

MAA grant CareFlight a new home

Thanks to a \$2.2 million State Government grant, CareFlight soon will be moving into a new headquarters building to co-ordinate our national network of medical, rescue and air ambulance services.

Premier Nathan Rees visited our long-standing helicopter base in June, at the back of Westmead Hospital, to announce the grant and have a preview of the new building.

The grant was funded by the Motor Accidents Authority, in addition to the financial contribution it provides annually to support CareFlight's rapid response critical care trial which flies trauma physicians to injured children and adults.

Mr Rees said CareFlight had served the community since 1986 and had an important future role in saving and transporting seriously injured people, especially those in road crashes.

"CareFlight already provides a remarkable service and these funds will allow them to focus on the important job of saving lives," Mr Rees said.

"This grant provides a new facility that allows staff and volunteers to professionally run a vital service without the noise and disruption of helicopters landing and taking off on their doorstep."



How the new CareFlight national headquarters building at Westmead will look when complete in September

Inspecting the new building, Mr Rees told CareFlight supporters and staff it would serve for the next 50 years as the charity develops its services which already extend beyond NSW with the operation of two rescue helicopters in northern Australia in addition to jet air ambulances with its doctors and nurses at bases in Sydney, Perth, Darwin and Cairns.

While built as a medical facility, the new building has never been occupied so will require fit-out and services, a task which is expected to be complete by September.

Before becoming Premier Mr Rees had visited CareFlight's base at Westmead so he knew, first-hand, the limitations of **Continued page four...**

CareFlight

The times they are a changing and so is CareFlight.

That's why we are changing our logo (above), to better reflect our expanded area of operation – both geographically and by way of our activities – now we've become a national charity.

Our long-serving logo with its helicopter image simply no longer reflects all of what our doctors, nurses, pilots and aircrewmen do.

So, in advance of it coming into use, in this edition of CareFlight News we give our supporters a preview of the new look CareFlight logo.

We think this first redesign for many years promotes more accurately our new vision and mission.

Ian Badham OAM
Founding Director, NRMA CareFlight

Charlie's seeking support

As an active two-year-old, Charlie's misfortune gave his parents Kate and Allan an insight into the largely unseen world of CareFlight's rapid response critical care.

Now the Sydney Northern Beaches family is helping CareFlight's spring fundraising appeal to donors.

In our latest appeal his mum, Kate, tells of hearing Charlie fall from his bunk and her frantic efforts to start CPR as the Ambulance Service responded and of how quickly the NRMA CareFlight rapid response critical care team landed in a nearby park from where police drove them to the house.

It's far less confronting, but still highly emotional, for Kate to tell of how CareFlight doctor Steve Walker went into action in teaming with the paramedics ... how he gave Charlie an anaesthetic, put a tube down his throat to help him breath and initiated intensive care stabilisation.

As Kate says on behalf of Charlie's family: "Because they have specialist doctors who

are experienced in treating kids, NRMA CareFlight was able to give him the intensive medical care he needed, right at the scene.

"If you could find it in your heart to donate I know you'll be helping save lives... just like Charlie's." ✕



Survivor Charlie on his trampoline ... seeing him now you'd never know he was just minutes away from not being here.



Community



BRAIDON LOVES HIS PILOT BEAR

No-one loves his Pilot Bear more than great-great nephew Braidon, according to our supporters Pat and Jack Ross. While the little relatives all love their family of CareFlight bears, which support our charity's medical and rescue work, this photo shows how much little Braidon is attached to his Modern Pilot Bear. Thanks for sharing with us Pat and Jack.

Design our new bear

It's your chance to win a giant CareFlight Bear.

We are looking to add a new bear to our range and would like your suggestions as to what theme the bear should have.

It is time to be imaginative and get some ideas together! Please send your suggestion via email to murray.stone@careflight.org or via post to PO Box 159, Westmead NSW 2145. Entries close on 30 June 2010.

The suggestion judged as the best will win a 90cm Giant CareFlight Bear valued at over \$140.

Wenty Golf's back

Look out for the annual Wentworth Falls Golf Day held at the Wentworth Falls Golf Club on Wednesday 18 November.

To see about entering your team now, email Rebecca.Brown@iag.com.au so you won't miss out.

Tahmoor's big Day

The Tahmoor Community CareFlight Day is on again for Sunday 13 September. The great turnout last year showed the tremendous support CareFlight has in Sydney's south-western shires. Attractions include live entertainment, emergency service displays and National Parks and Wildlife Service displays, as well as market stalls and stands set up by commercial and community-based organisations. A highlight this year will be the CareFlight Helicopter Rescue Simulator and the new Crash Rescue Simulator. ✕

Check our website for full details of upcoming events at www.careflight.org



Van Venture is rolling

A new Venture for CareFlight supporters.

The CareFlight Caravan and Motorhome Venture later this year will involve two weeks of travelling in your caravan, camper trailer or motorhome, making new friends, visiting new places having fun and supporting CareFlight.

It will start on Wednesday 28 October and finish (all too soon) on Tuesday 10 November.

The Venture will follow a route of great scenic diversity, beginning in coastal forest lands, then traversing alpine meadows, rich agricultural areas still suffering drought conditions, intensively farmed irrigation acres, barren semi-desert grazing country, tiny villages and thriving regional centres. Over the 14 days we will be staying at seven different venues.

The program is being organised by CareFlight volunteers Ray and Carol Cook. It includes group dinners in a variety of venues, happy hours and visits to local attractions. Most costs are included in your fees.

Places will be limited to make it fun all round, so please register your interest by phoning our Community Engagement Co-ordinator John Ebbott on 02 9689 8123 or email him at john.ebbott@careflight.org. ✕

Save future lives by leaving a bequest in your Will

Crash simulator is real



CareFlight took delivery of our latest training aid for doctors, nurses and others who may attend motor vehicle crashes as part of their duties.

The Crash Rescue Simulator replaces an old metal and wooden frame which used cardboard boxes to simulate a crushed car.

The manager of Western Smash Repairs in Seven Hills, Daniel Gerzanic and his staff took the basic idea and turned it into the most amazingly realistic simulator.

The wrecked Ford Festiva was mounted on a trailer frame, stripped, holes drilled, compression plates made and repainted. In addition Western Smash developed a folding dash system that enables the occupants to be crushed by the dash similar to a real crash.

A big thankyou to Western Smash Repairs for their contribution to saving lives by assisting CareFlight. ✕

W2G Classic sets a race record

A record field of 1,200 competitors ran and cycled the 25 km course of CareFlight's 2009 Woodford to Glenbrook Classic in the Blue Mountains on Sunday 28 June.

To watch the 2009 Woodford to Glenbrook video, check the mountain bike or the run results, go to our web site (www.careflight.org) and it's all there, including an online survey to help plan future improvements.

Upcoming 24-year-old racer Hamish Elliott proved too tough and strong for rivals, winning in a race record time of 40 min 4 sec with Andrew Lumley close behind. His training secret was to ride to work every day, clocking up an impressive 300 km each week.

"It was like a highway out there," Elliott said. "Five or six of us got away early but I decided to go out myself at the 9 km mark."

Matthew Robbie of Wamberal won the run event in 1hr 23 min 58 sec.

Organiser Don Kemble said the race



ran smoothly and, with the improvements put in place this year, there were no major problems. Don was quick to point out there will always be things we can improve on, and by providing us with your feedback we can make this event even better. CareFlight hopes to see all competitors, and more, at the end of June next year! ✕



Missions

Media focus on croc-crash rescue



Incredible. Our rescue team found this badly injured crash survivor buried neck-deep in sand at a remote beach near Darwin.

Dramatic and life-saving as it really was, not since the 1998 Sydney-Hobart yacht race rescues has a CareFlight mission received such national and international focus.

The June mission staged by our Darwin-based crew had the essential ingredients ... a small helicopter crash into a crocodile infested mud flat, the pilot rescuing then burying his badly injured friend, then our dramatic night search, rescue and medical treatment.

The BBC and British papers, America's CNN and European media joined Australian television, radio and press in headlining the rescue.

'Buried alive' and 'Croc causes chopper crash' screamed Darwin's NT News in successive front page stories as other newspapers headlined 'Crash mate buried for his own
Continued page four...

Flight to Newcastle

A Central Coast woman suffering facial injuries was flown to the John Hunter Hospital, in Newcastle, by our NRMA CareFlight trauma team in June after the car she was driving left the road and hit a tree.

The woman was initially trapped and stabilised before the flight to Newcastle.

Crash woman critical

Two NRMA CareFlight trauma doctors worked with emergency services to treat a woman who suffered multiple injuries in a triple fatal car crash at Cecil Park in June.

The critically injured woman was trapped in the sedan for over an hour.

Both drivers and a two-year-old girl were killed in the crash between the sedan and a small tip truck in heavy rain.

The doctors gave the woman emergency blood transfusions then placed her under an induced coma on a ventilator to control her breathing before taking her to Liverpool Hospital.



Taxi's unwanted house call

Quick attention helped the driver recover after he was initially left unconscious and pinned inside his taxi which plunged through a brick wall and into a house at Rooty Hill in June.

An awning collapsed on the taxi, forcing its roof to collapse, which left the man with a head injury.

On his release by Fire Brigade officers the man was stabilised at the scene then taken by road ambulance, under continuing treatment by the NRMA CareFlight doctor, to Westmead Hospital.

Two Highlands flights

A boy who suffered neck injuries in a rugby union tackle during a schoolboy game at the Southern Highlands was flown to hospital by NRMA CareFlight in June.

The team landed on the Tudor House school rugby field to work with ambulance paramedics in assessing the boy's injury before flying the 11-year-old boarder from the school to the Westmead Children's Hospital.

It was NRMA CareFlight's second flight inside 24 hours to the Southern Highlands for an injured child.

Ambulance officers alerted the trauma team the previous day when a 12-year-old boy suffered an initial loss of consciousness when he fell from a window at his home in Burradoo near Bowral.

The evening flight was assisted by our crew using Night Vision Goggles. ✕

Complex flight gets son home

It took our years of experience in operating CareFlight International Air Ambulance to complete a flight to the UK in June which had humanitarian considerations.

The patient was a teenage boy with a developing history of severe behavioral problems and excessive fear of flight. The family came out to Australia 18 months ago and decided the best solution was to return home.

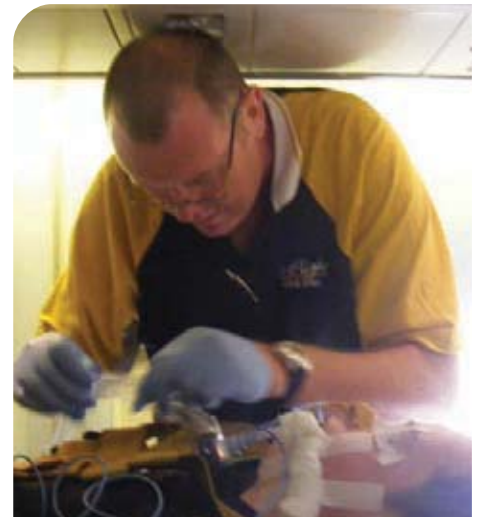
When they boarded a flight two months prior the boy got severely distressed as the plane taxied - to the point that he had to be restrained by the cabin crew and the plane returned to the gate to let him off. Understandably no airline would then carry him unless he was sedated and a doctor was present.

After much consideration and organisation, our team decided to give him a general anaesthetic in Sydney, transport him on a Qantas flight to London under anaesthesia, and then admit him to a hospital there to recover from his anaesthetic.

The family is deeply appreciative of the huge effort which CareFlight put into making this complex and difficult mission a complete success.

His parents Lisa and Jason recently contacted our team to tell us how well their son is doing and how he is settling back into UK life.

"We did go to extreme measures to get home. We believe as a family that it was the right thing to do, we are extremely grateful to all of you at CareFlight for the support and care that you gave our family during these difficult times and we can't thank you enough. We talk about you all the time and think about you all often," they wrote recently. ✕



The complex mission underway from Sydney to London.

Croc-crash rescue goes international

From page three...

good'; 'Buried alive: Plucky pilot saves mate' and so on. All featuring the image, captured by our team, of the buried passenger. The rescue featured on every Australian television and radio network along with interviews of our team. Truly amazing!

Saving both NT-based men was equally dramatic. Minutes after being alerted by Canberra's Australian Maritime Safety Authority at 6.30 pm, our crew of pilot Kevin Humphreys, chief aircrewman Daniel Warring and doctor Hamish Meares was flying 50 km south-west of Darwin to isolated (and appropriately named) Dundee Beach.

In pitch dark, as they approached the reported area, Warring made satellite phone contact with the crash survivors and had them flash a torch as a signal.

What our crew found on landing was even more surprising. The very shaken crash pilot recalled seeing a large saltwater crocodile as the pair made a dusk sweep along the beach from where they had camped ...he started to make a turn and the next he knew they'd crashed into the mud.

The pilot freed his semi-conscious passenger friend and dragged him 100 metres across the mud to the relative safety of a beach.

Although he alerted authorities via a satellite phone which survived the impact, the



Wreckage. Remains of the R22 helicopter in the mud the morning after CareFlight's dramatic rescue at Dundee Beach.

pilot knew there was no road access to them and, as hypothermia set in, reasoned they could not expect help to find them until the morning. So he buried his friend in the warm sand – right up to his neck.

Dr Meares at first thought the passenger must have been killed and been buried by his friend. Closer examination revealed the man had sustained multiple rib and arm fractures, chest, head and internal injuries.

After stabilisation the injured passenger and pilot were flown to Darwin airport then transferred in a CareFlight ambulance to Royal Darwin Hospital.

The rescue followed a successful search a fortnight earlier in which a missing fishing research boat was located by CareFlight at Bathurst Island, north of Darwin. ✕

New building grant

From page one...

demountable buildings adjacent to the hangars which have served as our charity's headquarters.

Most of the demountables will go, leaving the two helicopter hangars in use while the former main office will be used for our increasing role in medical and aviation training.

CareFlight chairman Dr Andrew Refshauge said the support of the NSW Government, through the Motor Accidents Authority, was deeply appreciated.

"Having a new headquarters building,

very close to our helicopter operations base located in the grounds of Westmead Hospital, will improve the efficiency of the service which CareFlight is proud to deliver to the community," Dr Refshauge said. ✕



Premier Nathan Rees (centre) checks plans for the interior of CareFlight's new national headquarters building with the charity's CEO Derek Colenbrander (left) and chairman Dr Andrew Refshauge.

DONATIONS

YES! I would like to make a donation. MONTHLY DONATION SINGLE DONATION

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CARDHOLDER'S NAME EXPIRY DATE

CARDHOLDER'S SIGNATURE DATE

ONCE COMPLETED, PLEASE RETURN THIS COUPON TO:

CareFlight, Reply Paid 84642, Wentworthville NSW 2145

Donations of \$2 or more are tax deductible.

09APA

Donations Toll Free 1800 655 876

NOW – Online Donations

Without the generous support of community minded people, NRMA CareFlight would not be able to take off – literally. Now you can donate using our website. Go to www.careflight.org and on the home page click on the DONATE NOW button.

On the next page simply click on one of the buttons which will give you the option of making a single donation or donating on a monthly basis.



Other ways to help:

If you would like any information on the following, please contact CareFlight:

- Organising a fundraising event
- Arranging a base dinner and interest visit
- Making a gift to CareFlight through your Will
- Making donations to CareFlight through your payroll
- Making a regular monthly donation

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