



## Twin Pine offer free Wills to TASC supporters

We are excited to announce that our partner Twin Pine Mortgages have recently launched their sister company Twin Pine Wills, and they are now offering their will-writing services **for free** to our staff and supporters.



The service includes advice and the writing of both single and mirrored standard Wills, saving you up to £149! You will have the option to print your Will at home for free or to receive it in the post for a small package and posting fee.

**“Many people assume that making a Will is complicated but, at Twin Pine Wills, we believe in making the process of getting a Will as simple and straightforward as we can by providing you with the right advice.”**

There is absolutely no obligation to include a gift to The Ambulance Staff Charity in your will; however, we hope that our supporters will consider this after their loved ones have been provided for. Leaving just £1,000 to TASC could help provide over 18 hours of support for people struggling with their mental health. To learn more about how you can help TASC, visit [www.theasc.org.uk/leave-a-gift-in-your-will/](http://www.theasc.org.uk/leave-a-gift-in-your-will/).

To take advantage of this offer and discuss your Will please book in at [twinpinemortgages.uk/will-meeting](http://twinpinemortgages.uk/will-meeting) using Promotion Code TASC2022. If you'd like to learn more about this service, please visit [www.twinpinewills.co.uk](http://www.twinpinewills.co.uk).

## Product of the month

In light of new Covid-19 restrictions, why not buy a brand-new facemask?

Made of cotton with elasticated ear loops, this facemask provides a comfortable option, even for a long period of time.

In Our Ambulance Hearts are generously donating 50% of every sale of this facemask to TASC.

Visit [www.theasc.org.uk/shop](http://www.theasc.org.uk/shop) to get yours now.



## Fundraisers of the month

### Our Festive Santa Dashers

We want to thank everyone who ran the Santa Dash to raise vital funds for TASC!

We are so grateful for our fantastic fundraisers. Here are some Santa Dash highlights:



## Get involved!

# Snowdon Sunrise Challenge

This coming Spring, join TASC and watch the sunrise over the mountain slopes as you complete a nighttime climb of Mount Snowdon!

A popular summit trek by day-time, Snowdon forms a real challenge by night! For all your adventure seekers this will be an unforgettable experience as you help raise vital funds for TASC.

The event will run on May 21<sup>st</sup> and July 2<sup>nd</sup>. To learn more and sign up please visit [www.theasc.org.uk](http://www.theasc.org.uk).



### The difference you make

## Robert's Story

Robert came to TASC because he was struggling with his mental health which was also starting to affect his physical wellbeing. We arranged for Robert to have sessions with our in-house counsellor and we further funded sessions for him to meet with an external counsellor to help with his PTSD symptoms.

**"TASC's services were second to none and I would 100% recommend them to any of my colleagues."**

Robert, Ambulance Care Assistance, Aylesbury



**"During my darkest moments I didn't think I would survive my problems. TASC provided a chink of white light during a very dark time and gave me hope that I could make my way through it and get back to normal. I know that TASC's support saved my life, they are literally lifesavers."**

Simon, Retired Paramedic

Please visit [www.theasc.org.uk](http://www.theasc.org.uk) to learn more about the services we offer and how we can help.

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)

