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ways to sign up and support the South Western Ambulance Charity

<p>Sign up for EasyFundraising; when you shop online 1000s of brands make donations to our charity</p>	<p>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.</p>	<p>Take on a running event – 5k, 10k, half marathon and marathons are available</p>	<p>Set out on a sponsored walk and make the most of the beautiful South West or beyond</p>	<p>Bounce your way through an inflatable challenge</p>
<p>Take on an Outrun an Ambulance Challenge to 'outrun' the average mileage an ambulance covers in a shift</p>	<p>Sign up to GoodSAM to respond to a cardiac arrest that may happen near you</p>	<p>If you're feeling lucky why not buy a £1 lottery ticket for one of our local lotteries</p>	<p>Talk to us about becoming a Community Advocate that helps others to learn CPR</p>	<p>Become a Charity Champion! Help to spread the word about the South Western Ambulance Charity and to encourage others to support us</p>
<p>Leave a gift to the South Western Ambulance Charity in your will. Even 1% would help leave a lasting legacy.</p>	<p>Make a donation and add Gift Aid if you can. There are many ways to give.</p>	<p>Recommend us to a club, organisation, event or business as their Charity Of The Year</p>	<p>Become a sponsor of some of our work, an event, an item or an activity</p>	<p>Hold a cake sale or a bake-off competition. Who doesn't love cake and fundraising?</p>
<p>Exercise your mental muscles and set up a quiz night</p>	<p>Sign up for a big adventure, from scaling Snowdon to trekking in Peru, it's up to you</p>	<p>Do you have green fingers? You could help to brighten a local ambulance station by volunteering to look after some potted plants.</p>	<p>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.</p>	<p>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!</p>
<p>Get your kids to take on a 999 fundraising challenge. They will get a certificate!</p>	<p>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.</p>	<p>Follow us on Facebook, Instagram and LinkedIn @swambulancecharity to look out for information on charity achievements and opportunities to get involved</p>	<p>Share, comment and like our posts on social media to help us spread the word to new audiences. Tag us in your conversations.</p>	<p>Vote online for our Charity to be nominated for a Movement for Good award from the Benefact Group</p>
<p>Nominate us as your Co-op Member Cause</p>	<p>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</p>	<p>Knit, crochet, paint, sew, craft and sell your creative contributions to raise funds</p>	<p>Share your pictures, videos and comments on the ways that you have benefitted from support from our Charity</p>	<p>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</p>