

# 30 ways charity funds made a difference

## Supporting staff health and wellbeing

**Outdoor area improvements** at ambulance stations, e.g. installing fencing, creating usable spaces, installing outdoor seating.

**Greening outdoor spaces** at ambulance stations, e.g. pots, plants and hanging baskets.

**Social support** grants for staff groups to help team building, health and wellbeing, e.g. team sports kits, sports event fees, supplies for social gatherings.

**Festive treats** at the end of the year to show appreciation for those staff who are working across the bank holidays at a time when others get together with their families and friends.

**Crew welfare cars** supporting frontline staff waiting at EDs due to handover delays, particularly during and following Covid.

**Tea trolley visits** to provide a wellbeing boost or celebrate the NHS' birthday, e.g. in Emergency Operation Centres.

Supplying frontline staff with **thermal drinks flasks** to keep hydrated on the road.

**Emergency welfare** referrals through the Staying Well Service are supported with small but urgent assistance.

**Alternative therapies** – extending the range of therapy options open to the Staying Well Service to meet the needs of staff.

**Long Covid support** – opportunities for staff to engage in support sessions and programmes to meet longer-term needs.

**Staying Well Service resources** e.g. health information books, fidget cubes, stress balls and other items to share with staff.

**Ambulance station staff requests** e.g. coffee machines, TVs, reclining chairs, decorative pictures and even a skeleton to aid anatomical learning.

**C1 driving license bursaries** – to remove a barrier to entry as an ECA at SWASFT.

Supporting **staff forums** – LGBTQ, Menopause, Neuro-diversity, etc.

**Suicide First Aid Instructor training** – enabling a programme of support to be developed across SWASFT.

Distributing **donated items**, from Easter eggs, to electrical white goods, to Starbucks goodies.

## Supporting communities to be better prepared to respond to a cardiac arrest

The **GoodSAM App** is used to alert trained volunteers to cardiac arrest incidents in their local community so they can provide potentially lifesaving support. Initially it was funded by the Charity as a SWASFT pilot before being adopted by the Trust.

**E-Lifesaver** online training access for non-clinical staff to build their lifesaving CPR and defibrillator skills.

**Clinical Lead for Out of Hospital Cardiac Arrest** – a role initially funded for 2 years before SWASFT took it forward.

**Defibrillators** in schools – a programme to support schools to ensure that the defibrillators they had received were registered on the Circuit and made rescue ready.

**Defibrillators** in targeted communities – a programme to increase the number of publicly available defibrillators in the communities that need them the most, helping to address health inequalities.

Increased the number of **Community Publicly Accessible Defibrillators** available on the outside of ambulance stations.

**CPR training equipment**; e.g. manikins, mats, certificates and training AEDs. Used to support Restart a Heart Day annually and Saving Lives Together work through the year.

Supporting young people to engage with CPR training sessions through the use and provision of **Pillow Partners**.

## Supporting patients by equipping Community First Responder volunteers

11 **Community Response Vehicles** (plus 3 more soon) for volunteer Community First Responders to use to support patients.

50+ **Raizer lifting chairs** to help vulnerable patients who have had a non-injury fall to get up from the floor and avoid long-lays.

**CFR patient observation** enhanced equipment, e.g. pulse oximeters and paediatric probes that improve the ability to assess the needs of patients.

**Enhanced uniform** for volunteer Community First Responders, keeping them smart, warm and dry.

Additional **medical kit bags** to increase the number of volunteers who are able to respond in their local community.

## And ...

Senior **Mental Health Lead** worker funded for the first 2 years as a SWASFT pilot. The Trust has since adopted the role and hugely expanded the team, and resources available to support patients experiencing mental health emergencies.