

# OTHER WAYS YOU CAN GET INVOLVED

## Make a Donation

A single or regular donation will help TASC to continue supporting the men and women in UK ambulance community who dedicate their lives to saving ours.

**Single Donation** – Donate online at: [www.theasc.org.uk/donate](http://www.theasc.org.uk/donate), drop us a cheque or use one of our donation envelopes. Any amount, even a couple of pounds, can make a real difference.

**Regular Donation** – Having regular funding allows TASC to plan and develop more services for the future. Make your donation go further by setting up monthly payments. You can give as little or as much as you can afford.

£5

£10

£20

MONTHLY

Or you could simply set up direct debit with your bank.

[www.theasc.org.uk/donate](http://www.theasc.org.uk/donate)

## PLAY OUR LOTTERY FOR YOUR CHANCE TO WIN UP TO £25,000 IN CASH!

From just £1 per week, you can help raise vital funds to support all present and past ambulance staff and their families in time of need, both in the NHS and independent sector.

For every £1 entry, 50p is directly invested in the work of TASC.

For more information please visit [www.theasc.org.uk/lottery](http://www.theasc.org.uk/lottery)

TRY YOUR LUCK WITH THE  
**TASC LOTTERY**

## VOLUNTEER FOR US

Support the work of TASC  
The Ambulance Staff Charity

We are currently looking for volunteers to help spread the word about TASC and the work we do to support the ambulance community in their time of need.

Roles include:

### TASC Champion

Champions develop and expand volunteer groups in their area and may also support TASC staff at events or speak at conferences.

### TASC Peer Support Volunteer

Peer Support Volunteers are ambulance staff who want to support their colleagues' health and wellbeing.



**THE  
AMBULANCE  
STAFF  
CHARITY**

**The Ambulance Staff Charity**  
12 Ensign Business Centre  
Westwood Way  
Coventry, CV4 8JA

General enquiries: 02477 987 922  
Freephone: 0800 1032 999

[enquiries@theasc.org.uk](mailto:enquiries@theasc.org.uk)  
[www.theasc.org.uk](http://www.theasc.org.uk)



**THE  
AMBULANCE  
STAFF  
CHARITY**



# MAKING A DIFFERENCE

## Fundraising Guide



Registered with  
**FUNDRAISING  
REGULATOR**

TASC is a registered charity. Charity Number: 1163538 / SC046384







# THANK YOU FOR CHOOSING TO FUNDRAISE FOR TASC

## PETER'S STORY

Discovering there are people who care was a huge boost to the spirits of Peter Owen when he reached a low point in his life.

Peter, who has experienced depression for many years, was keen to garden at his new flat hoping the activity would boost his mental wellbeing... but couldn't afford the garden tools he needed.

He applied for funding to TASC who assessed his case and were delighted to support Peter with basic gardening equipment and even a lawnmower, table and chairs.

Peter, from Aylesham, Kent, said: "Gardening takes my mind off my problems and I'm more likely to meet people from the other flats, which is good because I live alone and feel very lonely.

"When I was working I injured my back lifting a patient. I continued in my job but my back has got steadily worse with wear and tear and I've been diagnosed with osteoporosis and arthritis in my spine."

Again TASC stepped in with a targeted solution and paid for a new Rise and Recline chair and sofa which has allowed him to sit more comfortably.



**THE  
AMBULANCE  
STAFF  
CHARITY**

TASC, The Ambulance Staff Charity, is the leading UK charity providing support to present and past ambulance community in their time of need.

By choosing to support us, you're helping to provide vital services to support the mental health, physical rehabilitation and financial wellbeing of the people in our ambulance community. People like Peter:

“

TASC has been absolutely brilliant and I am so grateful for its help. I was at a very low point financially in my life – I don't know how I would have coped without TASC's help.

”

Peter, Kent

Fundraising is a very simple and fun way of showing your support and raising funds for TASC. The possibilities are endless!

This short guide will help you maximise your fundraising efforts with various hints and tips.

For more information please contact :

fundraising@theasc.org.uk @

02477 987 922

www.theasc.org.uk

TASC The Ambulance Staff Charity f

@TASCharity



# HOW TO BE A TOP FUNDRAISER

1



Start planning early! Ask friends and family to help you, the more the merrier! As part of your planning, set up an online fundraising page. It's easy and doesn't take long to register, and people will be able to donate from all around the world! We recommend you use JustGiving or Virgin Money Giving and make sure you choose TASC, The Ambulance Staff Charity as your chosen charity.

2



Spread the word. Your friends and family will be happy to support you, but you need to let them know and remind them a few times! Use social media (Facebook, Twitter, LinkedIn) to help you. Make sure to mention what you're doing everywhere you can, noticeboards, email signatures and try and get your local paper involved!

3



From work colleagues to school friends make sure everyone knows what you're doing! Get them to spread the word but make sure you explain why you're supporting TASC, The Ambulance Staff Charity and what's motivated you to support us! You could even write a blog about your adventure.

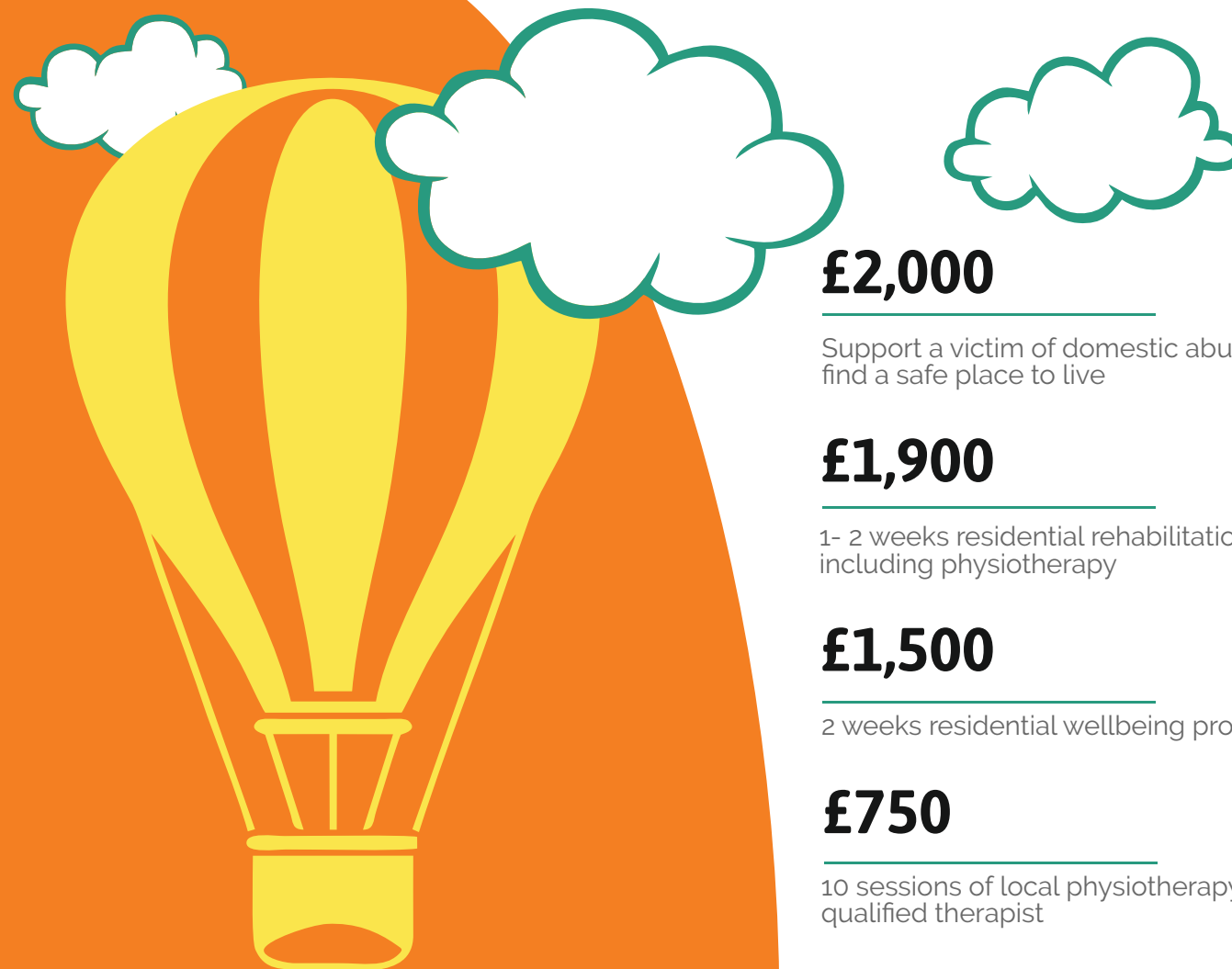
4



Plan smaller events to help you raise money towards your final target. These could be really simple things like:

- Cake sale
- Car boot sale
- Book sale
- Afternoon tea
- Pub quiz

Remember, people will always support you when they know their money is helping a worthy cause.



# HOW THE MONEY YOU RAISE WILL HELP TASC

**£2,000**

Support a victim of domestic abuse to find a safe place to live

**£1,900**

1- 2 weeks residential rehabilitation, including physiotherapy

**£1,500**

2 weeks residential wellbeing programme

**£750**

10 sessions of local physiotherapy with a qualified therapist

**£690**

Pay bankruptcy fees for someone in extreme financial difficulties

**£500**

6 sessions of specialist counselling for PTSD/Trauma

**£25** (Annually £300)

6 sessions of counselling  
£25 per month will provide 6 sessions of counselling

**£15** (Annually £180)

£15 per month will allow someone to receive debt management advice and support

**£10**

Provide someone access to online addiction support







# GENERATE IDEAS

**Your effort and hard work will help us to continue providing much needed practical support to the ambulance community when they need it the most.**

**Online with JustGiving or Virgin Money Giving**

Using an online page to raise funds for us means you are able to reach out to all your friends and family in one simple way. Doing it online will allow you to tell people your story and the reasons why you're supporting us making it simple and easy for people to support you. All donations are then passed onto us without any hassle to you.

Visit [www.justgiving.com](http://www.justgiving.com) and select

**TASC**  
**The Ambulance Staff Charity**  
to set your fundraising page.

You can create a fundraising page through Virgin Money Giving as well as pay the funds raised into our account via Lloyds Bank.

Please use a paying in slip form or we can send this to you. The details for TASC are as follows:

**BANK**  
Lloyds Bank Plc

**ACCOUNT NAME**  
The Ambulance Staff Charity

**BRANCH SORT CODE**  
30-92-33

**ACCOUNT NUMBER** 27189563

**REFERENCE**  
Please provide your name here.

You can send your money in by post via cheque:

**Fundraising Team, TASC**  
**The Ambulance Staff Charity 12**  
**Ensign Business Centre**  
**Westwood Way**  
**Coventry**  
**CV4 8JA**

Please make sure you include a note with your name and contact details. If you have any queries please contact us on 02477 987 922 or email [fundraising@theasc.org.uk](mailto:fundraising@theasc.org.uk).



## WAYS TO SEND IN YOUR FUNDS

### COFFEE MORNINGS

Great way to start the day.

### CURRY NIGHT

Spice it up.

### DARTS MATCH

As well as being a professional competitive game, darts is a traditional pub game which can help with team bonding.

### EATING COMPETITION

How many crackers can you eat without water?

### ECO PLEDGE

Give up plastic and donate what you save.

### FOOTBALL MATCH

Even if you don't score, this is one match that guarantees you'll make a difference.

### GIRLS' NIGHT IN

Just invite your friends round and ask them to donate the amount they would usually spend on a night out.

### HELPFUL FAIRIES

Be the washing up or laundry 'fairy' for your friends and family. All for a donation of course!

### INTERNATIONAL EVENING

Why not hold a fundraising quiz and test your friends' geographical knowledge?

### JOKE-ATHON

How long can you keep your friends laughing?

### JUMBLE SALE

One girl's old party dress is another's treasure!

### KARAOKE NIGHT

Impress your friends with your singing ability!

### KNITTING

Craft some cosy items to sell at fairs or jumble sales.

### LADIES' NIGHT

The first challenge will be getting a date in the diary.

### LUNCHEON

Make lunch for colleagues and don't forget to charge.

### MARATHON EVENTS

You don't have to run, you could host a marathon DJ set, roller skating or nail art sessions.

### NETBALL TOURNAMENT

Challenge your friends, teachers or parish to a netball tournament.

### OBSTACLE COURSE

Set-up the ultimate obstacle course to raise money.

### PRESS UP CHALLENGE

See if you can beat your friends at push ups.

### PANCAKE RACE

Just keep flipping.

### QUIZ NIGHT

The pub, village hall, local sports centre and your best mate's garden are all venues suitable for hosting a quiz.

### RAFFLE

A raffle is great to have at a fundraising event. Just charge a fee for tickets and the winner gets a prize.

### SKYDIVING

Face your fear.

### SPONSORED SILENCE

Just remember, don't be quiet about the cause.

### TUG-OF-WAR

This way and that.

### TALENT CONTEST

Hold a contest to showcase the talents of your friends and family!

### UNIFORM FREE DAY

Swapping your usual uniform for fancy dress could help you raise even more money.

### VINTAGE

Why not organise your own vintage sale?

### WELLY WANGING COMPETITION

Put your shot put skills to the test and see how far those wellies will go.

### WEAR IT

People like to laugh, so give them an incentive to sponsor you by letting them nominate what you wear.

### X-BOX TOURNAMENT

Make this gaming session one that matters by inviting people to play for a donation.

### YEAR TO REMEMBER

Giving something up for a whole year?

### ZIP WIRE

For those who love a challenge.

### ZUMBA

See how long you can go for.