



Green Monday

APRIL 8TH 2024

WHY NOT GET INVOLVED...

1

GRAB YOUR TEAM

Everything is better when we stick together. Get your friends, family and colleagues and unite to make a difference.

2

GO GREEN

Show your support for the folks in green by wearing, eating and living your new favourite colour! If you're feeling brave why not dye your hair green to show support?

3

DO SOMETHING EXTREME!

Well, maybe not THAT extreme. But anything you do to show support and raise awareness will make a difference. Whether it's blindfolded bungee jumping or simply giving up caffeine for the day.

**MOST IMPORTANTLY
GIVE JUST £3
AND MAKE
A DIFFERENCE**

FIND OUT MORE AT [THEASC.ORG.UK](https://theasc.org.uk)

Your donations will help us continue to support the wellbeing of our ambulance staff

