

Ways to help us in your workplace

ORGANISE AN EVENT

Help raise funds by organising a fun event. Whether it is the Office Olympics or a Sponsored Walk we can provide information and even your own event website through JustGiving.

Golden Hour Challenges

Doctors all agree the first sixty minutes after an accident is the most important. There is a literally a Golden Hour between life and death.

A range of challenges could be undertaken all of which must be completed within 1 hour. Many of these can be taken from our A-Z of Fundraising Ideas Eg For fitness how far can you walk, run, cycle, or swim, in one hour. For academic challenges it could be anything from a 1 Hour Pub Quiz to The Lunch break Trivial Pursuit Challenge. The opportunities are endless!

Please telephone us with your ideas and we will support you however we can.

ADOPT US AS YOUR CHARITY OF THE YEAR

By adopting us as your charity of the year you will not only raise publicity for your company and our charity but also help towards this life-saving service. Please telephone us to discuss possibilities.

ASK ABOUT GIVE AS YOU EARN

By giving a small amount each month you can be confident that you are helping with the long-term future of this life-saving service.

BOOK A TALK

Why not invite the County Air Ambulance Trust to talk to your company, club, society, or event. County Air Ambulance Trust speakers deliver enjoyable and informative presentations about the regions Air Ambulance Service. Two members of our team are experienced helicopter pilots. They are able to add their own personal experiences to their talks. Talks can be short, or last an hour with time for discussion and questions and answers.

LINK TO OUR PAGE

To help support the County Air Ambulance Trust why not link your emails and web page to us? You will help us bring more people our site giving us more exposure.



Every second, of every minute, of every hour counts.

Please help raise funds for the County Air Ambulance Trust.

www.countyairambulancetrust.co.uk

email: info@countyairambulancetrust.co.uk

Tel: 01922 618058 Fax: 01922 618116

The Independent Charity Registered Charity Number: 1057063





keep our guys out of the skies

It could be someone involved in a bad road traffic accident, a child with severe burns or a construction worker who has fallen off a high building.

Contrast this with often avoidable events that lead to the crews taking to the skies. Didn't see the motorcyclist, fell off a roof, struck by a forklift, and so on.

Almost no-one could guarantee they may not need the services of the Air Ambulance.

Is it time for a gentle reminder that taking that little extra care could save lives and injury?

In these times when unnecessary accidents incur great harm we thought that a message such as Take Care was entirely appropriate.

Whatever the circumstances, the chances of survival for a major trauma patient depends on being attended to as quickly as possible by a specialist paramedic team. When air ambulance crews hurry to the scene they are required to work within strict safety rules, as well as aviation and helicopter safety criteria, there are also emergency medical protocols and all involve critical decisions and fine judgement.

Nowadays there are positive steps we can all take to Take Care. On a positive note more people are taking care in their day to day lives and now actively invest in themselves by developing life skills (such as advanced driving, 1st Aid Courses, or even joining clubs & societies of their pastimes).

Whatever the circumstances, the chances of survival for a major trauma patient still depends entirely on the goodwill of the people and businesses of the Midlands. We receive no money whatsoever from the Government or National Lottery so please support us. Your contribution will make a difference.

We hope you share our wish to "keep our guys out of the skies". If you have any suggestions or ideas please visit our website and let us know.

You may even win a prize.

Thank you for your support

www.countyairambulancetrust.co.uk

email: info@countyairambulancetrust.co.uk

Tel: 01922 618058 Fax: 01922 618116

The Independent Charity Registered Charity Number: 1057063



The County Air Ambulance Trust

DID YOU KNOW?

You may know how important your Air Ambulance service is, you may not know that it is funded entirely by charitable donations without any money at all from the Government or the National Lottery.

Air Paramedics have to deal with approx 40% more stress levels than Road Paramedics

The Golden Hour is the 60 minute period between a serious incident and treatment. Every second of every minute of every hour counts during the Golden Hour. There is often a Golden Hour between life and death.

“Doctors all agree that the first hour after an accident is the most important.

The Midlands Air Ambulances have flown over 30,000 missions.

Since the launch in 1991 with a single helicopter based in Shropshire there are now six helicopters serving our region.

We serve 10 counties in the Midlands regions covering approx 8,000 square miles and represent approx 7.8 million people.

Air Paramedics are normally limited to a four year tour of duty.

If you are critically injured you often have less than 60 minutes to survive.

You might not know it then but 3 days or 2 weeks later something may have happened that is irreparable.

The helicopters are specially adapted for Air Ambulance purposes and each:

- Fly up to 12 hours a day 7 days a week
- Can be airborne within two minutes from receipt of a call
- Can travel at 160 mph
- Can carry two casualties with a crew of three
- Carries full life-support up to date medical equipment,
- Have high main and enclosed tail rotors for a smooth flight and increased safety,
- Complies with all expert recommendations,
- Has twin engines for safety
- Are designed for rapid take off and landing,
- Are highly manoeuvrable with good visibility.

There are plans to fly even longer hours including night flying.

Every second, of every minute, of every hour counts.

Please help us achieve these important aims.

www.countyairambulancetrust.co.uk

email: info@countyairambulancetrust.co.uk

Tel: 01922 618058 Fax: 01922 618116

The Independent Charity Registered Charity Number: 1057063



A - Z of workplace fundraising ideas

- A** Auction Of Promises, Auction of Skills, Auction of Clubcard Points/Airmiles, Office Aerobics.
- B** Bad Hair Day, Bad Taste Day, Bring A Book To Sell Day, Barbecue, Bike Rides, Boot Sale, Bring & Buy Sale, Balloon Race, Breakout, Bed Push.
- C** Car Wash, Christmas Cards, Collection Boxes, Cake Sale, Comedian Hour, Casino Night, Computer Games Knockout, Cookery Sale, Cook Book, Cracker Eating Competition, Chariot Race, Coach Trips.
- D** Dress Down/Fancy Dress Day, Dance Marathon, Dinner Dance, Dragon Boat Race, Darts Match.
- E** Email Ban Day, Equipment Hire,
- F** Foreign Currency Day, Fete, Fancy Dress, Fireworks Party, Football Tournament, Fun Run.
- G** Guess The Baby, Golf Day, Guess The Amounts Of Sweets In A Jar, Go-Carting.
- H** Hill Climbing (3 Peaks Challenge).
- I** It's A Knockout.
- J** Job Swap, Jumble Sale.
- K** Karaoke Night.
- L** Lift Ban, Lunch Party, Lunch Delivery Service, Lottery Bonus Ball Sweepstake.
- M** Male Beauty Contest, Murder Mystery, Mile Of Coins, Mock Game Show.
- N** Nearly New Sale, New Years Resolutions.
- O** Office Olympics, One Day Leave Raffle, Outward Bound.
- P** Penalty Shoot-Out Challenge, Pay-To-Play Challenges, Plastic Duck Race, Paintballing.
- Q** Quizzes, Quit It For Charity.
- R** Raffles, Running Events, Race Events, Rafting.
- S** Slave Auction, Sweepstakes, Swear Box, Silly Games, Swap-Shop, Shades For A Day, Sponsored Silence, Slimming Contest.
- T** Talent Contest, Ten Pin Bowling Challenge, Tombola, Treasure Hunt, Tuck Shop, Tug-Of-War.
- U** Unwanted Christmas Gifts Sale.
- V** Valentines Day.
- W** Who's House Is This Competition, Wacky Races, Walks, Wills and Legacies.
- X** Xmas Party.
- Y** Yoga-thon.
- Z** Zero Tolerance Fines For Annoying Behavior, Zoo Quiz.

Every second, of every minute, of every hour counts.

Please help raise funds for the County Air Ambulance Trust.

www.countyairambulancetrust.co.uk

email: info@countyairambulancetrust.co.uk

Tel: 01922 618058 Fax: 01922 618116

The Independent Charity Registered Charity Number: 1057063

