

NORTHUMBRIA BLOOD BIKES

June 2016

-Please feel free to print, copy, save or forward this newsletter to increase awareness of our



Photo: Taken with Phillip Wright's drone

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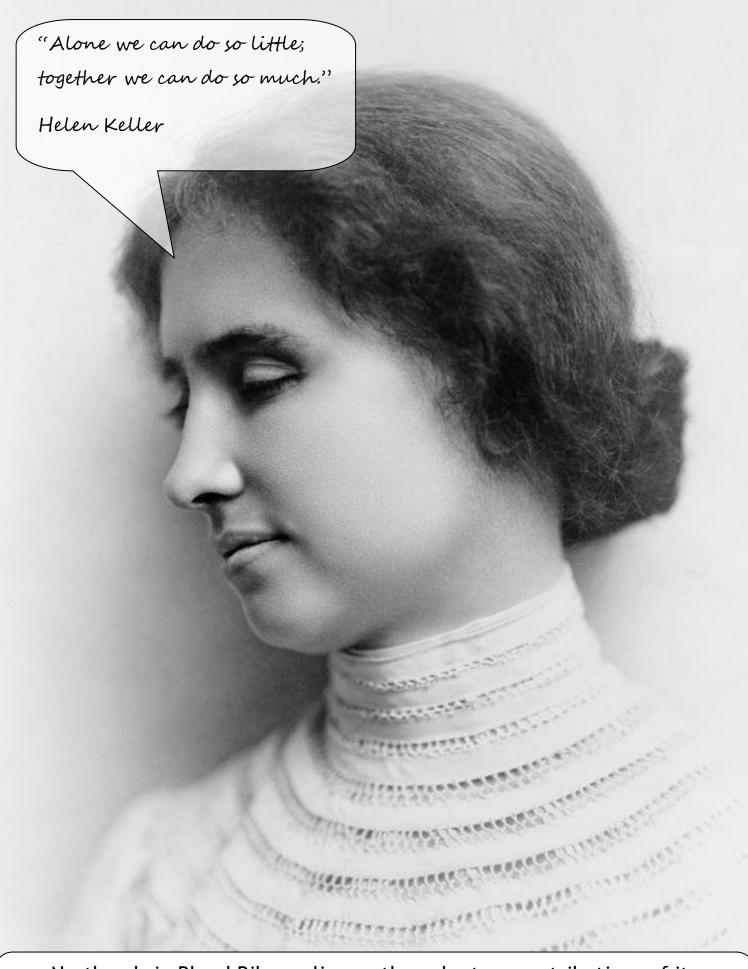
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Northumbria Blood Bikes relies on the voluntary contributions of its members to run and deliver the service. So, how can you be involved in supporting Northumbria Blood Bikes with your time? More info on page 3



Why I...



"Why would you want to do that?", "What happens when it rains?", "How does it work?" "Can't someone else do it?" "How much do you get paid by the NHS?" "Can you go through red lights when it's an emergency?" "How often do you get called out?"

Just some questions that I've been asked about my voluntary work as part of the Northumbria Bloodbikes (NBB) team. During the day, I work full time for the NHS as a senior manager in health and safety, but people find it intriguing that I ride a motorbike to work most days and that in my spare time; I continue to contribute to patient care as a NBB rider.

How much do I get paid? Absolutely nothing. NBB is a registered charity run entirely by volunteers and entirely dependent upon public donations and sponsorship to pay our way. As the name implies, we deliver blood and other urgent items between NHS sites by motorbike(or car when the weather precludes bike use) so we help people in two ways-firstly, speeding up their treatment by getting samples and blood delivered as fast as possible, and secondly, by saving the NHS money usually spent on delivery charges and which can then be spent elsewhere on patient care. Over the last two years the NBB service has grown and spread, costing about £3500 a month to run, and without our wonderful fundraising team we couldn't possibly afford it.

How does it work? The hospital or blood and transplant service will call our (voluntary) co-coordinator between 7pm-7am daily, throughout the weekend or bank holiday when collection and delivery is needed anywhere between the Scottish borders in the North, the Cumbrian border in the West and Darlington in the South-our very big area. One of up to three volunteers on duty-usually two bike riders and a car driver-will be radioed and given the information, logged as either a standard, urgent or emergency call. Urgent calls must be completed within one hour, and emergency calls may involve the use of blue lights. Riders or drivers will pick up the consignment as requested and deliver it as soon as possible, radioing in at each stage to let the co-coordinator know that not only have they done the job but that they are safe and sound. Every job is carefully recorded and monitored. We also provide a daily run for the Blood On Board (BOB) service- an innovative system whereby blood is delivered to the Great North Air Ambulance heliports in Teesside and Cumbria. This ensures that when the GNAAS fly to assist emergency patients, they are already carrying blood which can be used immediately to save and preserve life wherever possible.

Why would I want to do that? Well, I've ridden a motorbike for the last seven years, and four years ago I passed my advanced test while I was still living and working in London. Then I returned to the North East of England to live and work in 2013 and transferred from one advanced motorcycle club to another. It was there that I heard of NBB, and when I found I could no longer donate blood due to a medical condition, I decided that I would continue to help by carrying it instead. There aren't that many lady riders overall (about 8%) in the motorcycling population, and an even lower percentage with advanced riding skills, so it was no surprise to find I was the only lady rider on the NBB rota for a good while. Now that the charity has grown, we have enough female riders and drivers to equip an entire shift, as we proved on Boxing Day 2015 #BloodBikeAngels (henceforth known as "Ladies' Day"!). We have over 150 active volunteers doing the riding, driving, cocoordinating and fund raising, and every one of them all does it to make a difference to other people in need. Often when out on duty on the bike, I will be acknowledged by the police and ambulance services; people often wave from cars and the roadside too, but it counts most when people approach us in a supermarket or at an event when we're fundraising. They come to give us a donation and then stop to say that they or their loved ones have benefitted directly from the service we provide.

Continued from previous page...

Yes, someone else <u>can</u> do it - other NBB riders and car drivers, male and female, who give up their time in the same fashion to do the same job; all volunteers' sign up for as many shifts as they can manage. All riders and drivers are trained to handle blood and other products, to ride/drive to an advanced standard 100% of the time, to wear uniform and to represent not just NBB but the Nationwide Association of Blood Bikes (NABB), our umbrella organisation. We are also trained in the use of blue lights when authorised-and no, that doesn't enable me to go through red lights or break any other road rules at all!

How often do I get called out? I can volunteer for as many hours as I have spare, either to ride or to fund raise. When I'm on duty as a rider, the phone rings or the radio speaks my name as often as there is a job that needs doing! We have a big area to cover with eleven large acute hospitals, many smaller ones and a regional blood and transplant centre, so often a full shift of 12 hours can be very busy and many miles can be covered.

What happens when it rains? Well, that's easy-I get wet! Low temperatures and snow/ice will mean the blood is carried by car, but for many days throughout the year the job is done by bike-because it's easier to get through the traffic and can therefore mean a faster delivery for the patient -in all weathers.

Who can help? Riders and drivers have to be of an advanced standard, at least 25 years old and have to have held an full license for more than two years, but we also need equally valuable co-coordinators and fund raisers who don't need to drive or ride. However, you do need a sense of commitment, some time to be trained, a big smile and (if you're a motorcycle rider) not to be bothered about getting wet! There are blood bike groups across the country waiting for you to join up and help us provide this very valuable service, helping the NHS to ensure that patients receive the best -and fastest-care possible.

That's why I volunteer, for Northumbria Blood Bikes, by Philippa Bromley





#makeadifference

Can you spare some of your free time to help make a difference to patients across the North East? Whether it be Riders, Drivers, Shift Controllers or Fundraisers there is a role for everyone.

Come and join us, together we will make a difference.

Northumbria Blood Bikes relies on the voluntary contributions of its members to run and deliver the service. So, how can you be involved in supporting Northumbria Blood Bikes with your time?

Volunteer riders - using our liveried bikes you will collect and deliver blood or other important medical supplies to and from hospitals. You will need to have (or obtain) an advanced riding qualification. However, there are plenty of opportunities to get involved while you get trained up.



Shift controller - you will work from home answering calls from hospitals and passing them on to our riders and drivers. You will keep track of the riders, making sure they have reached their destination and made it back home safely. Calls are automatically diverted to your number when you are on shift.



Volunteer drivers - using our liveried cars, you perform the same role as the rider, but when the weather is below a certain temperature or it is unsafe to ride, the cars is used. The same requirement exists to have an advanced driving qualification, and the cars will be used for attending fundraising or publicity events, potentially towing an exhibition trailer.





Fundraisers - you will attend events on behalf of the Group, with other volunteers, and look to raise funds for our operations, and increase awareness about who we are and what we do. You will be of smart appearance, adopt the uniform and be a people person.

Other support - there is lots of support work to ensure the smooth running of the group including speakers to give presentations to groups that request a talk

If you would like to apply for membership, please complete the online Membership Application Form



Great North 2016 Dog Walk 2016

The World's Largest Dog Walk

Held on the Leas, South Shields, Coast Road A183. This is an Annual Charity Dog Walk. Starting point is where the Great North Run finishes. Use of Satellite Navigation postcode NE33 2JH

Official start is at 10.30am on Sunday June 5th (Dog walkers are asked not to start before this time) However, registration is from 9am until 3pm on the day itself, (3pm being the last entry) or pre-register online via our website www.greatnorthdogwalk.co.uk

Go to 'online registration' page and use the submit icon

* Please note there is no public parking on The Leas*

or contact Tony Carlisle (Founder/Organiser) E-mail: tony.carlisle@greatnorthdogwalk.co.uk Mobile: 07957249799



South Tyneside Council National Trust





EVENTS

Canine Weddings

& Christenings.

Fun Dog Show

Scruffts National Cross Breed Competition Heat

Pugility

Did somebody say "walkies"?

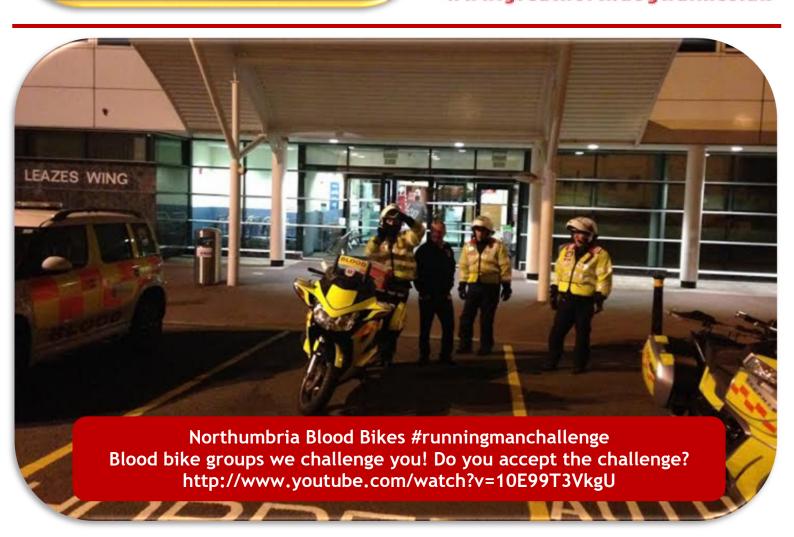
Entries are open for this year's Great North Dog Walk on Sunday 5th June. Registration is free but it would be great if you choose to raise vital funds for us. We will be present with a bike at the starting point. If you're already registered please get in contact for a Northumbria Blood Bike entry number and sponsorship form.

Email:

kirsty.lawrence@northumbriabloodbikes.org.uk to get yours today



THE WORLD'S LARGEST DOG WALK (as recognised by Guinness Book of Records) www.greatnorthdogwalk.co.uk





The story of Mr Ross...Alan Ross

Back in September 2012 a small group, who didn't know what they were letting themselves in for; decide to establish a new Blood Bike group in the north east. The meeting agrees some initial actions and decides to share out the roles and actions necessary to try to get things off the ground, this includes publicising to potential members.

One month on the 'interim committee' of the group meets again to review progress (of which there was actually quite a lot!). The meeting was scheduled to discuss two committee roles that hadn't been filled; there had been a volunteer for the Secretary role but not for that of Vice-Chair.

Knock on door: rather large man enters; "excuse me, is this the meeting to set up a blood bike group? If so can I join in?" The response was of course: "yes, come in... and then, would you like to be Vice-Chair?" The slightly baffled rather large man replies, "Yeah, whatever helps".

And so the rather large man, Alan Ross joined Northumbria Blood Bikes.

From that time to May 2016 Alan has remained as Vice-Chair and little did we know what a 'large man' he would turn out to be.

Alan worked his socks off for NBB, always cheerful, always ready with wise counsel and always with a 100% 'can do' attitude. Everyone who has come across him in those three and half years has had nothing but positive comments about him and what he has achieved for us, it's clear we wouldn't be where we are today without his efforts! And now he's had to relinquish the role because the demands of his working life became too much. We're glad he's not leaving us entirely though as he'll continue to do shifts as often as he can. Thank you loads Alan!

As well as thanking Alan for his efforts I should also say a big thank you to his wife Dawn who has supported him in what he's done and enabled him to spend so much time with us.



And so... as a result of Alan stepping down Barry Bullas M.B.E has agreed to become our new Vice-Chair until at least the AGM in September.

Barry was already stepping down from the membership role and we had asked for expressions of interest to replace him. Many thanks to all those who put their names forward. Our new Membership Secretary is Debbie Paton who has been Co-coordinating for us for some time and had already started out helping co-ordinate Co-coordinators!! Welcome Debbie, we look forward to working with you.



The region's 'Blood on Board' expert's trial new lifesaving technique



Major trauma patients across the region will benefit from yet another life-saving medical approach, as the Great North Air Ambulance Service (GNAAS) today begins to carry defrosted Fresh Frozen Plasma (FFP) on board its aircraft.

The charity already carries red blood cells on board, enabling their specially trained medics to give blood transfusions to patients with life-threatening bleeding either on board, or at the roadside.

This revolutionary approach recently celebrated its first anniversary in service when representatives from the organisations involved met patients who are alive today because of the rapid blood transfusions they were given at the scene of their accident.

GNAAS teamed up with Newcastle Hospitals and the blood bikes charities in Northumbria and Cumbria and the Henry Surtees Foundation to make that project possible.

Now the team has taken it one step further by carrying plasma, which provides vital clotting components to help blood clots to form and to stop bleeding.

GNAAS is one of the very first air ambulance charities in the UK to carry plasma onboard, which when given together with the blood, is thought will offer patients an even better chance of survival.

For the full story, read more on the GNAAS website, here: http://bit.ly/1Txa7pd









Coast 2 Coast Cycle Ride

Many people and groups do fundraising events to support us. One group of keen cyclists have donned their NBB shirts to do the Coast 2 Coast Cycle Ride.





Many thanks to the team:

Barry Hall, David Campbell, Lee Hall, David Mather, Brett Sharman and Mark Jackson. Not forgetting their support team. Well done chaps!











Funds raised to date from the staff and customers of Dobbies Ponteland:
Friday 25th March £586.00
Saturday 26th March £470.00
Monday 28th March £595.98
Saturday 9th April £436.21
Sunday 10th April £317.21
Thursday 14th April £342.38
Friday 15th April £390.17
Saturday 16th April £385.31
Sunday 17th April £365.31
Saturday 30th April £578.81
Sunday 1st May £387.47
Monday 2nd May £387.47
Monday 2nd May £376.64
Saturday 28th May £354.96
Monday 30th May £182.49

£6,277.36

It's been another magnificent month with Dobbies, Ponteland, with no less than 5 collection days over 2 bank holidays. Since becoming their 'Charity of the Year' we have raised £6,277.36 from the generous donations we have received. Not only have our volunteers been welcomed by the in-store colleagues; but they've also had some admirers who have recently received talks at their groups. It's very humbling when we are approached by members of the public, who unknown to us, have been saved by our service. It isn't very often we get to know who has benefited but every time we hear your stories it hits home as to why we do what we do!





Providing effective and timely transportation of essential blood and medical products Registered Charity Number 1152745

Our next open meeting:

This month we have an open meeting on Thursday 16th June at 19:00. We will be hosted by Northumbrian Water at their Durham Complex in Pity Me. Abbey Rd, Durham, DH1 5FJ. We will be joined by our Patron Heidi Mottram OBE, CEO Northumbrian Water. This is your chance to catch up with everything that's happened in the past few months, and to see what plans are ahead of us. You can also meet and chat with fellow volunteers in an informal and relaxed environment! Parking is available on site.



News in brief:

Some of our friends are holding a sponsored ride from Lands End to John O'Groats on 24th June 2016. It would be good to support them. Motorcycle Charity Ride, a grueling 850+ mile journey from Lands End to John O'Groats in one day, is in memory of Dave Richardson, a much loved Northumbria Blood Bikes volunteer who passed away suddenly in April.

https://mydonate.bt.com/fundraisers/dja-lejog2016#.V04KbNzzrXk





Monday 23rd May Alnmouth and Lesbury MU talk













Monday 16th May Kirkheaton WI talk

On the 29th May a couple of the riders took Claire and Bella to Cobblers Hall for a Madathlon event. This was a small way of saying thanks to Madathlon for their support in buying the 2 bikes, and our continued relationship with them. Hope it went well folks. It's good to take a moment to remember Claire in whose name Madathlon works.

Collecting Multiple Blood Boxes from NHSB&T

A number of member riders, drivers and controllers will know that on occasion NHSB&T have refused to allow us to take for delivery multiple blood boxes because they can't be fitted on the Blood Bike that has been sent to collect for delivery to a hospital. This generally happens when there are two large or three medium sized boxes to collect and we haven't been warned in advance that there is more than one box.

A recent comment inserted into our Job Tracker demonstrates this: "Job Cancelled, arrived Barrack road at 03:40 to find 3 boxes were waiting for collection, sender would not split loads between 2 bikes or allow multiple trips of 1 bike. Taxi called."

In this case above the comment was picked up from the Job Tracker and the Trust asked to investigate as the delivery of possibly life-saving blood had been delayed. The feedback we've received is:

"I've spoken to the supervisor for hospital services at Newcastle and the issue is that the order cannot be split. The collecting driver has to sign a control document that the whole order has been collected or they refuse to give it out. It is difficult for the lab staff to know if the order is in multiple boxes but generally we can guess by the order we put in.

"I've asked if this can be escalated within NHSBT to see if the orders can be split between multiple bikes/runs; this a national NHSBT policy so it may take some time to get an answer back and to implement changes if they agree on the change!"

Obviously shift controllers should remember to ask how many boxes are involved to try to see if it's more than one bike can deal with. In that case we can either send one of our cars if they are on rota or, send more than one bike as we know that NHSB&T will accept two bikes splitting the load if they are both there together and all boxes are signed for at the same time by one person. However it's interesting to note from the above that the Trust's don't always know how many boxes NHSB&T will use to pack up the number of units of blood they are requesting!





Blood Bikes Cumbria

BIG DAY OUT

Sunday 5th June 09:00 to 16:00 **Brougham Hall Eamont Bridge Penrith** Treasure Hunt for Cars and Bikes

Ride Out

leaves at 1pm in groups of 8 riders For a 2 hour ride

Barbecue

Betty Anne's Tea Room

Display of vintage and classic Motorbikes Tombola, Quiz, Tasters of beer from the on site brewery

Win a Volvo

Professional photographer Plus Traditional amusements for the whole family.



This year, International Ride to Work Day is Monday 20th June 2016: Ride to Work Week is 20th-26th June 2016, During Ride to Work Week, motorbike and scooter riders around the world show just how enjoyable their daily commute is. By riding to work we demonstrate that life would be better if more people rode motorcycles and scooters every day, with time savings, less congestion and reduced travel costs. Ride with us and commute happy!





Northumbria Blood Bikes meet TV's Interceptor

Volunteer Andy Watson pictured above with PC Damien Stevens. Bishop Auckland Fire Station family day, Saturday 14th May, saw Durham Constabulary's very own TV star from Police Interceptors admiring the infamous Clutchless Yamaha FRJ. Hundreds attended the open day to see the emergency services in action; including our very own, completely volunteer run, charity and unseen emergency service.





Patches

Thank you to the many bikers who have bought patches from our volunteer Malcolm Farley. Sales from these patches have so far raised £300

THE BEBSIDE INN

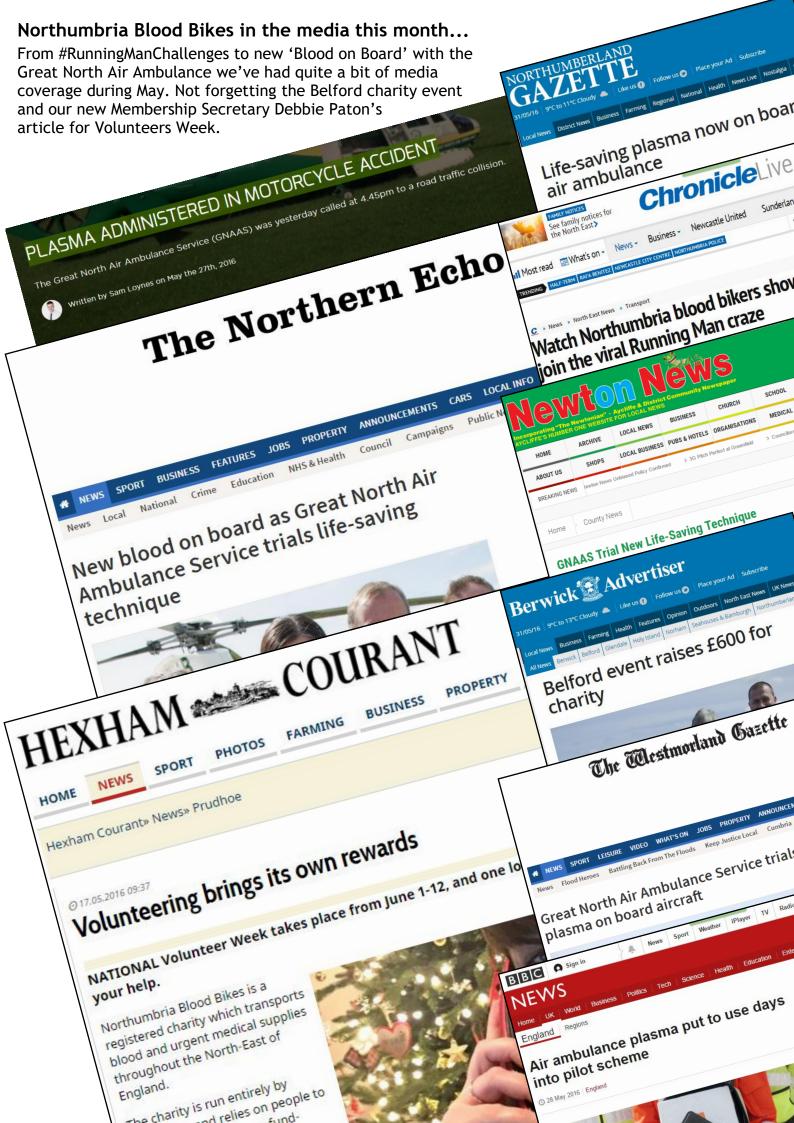
The Bebside Inn, Blyth, Northumberland, is hosting a charity fund raising weekend. No ticket required. It's FREE! Though Camping is available from noon Friday noon Sunday at a cost of ONLY £3 per person (all monies go to the charity fund)

Funds will be raised by donation, raffling donated items, the camping fee, and in collection tins. Live band (in the pub) both nights. Food is available on site. For more info, ring the Bebside on 01670 822559.

Plus... Jeannie is having her head shaved to raise funds. You can donate with this link or be there on the day!

http://uk.virginmoneygiving.com/team/Bebeside

Thank you Bebside and Jeannie!



Introducing our fleet



Claire







Hylton







Kangoo





Thank you to everybody that came along to our fleet photo-shoot, on 25th May 2016, at Lumley Castle



Save the date...Saturday 18th June 2016 Members photo-shoot (full details TBC)



360 Challenge update...

Back in April John McQuade organised the first 360 challenge. Again we would like to thank John and Alison for their hard work. To everyone that took part and sponsored participants we appreciate your support which helps to enables the continuation of our services to hospitals in the region, and delivery of lifesaving blood to the Great North Air Ambulance. It is with great pleasure that we can finally announce that the event raised £7,200. We hope to see you again for next year's challenge!



FUTURE EVENTS FOR YOUR DIARY:

Lots of things happening, and we need your help to support them! If you can help, even if only for a couple of hours, please contact us....information is at the bottom of this page. NBB members can register their attendance for most of these events on our website (login required).



Volunteers Week (extended celebration)

Volunteers' Week is an annual celebration of the fantastic contribution millions of volunteers make across the UK - and it's taking place from the 1-12 June 2016.





Blood Bikes Cumbria Big Day Out 9:00 to 16:00

Brougham Hall Eamont Bridge Penrith. Treasure hunt for cars and bikes. Rider out leaves at 1pm in groups of 8 riders for a 2 hour ride. Full details on page 12





Great North Dog Walk 9:00 to 16:00

NE33 2JH, coast road A183. Did somebody say "walkies"? Entries are open for this year's Great North Dog Walk on Sunday 5th June. Registration is free but it would be great if you choose to raise vital funds for us. Full event details on page 6





Morpeth Town Fayre 08:00-17:00

We're becoming a regular guest at this annual event, with at least one blood bike in the parade through the high street! Come and join us on this large family fun day and help staff an awareness stand for its 30,000 visitors!





Ponteland Party in the Park 13:30

Admission costs £1, children under 5 free. The ever popular annual event organised by a Ponteland Churches Together committee.









Tynedale Beer Festival

Another annual event where we are lucky enough to be both guests and beneficiaries... You can visit their website at www.tynedalebeerfestival.org.uk





Asda Benton 9:00 - 17:00

Fundraising and awareness stand... please come along and help us to inform the locals and spread the word about what we do...







Darlington Fire Station Open Day 9:00 - 17:00 St Cuthbert's Way, Darlington DL1 5LN We will be in attendance at the two day event.

County Durham and Darlington **Fire and Rescue Service**







www.northumbriabloodbikes.org.uk facebook.com/northumbriabloodbikes



twitter.com/northumbriabb



linkedin.com/company/2866951

FUNDRAISING HOTLINE: 07766 479 770

- for any opportunities to increase our funding through sponsorship, locations for collecting tins, supermarket events etc...