

30 ways to sign up and support the South Western Ambulance Charity

Sign up for **EasyFundraising**; when you shop online 1000s of brands make donations to our charity

Become a **Microhive** (was called Pennies from Heaven) payroll giver, donating the spare pennies from your monthly pay. On average that's 50p per month.

Take on a **running event** – 5k, 10k, half marathon and marathons are available

Set out on a sponsored **walk** and make the most of the beautiful South West or beyond

Bounce your way through an **inflatable challenge**

Take on an **Outrun an Ambulance** Challenge to 'outrun' the average mileage an ambulance covers in a shift

Sign up to **GoodSAM** to respond to a cardiac arrest that may happen near you

If you're feeling lucky why not buy a **£1 lottery ticket** for one of our local lotteries

Talk to us about becoming a **Community Advocate** that helps others to learn CPR

Become a **Charity Champion**! Help to spread the word about the South Western Ambulance Charity and to encourage others to support us

Leave a gift to the South Western Ambulance Charity in your will. Even 1% would help leave a lasting legacy.

Make a **donation** and add Gift Aid if you can. There are many ways to give.

Recommend us to a club, organisation, event or business as their **Charity Of The Year**

Become a **sponsor** of some of our work, an event, an item or an activity

Hold a **cake sale** or a **bake-off** competition. Who doesn't love cake and fundraising?

Exercise your mental muscles and set up a **quiz** night

Sign up for a **big adventure**, from scaling Snowdon to trekking in Peru, it's up to you

Do you have **green fingers**? You could help to brighten a local ambulance station by volunteering to look after some potted plants.

Learn how to do CPR and how to use a defibrillator to improve your own ability to help if someone has a cardiac arrest. Talk to us about training that is available.

Are you connected to a company who could **donate services** to support staff, volunteers, patients or our charity? From free printing to free will, introduce us!

Get your kids to take on a **999 fundraising** challenge. They will get a certificate!

Volunteer to be a **Defibrillator Guardian** if one is needed in your community or at your office or station. Make sure publicly accessible defibrillators remain rescue ready.

Follow us on Facebook, Instagram and LinkedIn **@swambulancecharity** to look out for information on charity achievements and opportunities to get involved

Share, comment and like our posts on social media to help us spread the word to new audiences. Tag us in your conversations.

Vote online for our Charity to be nominated for a **Movement for Good award** from the Benefact Group

Nominate us as your **Co-op Member Cause**

Enter a **local event** to show your support for our charity and help to spread the word, from community carnivals and festivals, to soap box derby races

Knit, crochet, paint, sew, craft and sell your **creative contributions** to raise funds

Share your pictures, videos and comments on the ways that you have benefitted from support from our Charity

Get in touch to tell us what you need from the South Western Ambulance Charity and how we can do more to **make a difference**