



## Get ready for a Football Family Fun Day on May 29<sup>th</sup>!

The London Ambulance Service and London Fire Brigade are getting together in an ultimate football match to raise funds for TASC and the Firefighters Charity.

The event is a fun day for the whole family with ice cream vans, burger trucks and a bouncy castle! There will even be an ambulance vehicle and fire engine available for the children. Bring your family and friends and get ready for kick off at 3pm.

Visit [www.theasc.org.uk/fundraising-events](http://www.theasc.org.uk/fundraising-events) to learn about locations, ticket sales and prices.

Support the event on the [Virgin Money Giving page](#).

### Product of the month

Frontline Coffee was founded in 2018 and is a firefighter run and owned company roasting speciality coffee to support frontline charities.

So far, they have raised over £20,000 for charities that support the people of our emergency and health services.

Their First Response coffee directly supports TASC with 100% of profit being donated in support of the ambulance community. Get yours at: [www.theasc.org.uk/shop](http://www.theasc.org.uk/shop)

Frontline Coffee runs a successful 'fuel the frontline' scheme where customers can purchase coffee directly for frontline staff. They frequently send coffee parcels to ambulance stations across the UK and have also recently opened their first coffee shop in Portland and a new mobile catering van called The Coffee Hydrant.

You can follow Frontline Coffee on Facebook [@frontlinecoffeeshop](#) and Instagram [@frontline\\_coffee\\_shop](#).

Frontline Coffee's whole ethos is around supporting frontline staff, volunteers and charities, and they proudly offer 20% off all their products via Bluelight!



### Fundraiser of the month

#### Sheryl's walk for her Dad

Sheryl unexpectedly lost her father Pete in December of 2020. Pete worked for the Derbyshire Ambulance Service for 36 years.

To honour his memory, she has committed to walking 874 miles – the distance of Land's End to John O'Groats – in only six months, in what she calls 'My Walk for Dad'. Sheryl began her journey in January of 2021 and aims to finish in June, on her father's birthday.

Pete's 11-year-old granddaughter is also walking for her granddad every day. The walks have been something for the family to focus on during this difficult time.



*"Dad would be proud I've chosen this charity and I am hopeful that any money I raise will help support TASC".*

After 12 weeks, Sheryl has by far surpassed her £200 fundraising target and has raised over £1,600! Support Sheryl at:

[www.justgiving.com/fundraising/pete-booker](http://www.justgiving.com/fundraising/pete-booker)

## Fundraising highlights



### Catherine's 1,000-mile walk

Catherine has been walking 1,000 miles for TASC to raise funds to support ambulance staff.

*"As a wedding photographer by trade I have had very little work in the last year, so I turned to long walks in the countryside as a wonderful way to spend the unexpected free time I found myself with... I decided that I would really love to put all the miles to good use...I feel so proud to be representing TASC and it's given me a great sense of motivation!"*

Support Catherine at:

[www.justgiving.com/fundraising/Catherine-Fina-Lands-End-John-oGroats](http://www.justgiving.com/fundraising/Catherine-Fina-Lands-End-John-oGroats)

To learn more about fundraising opportunities for TASC, please visit [www.theasc.org.uk/fundraising](http://www.theasc.org.uk/fundraising)



### North East Ambulance's dress down day

North East Ambulance staff were looking for ways to support their emergency operations centre colleagues after a particularly hard time during the COVID-19 pandemic. To boost morale, the staff created 'shift survival' packs for their colleagues, containing a hot drink, snacks and self-care items.

The staff also arranged a 'dress down day' to raise vital funds for TASC:  
*"We wanted to support a charity that we knew provided people like us access to mental health and wellbeing services; and that we knew had helped some of our own through difficult times."*

## Carved By Hand

Johnathon is the creator of Carved By Hand, a wood-carving business selling handmade signs, sculptures and other items. Since the pandemic, Johnathon has kindly carved and donated almost 350 plaques to institutions all across the UK, including TASC.

Visit [www.carvedbyhand.co.uk](http://www.carvedbyhand.co.uk) to view Johnathon's products or to inquire about buying one yourself.



## Sign up to become a TASC volunteer

*"I volunteer because I have seen the devastating effects of colleagues who haven't sought help when they needed it most. Whether it's physical, mental or financial help - TASC is there for all of us, and I'm passionate about promoting that."*

Jenny, TASC Volunteer

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)

