  
(must be accompanied by an adult)



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Registered Charity No. 1017501





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## Len Pick Trust Fund New Uniform

Doctor Chris Woodmansey joined LNAA earlier in the year and needed to be kitted out with a made-to-measure outfit.

Thanks to the trustees at The Len Pick Trust and their generous donation of £3,554, he now has a specifically designed uniform which will help him to provide a range of emergency procedures for the patients that he will treat.

Chris is delighted with his new uniform. He said: "The uniform is essential for the work that we do, and we ask it to do a lot for us! It's vital that we can get to anyone who needs our help no matter where or when the incident happens. So, the uniform must be built for below-zero winter nights, fire resistance, climbing through a hedge, walking down a ditch, or any other conditions we find after landing."



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## Lloyd Griffith In Mastermind Hot Seat For LNAA

A huge thanks to comedian and singer Lloyd Griffith for nominating LNAA as his chosen charity when he appeared on last month's celebrity Mastermind. He put in a sterling performance and raised £3,000 for our life-saving work.

He said: "I've done some gigs in my time, but sitting in that chair with the lights just on me properly brought out the nerves. It's not until you're there do you realise how daunting it is. It was a great day though and I am chuffed to have raised money for LNAA."







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## Dr Isla In The Spotlight In Latest Podcast



BY YOUR SIDE PODCAST

EPISODE FIVE WITH LNAA DR ISLA WORMALD

[ambucopter.org.uk/podcast](https://ambucopter.org.uk/podcast)

In episode five of our podcast series, former BBC Presenter Melvyn Prior chats with LNAA's Dr Isla Wormald.

We find out what inspired her to specialise in emergency medicine.

Isla is also part of medical teams who support expeditions around the World from Nepal to Antarctica. She shares with us insights about this incredible aspect of her work.

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## Surprise For Bingo Caller Janice

Last November, Supporter Engagement Manager, Sally Mundy and Volunteer Co-ordinator, Jeanette Holden, made a surprise visit to a charity bingo night at West Ashby, Lincolnshire, to surprise a very special lady. Janice Dilks has raised a staggering £72,000 for LNAA during the last 20 years. And at 85 years old, she still has the energy to organise the various village venues, advertising, prizes and calling at each event.



## Jen Cooper is Radio Superstar

Huge congratulations to Mansfield Woodhouse Shop Manager, Jen Cooper for giving a fantastic interview last month on BBC Radio Nottinghamshire. It was a polished performance as she shared reasons why people should pay a visit to the Mansfield Woodhouse shop.



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## Events:



**9 March 2025**

- **Nottingham 10k**



**23 March 2025**

- **Walk Side By Side**



**6 April 2025**

- **London Landmarks Half-Marathon**



**6 April 2025**

- **City of Lincoln 10k**



**27 April 2025**

- **London Marathon**

## TAKE ON A CHALLENGE IN 2025

Take on one of our challenge events to raise vital funds for LNAA as part of #teamhelimed29 and we'll be here to support you every step of the way.

### Nottingham 10k - 9 March 2025



The Nottingham 10k returns to the city centre, bigger and better than ever!

Apply for one of our charity spaces now!



**REGISTER NOW**

### City Of Lincoln 10k 6 April 2025

Join #teamhelimed29 for one of the biggest and best loved running events in the north and take part in the picturesque City of Lincoln 10k 2025.



Apply for a charity space.



**REGISTER NOW**





## Health & Safety In The Workplace

Snow and icy conditions can pose many hazards, challenges and disruption to the roads as we make our journeys to work over the coming weeks. In very bad conditions it may be best to avoid driving at all, but if you do need to use your vehicle make sure you are as well-prepared as possible. Plan ahead and allow extra time for journeys, avoid shortcuts on minor roads, and make sure your vehicle is always road worthy and topped up before setting off on longer journeys.

Recommended Winter Driving Survival Kit to keep in your vehicle in case of breakdowns or other emergencies:

- |                               |  |
|-------------------------------|--|
| Warm Coat, Scarf, Hat, Gloves | Fully charged mobile phone & charger           |
| Personal Medication           | First Aid Kit                                  |
| Blanket                       | Breakdown Cover Contact Details                |
| Ice Scraper and shovel        | Torch & Batteries                              |
| Chocolate or Cereal Bar       | Sunglasses (for extra bright and low sunshine) |
| Bottle of Water               | Flask of Hot Drink if you can                  |

For more useful tips and information visit these websites:

[BBC](#) : [The AA](#) : [Halfords](#)

## Where We'll Be!

Our Community Fundraising Team and volunteers have already starting getting booked up at events across Lincs & Notts. If you can spare a few hours to help out as well please get in touch with [fundraising@ambucopter.org.uk](mailto:fundraising@ambucopter.org.uk)

Date	Event	Location
15 February 2025	Hollybeck Garden Centre Bucket Collection	Southwell, Notts
18 February 2025	ASDA Scunthorpe Bucket Collection	Scunthorpe, Lincs
26 February 2025	Downtown, Grantham Bucket Collection	Gonerby Moor, Lincs