

# SKY'S THE LIMIT

Your Local  
Air Ambulance  
Newsletter.  
Straight from  
the heart of  
the mission

Issue 6



**YOUR LOCAL  
AIR AMBULANCE**

# A WARM WELCOME



In this edition of Sky's the Limit, we celebrate the extraordinary individuals who make the impossible possible. Every day, they drive change, save lives, and inspire us to push boundaries, proving that together, there are no limits.

“My career in pre-hospital care began with the London Ambulance Service, where I qualified as a Paramedic. I later joined East Midlands Ambulance Service, working both as a Paramedic and a Clinical Practice Tutor. In 2012, I moved to a full-time position with The Air Ambulance Service (TAAS), as a Helicopter Emergency Medical Services (HEMS) Paramedic. I subsequently undertook Critical Care Paramedic (CCP) training and went on to complete a Master's Degree at the University of Warwick.

Alongside my clinical practice, I have spent several years in Higher Education, working as a Senior Lecturer at the University of Northampton and later as a Course Director and Assistant Professor at Coventry University. These combined experiences prepared me for my appointment as Clinical Quality Manager at TAAS in 2022, a role that allowed me to deepen my involvement in the wide range of Clinical Governance activities underpinning our HEMS operations.

In November 2025 I took on the position of Head of Quality and Governance, providing strategic leadership across quality assurance, patient safety, risk management, and regulatory compliance. I continue to work occasional shifts as a CCP, enabling me to maintain my clinical and aviation skills alongside our highly trained operational crews. During my time with TAAS, we have significantly expanded both our clinical interventions and the educational frameworks that support them.”

**“I am extremely proud to be part of such an exceptional service - one that continually strives to deliver the highest standard of care to the patients we serve.”**

Warm regards

*Adam Nash*

Head of Quality and Governance  
and Critical Care Paramedic



COMPASSION | COURAGE | CREATIVITY

# MISSION STATS

2025

Reaching a medical emergency in rapid time can be the difference between life and death. That's where Your Local Air Ambulance comes in.



\* These figures reflect our missions from Jan 2025 - Dec 2025. Visit our website for updates.

# CREW REFLECTIONS



## STORIES THAT SHAPE US

“My name is Pip, and I serve as the Base Manager at Coventry, where the Warwickshire and Northamptonshire team operates under the call sign Helimed 53. This is a little bit about something that is special to me, and caused me to reflect on what the job of a HEMS Paramedic can mean.

I joined Helimed 53 in 2006, I remember vividly my training and the support I got from the team at that time in helping me reach the standard to become fully signed off as a HEMS Paramedic. It was tough, there were a few moments where I wondered if I would be able to get there. There is so much to learn and do for every mission, and at times it must be done at pace and under pressure, often while being watched by clinical colleagues, the public or family members. Thanks to lots of help from others, perseverance and determination - I did achieve the ultimate goal and was signed off to work solo. I have learnt so much since, you never stop learning in the role due to the many clinical and equipment changes and additions that continue to evolve.

In 2011 I was seconded from West Midlands Ambulance Service to be the Base Manager for Helimed 53. In 2012 the charity started employing the paramedic staff instead of being seconded from the ambulance services. I took up charity employment and continued as the Base Manager whilst still being a HEMS Paramedic. At that time the service only covered day shifts, but by 2016 further paramedics were recruited to be able to cover 24hrs a day. I remember the support and encouragement I had to achieve sign off and saw some of the new paramedics doubting themselves just as I did. I spent time talking and rationalising with them in person; developing techniques to look at the root cause of the challenges. Sign off was achieved and these paramedics have gone on to thrive, taking lead roles in their field.

The part that was so special and made me reflect was the thanks I received. I was told I made a difference and was a great support whilst working at Helimed 53. This is the part that feels really valuable; to pass on that experience, the different ways of coping and thinking, and watching those people go on to thrive.

**There is so much more to the role than the clinical knowledge and skill; it's about resilience, collaboration and continuous learning, and above all, being empathetic and supporting one another.”**

# THE LIFELINE WE LEAVE BEHIND



## MARCH IS GIFTS IN WILLS MONTH

Including a Gift in your Will is easier than you think and can make a real difference to our life-saving service. As a long-term supporter of the charity through our lottery, Marie became aware of other ways to support the charity and included a gift in her Will. These gifts fund more than 14% of missions and play a vital role.

**“The Air Ambulance receives no government funding relying purely on donations. Thankfully, I haven't been in the position where I've needed their help! However, I'd be absolutely devastated if this amazing service wasn't available should me, my family or my friends need them. They do such an amazing job and I'm grateful for their wonderful work.”**



When Oakham man Grahame Hooper collapsed at the wheel of his car and collided with another vehicle, Warwickshire & Northamptonshire Air Ambulance attended the scene of the accident and flew him to hospital for the lifesaving care he needed. Unbeknown to him at the time, Grahame had a heart problem and the swift action of the crew - who revived him at the scene - meant he was fitted with a pacemaker in an emergency operation and made a complete recovery. Grahame believed that the air ambulance saved his life that day.

When he passed away in April 2019, Grahame left a legacy of £10,000 to the charity in appreciation of us being there for him in his hour of need.

Grahame's brother Colin says: **“He was very grateful because he realised that he probably would have died if it hadn't been for the prompt action of the air ambulance crew. The air ambulance gave Grahame nearly five more years of life and gave us all precious time to spend together and get to know each other again.”**

If you want to know more about how you can include a gift in your Will please email [legacies@theairambulance.org.uk](mailto:legacies@theairambulance.org.uk)

# PAUL'S STORY



On 1st June 2024, Paul Quarterman (46) was enjoying a routine motocross practice near Crick. It was the last lap of the day, a small jump nothing unusual. But when his bike's accelerator caught unexpectedly, Paul was thrown forward, feet off the pegs, still gripping the handlebars as the 450cc bike surged ahead. He collided with a fence at an estimated 70–80mph and was launched nearly 100 feet, landing on his feet in the car park.

**“I remember thinking, Days of Thunder... uh oh, this is going to hurt.” Paul recalls.**

The impact left him unable to feel his legs. Bystanders rushed to help, urging him to stay still and calling emergency services. Within minutes, the sound of rotor blades signalled the arrival of Your Local Air Ambulance (YLAA). The call came in at 14:09, and the critical care crew were airborne within two minutes, arriving first on scene just ten minutes later. Paul was still on the ground when they reached him, helmet on, breathing shallow, pale and clammy from dangerously low blood pressure. The crew provided advanced pain relief, corrected the deformity in his leg, applied a pelvic binder, and splinted both legs. With help from bystanders, they carefully loaded him into the AgustaWestland 109 helicopter and administered a blood transfusion en route to University Hospital Coventry & Warwickshire.



Paul's injuries were extensive: broken ribs, legs, ankles, toes, a punctured lung, shattered bones, nerve damage, and ruptured ligaments. He underwent surgery the next day, but complications delayed further procedures. His oxygen levels dropped, and he was sedated for three weeks, spending four weeks in intensive care.

**“The ITU team struggled to get me to respond, but my wife played the Friends theme tune in my ear and I woke up!” he laughs.**

Determined to recover, Paul made rapid progress. Within a week of being helped to stand, he was walking with crutches and climbing stairs. He returned home and, by November, was back in the gym three to four days a week. He hoped to return to his job as a lorry driver by March 2025.

“Recovery has been slow and hard, but things are healing. My biggest issue is my left ankle, I lost bone, and the doctors aren't sure how much movement I'll get back. But I'm getting there,” says Paul.

On 4th November 2024, Paul visited YLAA airbase at Coventry Airport with his wife and daughter to meet the crew who saved his life. “I was so grateful to meet them properly. They were relaxed, professional, you can see why people feel at ease with them,” he says.

Paul knew YLAA was a charity, but not everyone does.

**“If the air ambulance hadn't been there, I would have been dead. They have the right people on board. The very best.”**

Thanks to your donations, YLAA continues to save lives like Paul's every day.



# A DECADE OF SELFLESS SERVICE

## HONOURING A DECADE OF DEDICATION

In this edition, we're proud to shine a light on two incredible volunteers Heidi and Bridget who have given over 10 years of dedicated service. Their unwavering commitment, compassion, and generosity have helped shape the very heart of our organisation.



Whether supporting events or keeping operations running behind the scenes, these individuals have gone above and beyond, not for recognition, but because they believe in the mission. Their time, energy and kindness have touched countless lives and made a lasting impact across our communities.

## HERE'S WHAT SOME OF OUR VOLUNTEERS SHARED WITH US:

**"I met the crew when they visited a patient in 2003. They said they needed people to raise money, so I organised a coffee morning, and it went from there."**

**"I had a massive heart attack and the only way to get me to hospital was by Air Ambulance. They helped to save my life."**

**"They helped save my husband's life, so I want to give something back."**

Some have experienced firsthand the critical role of Your Local Air Ambulance. Their stories remind us why this service is so vital. Gratitude transforms into action, ensuring that others can receive the same lifesaving care.

We are deeply grateful to each and every one of our volunteers for their kindness, and we're proud to celebrate this milestone with them. Their stories inspire us all and remind us that real change is made possible by people who show up, year after year. To find out more about volunteering please visit [ylaa.uk/volunteer](https://ylaa.uk/volunteer)

**THANK YOU. YOUR LEGACY OF SERVICE IS NOTHING SHORT OF EXTRAORDINARY**



# MILES THAT MATTER



## RUNNERS RAISE OVER £8,500 FOR LIFESAVING MISSIONS

On Sunday 19th October 2025, 50 dedicated runners took part in the Rugby Half Marathon, raising more than **£8,500** in support of The Air Ambulance Service (TAAS) and its lifesaving operations.

Joining thousands of participants on the scenic route through Rugby, TAAS runners enjoyed crisp autumn conditions before rain arrived toward the end of the race. Along the course, family members, volunteers, and supporters turned out in force to cheer them on, creating a vibrant atmosphere filled with encouragement and community spirit.



The funds raised through sponsorship help to cover essential operation costs such as specialist medical equipment, training for highly skilled medical teams, and fuel for our rapid response vehicles and helicopters.

Could you take on an unforgettable challenge for us? Discover our 2026 events at [ylaa.uk/events26](https://ylaa.uk/events26)

# WINTERFUL RESULTS



**THANK YOU SO MUCH FOR TAKING PART IN OUR CHRISTMAS RAFFLE!**

Your generosity and festive spirit raised a truly magical amount. Every £1 supports our lifesaving work, keeping our helicopters in the sky and our crews ready to respond at a moment's notice. We're deeply grateful to each and every one of our raffle supporters. Together, we WILL save lives.

**TOTAL RAISED £494,914!**

**£1**  
a ticket

## OUR SPRING RAFFLE GOES LIVE ON 3/3/26

Look out for your raffle pack landing soon, follow our updates on social media or buy tickets online here: [ytaa.uk/springaffle](http://ytaa.uk/springaffle). You can also scan the QR Code or call 0300 3047 681. Every ticket you buy brings hope and help to those who need it most and you might just win £5,000 in the process. Closing date: 01/05/2026. Draw date: 08/05/2026.



**YOU COULD BE OUR NEXT WINNER!**



18+

# LOTTERY WINNERS

## JOIN **our** LIFESAVING LOTTERY

£1,000 weekly draw



Did you know that you can support and win with us by playing our weekly lottery? Your £1 per week will help keep us flying, and the £1,000 jackpot could be yours! Scan the QR code below to enter or visit [ytaa.uk/lottery](http://ytaa.uk/lottery)

**"I cannot believe I've won. I'm going to take my family out and treat them to a nice meal"** Rhoda (winner September 2025)

**"I'm really surprised, I never win anything. I'm thinking of booking a holiday"** Melanie (winner January 2025)



**GambleAware**  
LICENSED BY THE GAMBLING COMMISSION



**FUNDRAISING REGULATOR**

Responsible person: Peta Wilkinson, CEO. Promoter: The Air Ambulance Service Limited. Licensed by the Gambling Commission [gamblingcommission.gov.uk](http://gamblingcommission.gov.uk). Fundraising responsibility [begambleaware.org](http://begambleaware.org). View our T&C's, learn how the lottery supports our work, raise a concern or view the odds of winning, visit [airamb.co/LotteryTAAS](http://airamb.co/LotteryTAAS)

# YOUR SUPPORT SAVES LIVES

## DONATE

We receive no government funding, so we rely entirely on your generosity to keep this vital service running. Please scan to donate or visit [ylaa.uk/donate](http://ylaa.uk/donate)



## THANK YOU

Our team continues to reach new heights and achieve amazing things, all made possible by our incredible supporters.

Together, we are changing lives and making a real difference in our communities, one flight at a time!

## STAY IN TOUCH

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AN IV  
KIT FOR  
MEDS  
COSTS  
£15

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OF STERILE  
GLOVES  
COSTS  
£78

EVERY  
MISSION  
COSTS  
£2,300

