



TASC

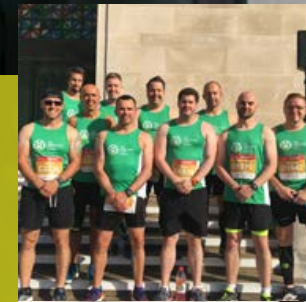
THE AMBULANCE STAFF CHARITY



**Ambulance staff respond
to your emergencies**

Can you respond to theirs?

Image: East Midlands Ambulance Service



WELCOME NOTE

We are TASC, The Ambulance Staff Charity, supporting past and present ambulance staff and their families in their time of need.

Our mission and vision

We want to be the first port of call for ambulance staff and their families who need support... before they reach crisis point.

From physical or psychological rehabilitation to financial grants and welfare support, our services enhance the quality of life for ambulance staff and their families.

We are devoted to helping to improve the lives of those who are there for you in your hour of need.

SUPPORT LINE: 0800 1032 999 support@theasc.org.uk

Fact:

Since our launch in 2015 we have spent more than £300,000 on supporting the ambulance community.

Fact:

The number of support services enquiries made to TASC has increased nearly five-fold since 2015.

HOW WE HELP

PSYCHOLOGICAL REHABILITATION & COUNSELLING, INCLUDING STRESS & PTSD SUPPORT

SUPPORT LINE: 0800 1032 999 support@theasc.org.uk

Some of the things our ambulance staff see and willingly deal with each day are unimaginable to most of us. Television documentaries offer only a glimpse.

That's why we've increased our provision around mental health and well-being to respond to the surge in the number of cases of Post-Traumatic Stress Disorder (PTSD) amongst ambulance men and women.

Our support services aimed at improving mental health and psychological well-being include:

- One-to-one counselling
- Residential psychological well-being support
- Treatment with a local counsellor



To further strengthen our mental health support services we have appointed a new Clinical Advisor, Dr Jennifer Wild, Associate Professor of Experimental Psychology at the University of Oxford and a Consultant Clinical Psychologist.

Fact:

Ambulance staff seeking support for mental health issues has risen from 8% of cases in 2015 to over 80% of cases in 2018.

Fact:

Between 66% and 85% of ambulance workers have been exposed to critical and traumatic incidents at work.

Fact:

Ambulance workers may have among the highest levels of stress and burnout compared to other groups of health professionals and emergency workers, studies suggest.



HOW WE HELP

Physical rehabilitation Regaining independence

TASC can offer support for those recovering from:

- Injury or musculoskeletal damage
- Long-term illness or condition
- Surgery

We also fund places for ambulance staff at rehabilitation facilities working with Police and Fire charities (subject to eligibility).

An unexpected injury or illness can have wide-reaching consequences which affect every area of our lives.

TASC offers support in practical ways, including funding for equipment and rehabilitation programmes, enabling people to regain their independence and access new opportunities.



Image: Welsh Ambulance Services NHS Trust

“ The equipment you funded has improved my quality of life on a daily basis. ”



“YOUR SUPPORT HAS MADE A HUGE DIFFERENCE TO MY QUALITY OF LIFE.”

Andy's story

When Andy Berridge suffered nerve damage in his lower body, it meant a sudden and dramatic change of lifestyle.

After developing peripheral neuropathy, a condition which causes weakness, numbness and pain, Andy was left reliant on a wheelchair and the man who had helped so many patients now needed help of his own.

A new lightweight wheelchair, funded by TASC in 2015, transformed his daily life and also allowed him to try his hand at archery, a sport at which he quickly excelled.

Andy, who worked at Two Shires and Beds and Herts until he had to medically retire in 2002, added: “I was devastated to leave my job. I loved helping people and the role was so interesting because you never knew what the next job would be.

“Medication helps with my condition but I'm still in constant pain. When I have a bow and arrow in my hands I can forget everything and live in the moment.”

Andy recently received a new car, funded though the Mobility Scheme, which is large enough to carry his wheelchair and, importantly, his archery equipment.

TASC has provided funding for some of the optional extras - such as keyless entry and automatic ignition - to make life that little bit easier for him.

Visit our website to learn more about the services we offer:
www.theasc.org.uk

SUPPORT LINE: 0800 1032 999 support@theasc.org.uk



“TASC HAS BEEN
ABSOLUTELY BRILLIANT
AND I AM SO GRATEFUL
FOR ITS HELP.”

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 well-being... 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.

If you need support with your financial wellbeing, contact our Support Services Team on: **0800 1032 999**.

HOW WE HELP

Financial grants

TASC offers confidential financial support and assistance during periods of real difficulty or hardship including help with:

- Essential household bills
- Disability equipment
- Clothing
- Convalescent breaks

Debt advice

Unexpected challenges such as long-term illness or injury can lead to a whirlpool of unmanageable debt.

Our debt advice service can provide budget management advice and debt solutions, in negotiation with the recipient and their creditors. (We are not registered to provide legal or financial advice directly.)

We can also arrange access to free, professional debt management services and will work with you to help you and your creditors find solutions.



“ The financial help I received improved my circumstances greatly. ”

“ I was at a very low point financially in my life – I don't know how I would have coped without TASC's help. ”



HOW WE HELP

Welfare & other support

TASC offers advice and information on a wide range of subjects. We also work with other charities and organisations to maximise funds and support to meet the needs of ambulance staff. (We are not registered to provide legal or financial advice directly.)

Bereavement support

Our support encompasses bereaved families of ambulance staff who have died in service and also those who may have recently left the service owing to terminal illness or when a loved one, who has served in the ambulance service, passes away.

We also host the National Ambulance Memorial Service every two years at the National Memorial Arboretum in Staffordshire, to honour the memory of those no longer with us who served in Ambulance Services – both NHS and independent.

“The more people that know about the great support network that’s out there to assist, especially from TASC, the better.”

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“TASC WERE SO UNDERSTANDING AND HELPFUL.”

Knowing that she could trust TASC as an independent organisation helped Nicole to take the first tentative steps towards recovery.

Nicole had been suffering from long-term stress for some time, caused by both her work and home life.

In February she “very publicly” broke down during a shift and resigned on the spot.

“It can be a stressful job for anyone but this year I found it particularly tough,” Nicole, a former Area Controller in London, said.

“My union rep suggested counselling and explained that TASC is completely independent to any service.”

Nicole said staff at TASC were incredibly understanding and quickly put her in contact with a local counsellor.

“I was surprised at how well the six sessions of counselling helped... and how it continues to help me now,” she added.

“I learnt valuable skills to assist with my mental health and I pass these on to my colleagues and friends.

“The more people that know about the great support network that’s out there to assist, especially from TASC, the better.”

Visit www.theasc.org.uk to learn more about how TASC supports our ambulance community.



HOW YOU CAN GET INVOLVED AND MAKE A DIFFERENCE

We really need your help to support the hundreds of ambulance staff who reach out to us each year in their hour of need.

“ Having run in a few events in the past, running to raise money for TASC seemed like an obvious choice after all the great help and support TASC have given a number of my close friends and work colleagues.

“When I mentioned the idea at work the interest just grew and there were ten of us on the start line. We all had a great time, running along the beautiful coast at the Swansea Half Marathon and we all finished with a smile collecting our finisher medals.”

Paul Seppman, Welsh Ambulance Service NHS Trust

- Make a single or regular donation. You can donate online at: www.theasc.org.uk/donate
- Fundraise – collections, raffles, make us your Charity of the Year
- Take part in a challenge – run, hike, swim... the list is endless
- Donate in memory – make an in memoriam donation at a loved one's funeral
- Donate in celebration – mark a special occasion with a donation to TASC's work
- Payroll giving
- Become a corporate partner
- Play the TASC lottery at: www.theasc.org.uk/lottery
- Leave a gift in your will

Thank You



Fact:
Priory Shopping Centre in Dartford made us its Charity of the Year and to date has raised £1,674.62 for TASC. Even better, the centre is retaining TASC as Charity of the Year for 2019.



Fact:
Paul from Welsh Ambulance Services NHS Trust raised nearly £1,500 after completing the Swansea Half Marathon.



Fact:
Engage with us - We have 1,318 followers and last year our Tweets were viewed 320,011 times with 9,942 engagements.

JOIN OUR VOLUNTEERS

We're always delighted to welcome new volunteers to the TASC team.

Around 150 volunteers signed up in the first 12 months since October 2017 helping to promote TASC and the work we do to support ambulance staff.

We recently launched an online volunteer induction and training programme to allow applicants to complete the process online.

“ In 2017, a close colleague and dear friend of mine hit rock bottom and in desperation contacted TASC. Within a few days they had been offered counselling and financial support. My friend wept at the kindness and compassion given by TASC.

This inspired me to join TASC to help my colleagues in their moments of darkness, to let them know they are not alone and we are stronger together.

Simon, TASC Volunteer ”



The new TASC Peer Support Volunteer role is aimed at volunteers wishing to support colleagues in the ambulance services in their time of need.

During Volunteers' Week, all TASC staff visited ambulance stations around the UK to show our appreciation to those who give up their time to support TASC.

“I WAS SO GRATEFUL TO THE SUPPORT TASC OFFERED ME THAT I SIGNED UP AS A VOLUNTEER.”

Cheryl's story

Ambulance worker Cheryl Bryan is one of TASC's valued volunteers helping to raise money and increase awareness of the charity.

After experiencing long-term stress at work, Cheryl, who had worked in the Non-Emergency Patient Transport Service for 20 years, turned to TASC for help.

TASC supported Cheryl through counselling, helping her gain the confidence and courage to return to work.

“Just being listened to by TASC gave my spirits a huge boost and I have more confidence because TASC believed me.”

To show her appreciation Cheryl signed up to become a volunteer helping to raise funds and increase awareness of the charity among her colleagues.

She explained: “I was so grateful to the support TASC offered me that I signed up as a volunteer to inform my colleagues that there is genuine empathy and help from TASC, regardless of your personal problems or situation.

“I'm doing my best to support TASC by raising funds and making my colleagues aware they can turn to TASC for help. It's my way of giving something back.”

If you are interested in becoming a TASC volunteer, visit www.theasc.org.uk/volunteer.



Image courtesy of West Midlands Ambulance Service



TASC The Ambulance Staff Charity

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General enquiries: 0247 7987 922 / enquiries@theasc.org.uk

Supportline: 0800 1032 999 / support@theasc.org.uk

Fundraising: fundraising@theasc.org.uk

Volunteering: volunteering@theasc.org.uk

www.theasc.org.uk



TASC The Ambulance Staff Charity



TASCharity

Patron: Simon Weston CBE

Registered Charity No. 1163538 / SCO46384



We're immensely proud of the life-changing impact that the work you've helped us fund has had.

More than 450 ambulance staff and their families have been offered vital support in the past year, but demand for our services is continuing to grow.

We are constantly expanding and developing our services to reach more people more effectively so we can offer the right support at the right time.

Our ambition for the coming years is great and we hope that after reading this Impact Report you are inspired to join us and be part of it.

Together, we can – and will – support more ambulance staff and their families in times of need.

Sue Noyes

Sue Noyes
Chair