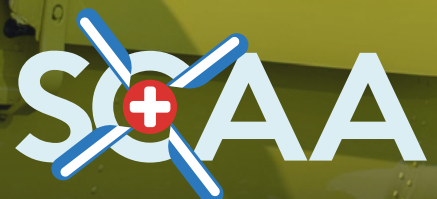


YOUR SCAA

SCOTLAND'S LIFELINE, POWERED BY YOU

YOUR SUPPORT SAVES LIVES LIKE ADAM'S:

**“I might not
have made it if
I didn't get to
hospital in time.”**



SCOTLAND'S CHARITY AIR AMBULANCE

Spring 2026 | scaa.org.uk

Because you care, SCAA was able to get there in time.

“I could feel my heart pounding and my chest thumping. I knew something wasn’t right... but I didn’t expect it to be what it was.”

Adam left his house that day for a fun day out on his motorbike with friends at Craighlash Quarry in Aberdeenshire, but events soon left him in desperate, urgent need of air ambulance support.

The 52-year-old offshore ROV pilot was attending a motorbike enduro training day when he began struggling to breathe and shaking uncontrollably.

“What I was doing shouldn’t have been making me feel the way it was,” he explains.

“I had suffered a cardiac arrest the previous year, and my life was saved. I wasn’t aware of it at the time, but the stent that was fitted either wasn’t fully inflated or there was a small gap between the stent and the artery wall that had caused a blood clot to build up.”



Due to the remote location, and time-critical nature of Adam’s condition, SCAA left from its Aberdeen base to attend the scene of the incident.

“Up until the first medic arrived, I was very worried,” Adam reflects. “When I heard SCAA had been called, I was so relieved knowing I would get to hospital quicker.”

“My condition was bad. I was a shaky mess – but the paramedics were doing an amazing job.”

“The hardest part though was speaking to my wife on the phone, knowing she would have to tell my son, and putting them through that again.”

Because of your donations, Adam was flown to Aberdeen Royal Infirmary in around



10 minutes, saving a lengthy road journey time of approximately 50 minutes.

“I remember all of it,” he comments. “The SCAA paramedics were able to put my mind at ease, they would communicate the next steps, flight time, and what was going to happen when we got to hospital.

“SCAA’s professionalism was second to none – I couldn’t fault them.”

Once at hospital, Adam was rushed into surgery immediately and received the “relatively quick” procedure needed to clear his blockage. His life-threatening clot was removed, and his stent was inflated to avoid the issue recurring.

Thanks to donations from the Scottish public, SCAA was able to transport Adam to hospital surgery in the fastest possible time. Ensuring

his serious heart failure – due to the clot – was cleared before any permanent damage was done.

“It’s certainly plausible that I might not have made it if I didn’t get to hospital in time,” he says.

“If the air ambulance hadn’t arrived when they did, I might not be here. That day could have turned out far worse.”

After four days in hospital, Adam was able to return home to be with his family in Forres. Reflecting on his incident, Adam is full of admiration for the SCAA crew that flew to his aid.

He says: “To the SCAA paramedics; keep doing what you’re doing. You really are making a difference. Without SCAA, there would be less of us here.”

This mission was made possible thanks to supporters like you who ensure our crews get there in time to save lives.



Emotional reunions made possible by you.



SCAA paramedics deal with some of the most serious and harrowing emergencies that Scotland's 999 responders face. And nothing gives them greater delight than being reunited with patients who visit to say, "thank you".

Our bases at Perth and Aberdeen play host regularly to former patients keen to meet the crews who attended them in their darkest hour or who tended a lost loved one.

"We're at the pointy end of illness and trauma," says Aberdeen-based H79's Keir Lynch, "so we see people at their very worst. To have them walk in looking fit and healthy is terrific."

"It's hugely rewarding," echoes Rich Garside at Perth-based H76. "To know they're living their best life again - it's why we do this job."

"We want to help people and serve society," he added, "and the value of what we do is reinforced in no better way than to see a patient come back to us, restored and well again."



Your donations are helping us to reach more people in time to make a difference, giving former patients the chance to recover and reunite with our crews.

"It can be a hugely emotional experience," explains Keir, "for both the patient and for us. When you witness their outpouring of gratitude and see the impact we have had on people and their families, it's difficult not to feel emotional. Especially if it's a patient that you weren't sure would pull through - to see them transformed and well again makes everything we do worthwhile."

"Where people can't remember what happened, it is very important to them to see the helicopter and speak to crew to help fill in the gaps in their story," says Rich. "It helps them come to terms with what happened."



"Meeting former patients is one of the nicest things about our job," he adds. "It's one of the privileges of working at SCAA - especially if they bring chocolate."

Always up in Scotland's skies.



“It really means a lot to us to know people have chosen to include SCAA in their Will. We are privileged to carry the Legacy Logbooks. These heartfelt messages will travel in our life-saving aircraft and accompany us on every mission as we continue our vital work.”

Cammy Nicol, Pilot

Your SCAA crews are up in Scotland's skies every day, bringing rapid critical care to those who need it most. Behind every mission is our community of supporters whose generosity helps make our life-saving service for Scotland possible.

For many supporters, choosing to remember SCAA in their Will is a special way to ensure that, long into the future, people across Scotland can rely on our service, wherever they live, work or wander. It is a lasting expression of compassion and hope that will span generations to come.

To honour these extraordinary gifts, a leather-bound SCAA Legacy Logbook now travels on board both of our aircraft, accompanying our crews on every life-saving

mission. Supporters who have pledged a gift in their Will are warmly invited to leave a personal message for our crews. Whether sharing words of encouragement, or the story behind their decision, each message becomes part of the journey – carried into Scotland's skies and serving as a powerful reminder of the lives they are helping to protect.

If you have already left a gift in your Will to SCAA and would like to include your message in our logbook, then please get in touch. To learn more, visit scaa.org.uk/legacy.

For further information regarding gifts in Wills please contact Kathryn Cooper at k.cooper@scaa.org.uk or call **07751 921238** for a confidential chat.



“My legacy will cost me nothing in life, but it will save the lives of others. I found it astonishing when I discovered SCAA depends on donations to provide this life-saving service. I had to do something so that they can help others like me in their time of need.”

Ian, Pledger

When time was running out, you made sure we were there for Amy.

“My friend thought I was going to die in her arms – I was deteriorating fast: I could no longer move my arms, hold my head up, and I began hyperventilating and vomiting.”

Within an hour of first feeling a ‘tummy ache’, Amy’s condition rapidly worsened leaving her helplessly stranded at the UK’s most remote train station.

Amy, 52, was meeting a friend for lunch at Corroul Station when she began to feel unwell.

“I felt like I might pass out, so I went outside for fresh air,” she recalls.

“I didn’t get very far before I collapsed on the floor.”

The senior staff nurse was taken back to Corroul Station House where her friend was able to call 999.

The pain soon became agonising. With no medical professionals nearby, and the nearest public road 17 miles away, Amy went into nurse mode to try to control the situation.

“I was aware that my condition was getting worse. I was worried I might go into cardiac arrest, because something was really wrong in my tummy.”

Amy, who lives near Spean Bridge, was left to wait unsure of how or when help might reach her at the remote location.



She reflects on the immense relief at hearing a SCAA helicopter – funded entirely by people like you – approach.

“When Scotland’s Charity Air Ambulance paramedics arrived, the relief was overwhelming ... finally I could be a patient and give up control,” she says.

Despite turbulent weather, SCAA was able to reach Amy, manage her pain, stabilise her, and airlift the mother-of-three, to the major trauma centre at Ninewells Hospital in Dundee.

Thanks to your ongoing support, she was safely transported to hospital by SCAA.



Amy was then given a CT scan and rushed to theatre just as her husband George arrived.

“There was an expectation that my bowel had ruptured which meant I would need a stoma, intensive care, and I was told before surgery that it was a 50 per cent mortality rate,” she explains.

Fortunately, Amy’s bowel hadn’t ruptured, and the surgery on the congenital internal hernia was successful.

“If untreated, this condition can lead to rupture, sepsis and then death within around 12 hours,” Amy points out.

“If I had stayed where I was or gone by road the possibilities could have been terrible. The hospital staff were amazed I got there in time before it ruptured.

“I’m just so appreciative to be alive and getting back to normal and to my job as a nurse.

“Once the SCAA helicopter arrived, everything fell swiftly into place. They were an essential link in helping to save my life.

“I wouldn’t be here today if I hadn’t got to the hospital in time.”

Unfortunately, Amy isn’t the only member of her family to require air ambulance support. Both her sons were involved in a serious car crash and airlifted to critical care in Glasgow. Her father was also airlifted after a dangerous fall in Glencoe while gathering sheep.

Amy says: “We’re a healthy family, and no one would predict any of those events would happen, but we’re all okay and well now and that’s because of the helicopter resource.”

Since her accident, she has raised over £3,000 for SCAA by hosting a hugely successful coffee morning.

Amy’s story reminds us that incidents can happen at any time, anywhere. But with the continued support of the Scottish public – people like you – we will reach more people like Amy, and help save lives.



“Getting to theatre fast, not only saved my life – it got me to the right place in the right time – but it also saved my quality of life. If my bowel had ruptured, I would have had endless complications in life which would have been life-limiting. My life would have changed dramatically.



Mission Snapshots

Some of the recent life-saving missions across Scotland you've funded.



1 - Halkirk

SCAA was part of a multi-service response to a one-vehicle accident in Caithness on Christmas Eve. Two little girls involved in the accident each received an early Christmas present of a comforting SCAA teddy bear from our paramedics before the injured were taken to hospital in Wick.



2 - Banchory

SCAA was first on scene when a man sustained burn injuries while tending a bonfire at a farm in Aberdeenshire. SCAA paramedics treated the man's burns at scene before he was taken to Aberdeen Royal Infirmary.



3 - Orkney

SCAA made the long flight to one of the outlying islands in Orkney to airlift a man requiring urgent medical care at the Balfour Hospital in Kirkwall. Our helicopter team was then on hand to transfer a second patient quickly from Kirkwall to required care at Aberdeen Royal Infirmary.



4 - Arran

SCAA made back-to-back flights to Arran to airlift patients requiring mainland hospital care. The transfers involved one man and one woman – both medical patients – who were airlifted to Crosshouse Hospital in Kilmarnock in 10 minutes, with the pilot refuelling the helicopter in Prestwick.

5



5 - Barra

Our Perth-based air ambulance was on a training exercise over Tiree when the crew was tasked with the urgent transfer of a patient from the island of Barra to the mainland. SCAA ensured the patient was safely airlifted to hospital in Glasgow in around an hour.



6 - Ballinluig

Our Rapid Response Vehicle was called to attend a multi-vehicle road traffic collision on the A9 near Ballinluig. A SCAA paramedic was on hand within 20 minutes, ensuring additional medical support at the scene in the fastest possible time.

Please follow us on socials and, if you can, donate to help us get there, **in time.**



SCOTLAND'S CHARITY AIR AMBULANCE

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