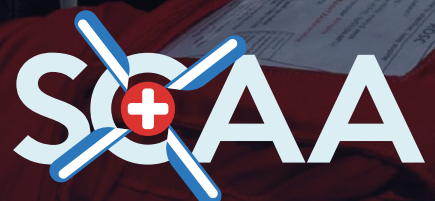


# YOUR SCAA

SCOTLAND'S LIFELINE, POWERED BY YOU

**When her life  
was slipping  
away, you gave  
Pauline hope  
at the roadside**



SCOTLAND'S CHARITY AIR AMBULANCE

Autumn 2026 | [scaa.org.uk](https://scaa.org.uk)

# When her life was slipping away, you gave Pauline hope at the roadside

She didn't know it then, but you were about to change her life.

Pauline, a mother of four, lost control of her motorbike on a corner near her home in Huntly and careered backwards into a drystone dyke before being catapulted along the tarmac. Her motorbike split in two and skidded to a halt beside her.

**“I remember hitting the wall with a sickening crack.”**

“I just lay there as people rushed to help. They told me help was on the way. I realised I couldn't feel anything. I was terrified and when a road ambulance crew arrived and rolled me over the pain was excruciating,” she said.

“They cut my leathers away and did tests on me, but I couldn't feel anything from my chest down. I was paralysed – both physically and with fear of how seriously injured I might be.”

At that time, Pauline needed the help that you have chosen to provide. She needed your support to bring an air ambulance helicopter with an expert crew to the roadside to provide life-saving care.





“I heard the helicopter approach and land in a neighbouring field,” recalled Pauline. “I was cold and frightened and worried that the arrival of a helicopter meant things were really serious.”

“Please don’t let me die,” I kept pleading. “Please don’t let me die. They said ‘Don’t worry, we’ll take care of you.’”

“They kept reassuring me, before I drifted off due to the drugs they administered. I don’t remember being in the helicopter or going into Aberdeen Royal Infirmary. I just felt they were in charge and they would look after me.”

Your support meant that within 15 minutes, Pauline was airlifted to the Major Trauma Centre in Aberdeen. A scan revealed the tragic news that Pauline’s spine had been completely smashed with bone shards severing the spinal cord.

“My spine was damaged beyond repair so they could do nothing other than insert metalwork to prevent further damage and to keep the damaged spine in place,” said Pauline. “I was told I would never walk again.”

“It didn’t sink in at first,” she said. “I was such an active workaholic and now I could do little or nothing for myself. It was devastating.”

After six months in hospital, Pauline now faces the challenges of life in a wheelchair, but she is in no doubt that a future with her family is something she would have lost if it hadn’t been for your support.

“I would probably have died at the roadside without this amazing charity and its terrific crew,” she said. “They got me to hospital when time was running out.”

**“I owe SCAA the biggest debt – I owe them my life. I will be forever grateful to them.”**

**Pauline felt the impact of your generosity on the day of her accident. You brought hope, reassurance and expert medical care when she needed it most. That’s the difference you make by supporting our charity – giving people hope by helping us get there in time.**

# The impact your support makes – 365 days a year

You carried SCAA through its busiest summer season – and a crew was there for everyone who needed one.

Now you're helping us to prepare for the many challenges of a Scottish autumn and winter.

Joint Lead Paramedic at Perth-based Helimed 76, Rich Garside, reflected on the impact of your support over the summer months and looks ahead to another winter season.

"The increased summer demand on our services is often caused by the increase in those out and about," he said. "As a result, we attended more people injured on the hills, on cycle trails, out riding, on our farms, on the water and on our busy roads network.

"Fast forward to winter when everyone tends to stay indoors more and we see different incidents," added Rich. "Summer sports are replaced by winter activity and low sun and icy conditions prompt a rise in road traffic collisions.

**It's your donations which have provided the vital life-saving equipment that is brought to the scene of serious illness or injury.**

"Our charity not only has two very capable helicopter air ambulances and crews, but a range of state-of-the-art kit designed to help us save lives," said Rich.



Among the most important kit that your donations have helped buy is the LUCAS mechanical CPR machine.

"This is not available on all road ambulances in Scotland," said Rich, "so SCAA plays a vital role in getting it to a patient as quickly as possible when a heart attack strikes.

"While manual CPR is essential from the outset, this machine can take over and provide high quality CPR at the right depth and rate. It brings a lot of calm at a cardiac incident and it never tires so we are hands free to work with the patient.

"It's proved a lifesaver time and time again," said Rich. "We're lucky to have such an advanced piece of kit on both aircraft."



Your support has provided defibrillators which act as a monitor and give a good range of blood pressure, oxygen saturation, respiration and heart rate. It can also do a full ECG so can detect if someone is having a heart attack or arrhythmia.

“Equally important,” said Rich, “it will defibrillate someone and shock the heart back into a regular rhythm. Again, this equipment that our funders support is a proven repeated lifesaver.”

Your donations have also funded crucial Night Vision Imaging System for our aircraft which, although only recently installed, has proved critical on over a dozen after-dark missions, enabling our aircraft to land safely and reach patients in remote and rural areas and airlift them to hospital after dark.

**“This is a vital tool as our daylight hours get shorter. It means SCAA can still reach you – even when the lights go out.”**

As the weather worsens, crews will ensure they load a ‘severe weather kit’ on both aircraft. Funded by you, this customised package for the Scottish weather contains essentials such

as extra-thick sleeping bag and blankets and everything our paramedics need to keep a patient warm and guarded from the elements.

“We carry a bothy bag which provides a cocoon of calm and protects the patient and the paramedics treating them from rain, wind and cold,” said Rich.

“There is nothing worse than being out in horrendous weather on a hillside with a patient suffering exposure and cold and trying to treat them while battling the elements. This kit provides shelter, warmth, comfort and gives the paramedics the freedom and comfort to carry out their work.

“In Scotland, we can’t do without it.”

The final lifesaver you provide is the expert pilots and paramedics.

**Your donations mean we have a team of highly skilled and experienced professionals for whom life-saving is all in a day’s work. The support you give us will ensure our crews have everything they need to fly fast, fly safe and deliver life-saving care to every corner of Scotland this autumn and winter.**



# Gavin got the help he needed thanks to your support



You're funding a service that means Gavin – and hundreds of people like him – can smile after one of their worst days.

Gavin thought nothing of carrying a spare, charged lithium battery in his pocket as he went about his work in a jewellery workshop in Orkney, until it suddenly exploded.

"I was just getting on with my work when I heard a hiss and felt something in my left jeans pocket," he recalled. "I knew immediately it was something to do with the battery, but things happened so fast.

"There was a blast and a lot of heat, smoke and noise. I was running around in a panic but didn't know whether to use water or an extinguisher on it. I ran to the door and the battery rolled to the ground having burned through my pocket. I put some cold water on my thigh, but then the pain set in. It was pretty sore and obviously needed medical attention."

Workmates quickly drove Gavin to hospital in Kirkwall.

**"At Accident and Emergency, I sat down and basically collapsed – I was in extreme pain."**



“They had me on painkillers pretty quickly, but I could see the severity of the wound as they worked on it,” he said.

And when doctors were able to get a clear look at the burn, they deemed it serious enough to send Gavin to a specialist burns and plastics unit at Aberdeen Royal Infirmary.

Having funded an advanced air ambulance based in Aberdeen, you ensured that a paramedic crew was ready to make the journey fast and comfortable, providing care for Gavin throughout the hour-long helicopter flight by managing his pain with morphine.

“The crew were really reassuring – so professional yet so personal,” he said. “I knew I was in safe hands.

“It was a really emotional, overwhelming and painful experience and SCAA helped me relax. It didn’t feel like they were just doing a job – it felt more personal. They were there to help me and focused on making sure I was calm and comfortable.

“I can’t imagine what getting to the mainland would have been like with any other form of transport,” said Gavin. “I was in professional

paramedic hands all the way and they were so generous with their care and attention. They even shared their sweets.”

At Aberdeen Royal Infirmary, Gavin underwent painstaking skin grafting to help heal his wound. Fortunately, there was no muscle damage so he’s confident of a full recovery – albeit with permanent scarring.

“I know of SCAA and the life-saving work they do – especially for island and remote communities like mine,” he explained.

**“I can’t thank them enough for being there for me.”**

“You can’t really appreciate the amazing work they do until you or your loved ones are personally involved. We’re so lucky to have a charity like SCAA in Scotland. It’s reassuring for everyone to know that if the situation is critical or life-threatening, SCAA could be there to save your bacon.”

Following his accident, Gavin’s nine-year-old son Caleb and his pal Louis staged a 20-mile sponsored cycle, raising nearly £7,000 in support of Scotland’s Charity Air Ambulance.

**This is the difference you make for people in emergencies every day. With your continued support, we can be there when disaster strikes – wherever in Scotland that may be.**



# Mission Snapshots

Some of the recent life-saving missions across Scotland funded by you



## 1 – Rothesay

An urgent patient transfer from Rothesay to hospital in Glasgow was completed in just 15 minutes – a journey that would have taken hours by road and ferry.



## 2 – Aberfeldy and St Andrews

Two motorcycle crashes on the same day saw missions to Aberfeldy and St Andrews to help patients and get them to hospital quickly.



## 3 – Angus

It took less than 15 minutes to reach a sick infant at an emergency in Angus. Paramedics got there in time thanks to your support.



## 4 – Barra

A long flight to Barra ensured a sick patient was airlifted to hospital in Glasgow in just 70 minutes, saving a road and ferry journey of many hours.



## 5 – Mull

Thanks to your support, a patient was airlifted from Mull to the Lorn and Islands Hospital in Oban in just 15 minutes.



## 6 – Selkirk

A patient was airlifted to hospital in Edinburgh in just 15 minutes after an equestrian accident.



## 7 – Pennan

A motorcyclist who crashed his bike near Pennan was airlifted to hospital in Aberdeen in just 20 minutes.

**If SCAA was there for you, we'd love to hear your story, email: [communications@scaa.org.uk](mailto:communications@scaa.org.uk)**

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

