



## Welcome to our first TASC newsletter!

As we move into spring TASC is excited to announce our first-ever newsletter! Tune in every month to read our highlights, including amazing fundraising efforts, our events, and how your support makes all the difference.

If you're interested in fundraising for TASC, visit [www.theasc.org.uk/fundraising](http://www.theasc.org.uk/fundraising) or contact the Fundraising Team at [fundraising@theasc.org.uk](mailto:fundraising@theasc.org.uk) to learn more!

## Did you know TASC can support students?

In case you have missed it, TASC also supports students from Paramedic Science courses from their second year onwards. We are thrilled to be able to offer these students counselling and physiotherapy support as they continue their journey to become part of the ambulance community. To learn more, visit [www.theasc.org.uk](http://www.theasc.org.uk)

### Product of the month Introducing our new underwear range, in partnership with OddBalls



This spring TASC are delighted to bring you a great underwear range from our partnership with OddBalls. We have a variety of products including men's boxers and women's briefs and bralettes in an assortment of sizes, all with our own amazing design.

The range is already proving very popular, so make sure you have a look before they're gone! Visit [www.theasc.org.uk/shop](http://www.theasc.org.uk/shop) to view the full range, and while you are there check out the rest of our products!

## Fundraiser of the month



### Lucas walks over 930,000 steps for TASC

One of our amazing fundraisers in March was 12-year-old Lucas from Lincolnshire. Throughout March Lucas walked 30,000 steps every day to raise vital funds for TASC. Lucas surpassed his £500 target halfway through the month and as of 18<sup>th</sup> of March, he has raised over £1000!

"I am doing this for the ambulance staff as even heroes need looking after from time to time and these heroes need help more than ever at the moment with all they are having to deal with."



The staff at Gainsborough Ambulance Station were so delighted with Lucas' efforts that they decided to join him in full uniform for one of his walks on 20<sup>th</sup> of March, to support him on his way to a total of 930,000 steps!

Support Lucas at:  
[www.justgiving.com/fundraising/lucas-artiss](http://www.justgiving.com/fundraising/lucas-artiss)

## Get involved!

### Fundraising events in April



#### Stardew Valley

Join Claire and 15 of her friends on TWITCH, where they will be building the Stardew Valley landscape on The Sims 4 to raise money for TASC!

The event will take place from the 28<sup>th</sup> of March until the 5<sup>th</sup> of April, so there is plenty of time to tune in at: [www.twitch.tv/ditzyclairey](http://www.twitch.tv/ditzyclairey)



#### Totally Shredded

Join a virtual workout with the instructors from Totally Shredded on the 18<sup>th</sup> April! Totally Shredded specialise in HIT and combat classes to the beat of funky house music, the perfect recipe for an amazing workout! Learn more at: [www.facebook.com/www.totallyshreddedhiit](https://www.facebook.com/www.totallyshreddedhiit)

To see our full range of upcoming fundraising events, visit: [www.theasc.org.uk/fundraising-events](http://www.theasc.org.uk/fundraising-events)

#### The difference you make

### Wayne's story

Wayne got in touch with TASC after he was diagnosed with PTSD and needed specialist therapy. Within a couple of days TASC provided funding for Wayne's treatment and a list of local therapists that could help.

**"My family and I are so grateful to TASC, we can't thank them enough!"**

Wayne, Ambulance Technician, Scotland



### Sign up to become a TASC volunteer

**"I was so grateful to the support TASC offered me that I signed up as a volunteer."**

Cheryl, Non-Emergency Patient Transport Service, Wales

Visit [www.theasc.org.uk/become-a-volunteer](http://www.theasc.org.uk/become-a-volunteer) to learn more.

Ambulance staff have a mentally and physically challenging job, and many need support right now. Supporting TASC with a regular donation means we can be there in their moment of crisis. To sign up to regular giving or make a donation please visit: [www.theasc.org.uk/donate](http://www.theasc.org.uk/donate)

