

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.