St Andrew’s First Aid is Scotland’s only dedicated first aid charity and our mission is to provide everyone in the country with the highest standards in first aid skills, services and volunteering opportunities. We believe that no one should suffer or die because they needed first aid and didn’t get it. That is why our vast network of volunteers work hard right across Scotland to provide the highest standards in first aid whether at events or community projects and because of this we are always in need of funds to ensure a life is saved rather than lost.

In Scotland if someone has a cardiac arrest out with hospital, there is only a one in twenty chance they will survive.

St Andrew’s First Aid wants to turn this shocking statistic around. With your help we can teach more people across Scotland the skills and knowledge to not only help themselves but help others too when they need it most.

Together we can save lives.

FIRST AID FACT:
Did you know the biggest killer of children, post infancy, is accidents?
Freya’s fast response and first aid training meant that she helped save 19 year old, Shaun Hodgson’s life. Shaun was on his way to play football when he started to feel unwell. A PE student, Shaun is a keen sportsman and likes to keep fit and healthy. However, on that day in January, he was struggling to catch his breath and then suddenly collapsed. Shaun had gone into cardiac arrest and without Freya’s help he may not have survived.

Freya’s actions are highly commendable and something which Shaun’s parents are forever thankful for. Shaun’s mum Alison says:

“Freya undoubtedly saved Shaun’s life and ensured oxygen was getting to his brain which meant that after 2 days in a coma Shaun woke to no nerve or brain damage – something which we are extremely grateful for. Freya is an absolute hero in our eyes as she has given us the gift of our son’s future, which without her actions would not have existed.”

Freya’s job as a police officer and the 6 years she spent as an RNLI crew member means that Freya has up to date first aid training however she is keen to emphasise the importance of everyone having first aid skills; not just people who work in the emergency services.

“Having the skills to save someone’s life is invaluable. I don’t understand why everyone doesn’t have first aid training. It doesn’t take much time to learn and it is so practical,” says Freya.

Whilst Freya has plenty of first aid training, she had never actually performed CPR on anyone until that day in 2014.

“Obviously resuscitation Annie is a good pal of mine but until I met Shaun I’d never performed CPR on a real life person before,” says Freya.

When Shaun got out of hospital he paid a visit to Freya to thank her for saving his life. It was an amazing moment for Freya as so often in her job as a police officer she never gets to find out what happens once she has left an incident. Freya was so pleased she got to see Shaun again and hear all about his recovery.

“He just looked so different; he looked healthy and lively and more importantly he was breathing! It was so good to see him,” says Freya.

Shaun brought Freya some flowers and chocolates as a thank you gift and inside a card he wrote;

“Chocolates aren’t enough but I couldn’t afford jewellery!”

Shaun and his family cannot thank Freya enough for the action she took that day; Shaun’s dad David says:

“There truly are not enough or powerful enough words to say what we feel about her actions, and the impact her actions, have made on our lives. How do you say thank you to someone who has saved your son’s life? Without Freya’s actions on that day, one of the two most important people in our lives would have been taken away from us. The only way for us to, in any measure, thank Freya is to help Shaun live his life to the full and to reach his potential.”

FIRST AID FACT:
If you suffer a cardiac arrest out with hospital, there is a 1 in 20 chance you will survive.
WHAT YOUR DONATION MEANS

St Andrew’s First Aid envisions a future when learning first aid is as commonplace as learning how to read and write. Only 5% of people in the UK have first aid training compared to 95% of people in other European countries such as Norway. However providing first aid training and demonstrations of course has a cost.

Charitable donations are absolutely vital to St Andrew’s First Aid as they allow us to continue our lifesaving work and teach more people first aid skills. Any donation you make to us – no matter how big or small - will benefit communities across Scotland and help create a nation of lifesavers who will be there for someone when they need it most.

£10 will provide one Badger or Cadet with a custom made First Aid Youth Manual. The Youth Manual is the first step to providing our young volunteers with the learning tools they desperately need and it accompanies the Junior First Aid course.

£20 will pay for all the essential first aid supplies a volunteer needs when out on duty keeping us safe at events across Scotland.

£50 will provide 5 people in Scotland with vital first aid and CPR skills through our community outreach programme.

£135 will pay for 1 school pupil to be fully trained in first aid which is certified for 3 years.

FIRST AID FACT:

Drowning claims the lives of at least 360,000 people each year. If everyone in Scotland knew how to perform CPR more lives could potentially be saved.
GETTING STARTED

DECIDE WHAT YOU WANT TO DO AND GET PLANNING

SET A DATE FOR YOUR ACTIVITY

SET UP A JUST GIVING PAGE
WWW.JUSTGIVING.CO.UK

SET YOURSELF A FUNDRAISING TARGET

COLLECT ANY OFFLINE SPONSORSHIP
YOU CAN USE THE SPONSOR FORM INCLUDED IN THIS PACK!

FUNDRAISING IN YOUR OFFICE?
ASK ABOUT YOUR COMPANY’S MATCHED GIVING SCHEME

SEND US YOUR MONEY

ADVERTISE YOUR EVENT THROUGH SOCIAL MEDIA

WWW.JUSTGIVING.CO.UK

YOU CAN USE THE SPONSOR FORM INCLUDED IN THIS PACK!

ASK ABOUT YOUR COMPANY’S MATCHED GIVING SCHEME

SEND US YOUR MONEY

Your first call for First Aid
0300 4 666 999
www.firstaid.org.uk

Your first call for First Aid
www.firstaid.org.uk

Your first call for First Aid
0300 4 666 999
www.firstaid.org.uk
Silent Disco
Bust some moves to help raise funds for Scotland’s leading first aid charity.

Make Yourself a Mummy
Grab a loo roll and get creative! See who can turn themselves into the best wrapped mummy in town. Great for kids and an easy way to raise money.

Beards for Bucks
One for the boys! Throw away your razors and embrace the hipster look whilst raising a few bucks for St Andrew’s First Aid.

Vintage Tea Party
More tea Vicar?! Get the girls together and throw a vintage tea party that would make the WI proud. You can even have a best dressed competition or invite local craft producers along to host stalls.

Quiz Night
Channel your inner Egghead and challenge friends, family and colleagues to see who’s a regular Stephen Fry or who is more Joey Essex…

Rumble in the Jumble Sale!
Everyone loves a jumble sale! This old favourite is easy to organise and a great way to recycle unwanted clothes and books. Environmentally friendly and helping to raise money for a good cause, what more could you ask for?

First Aid Fact:
Accidents are the principal cause of premature, preventable death.
Some Fun Ways to Fundraise

Give Up a Guilty Pleasure

If you're a chocoholic or can't face the day without a double espresso then why not give up your guilty pleasure and donate the money you would have spent on treats to St Andrew's First Aid.

Dead Famous Party

Have you always fancied yourself as the next Marilyn Monroe or Elvis Presley? Then why not host your own Dead Famous Party and invite your friends to dress up as their favourite celebrities who have sadly taken their final bow.

Get Swappin

One person’s trash is another person’s treasure. Host your very own swap shop and charge an entry fee. A great way to update your wardrobe and donate money to St Andrew’s First Aid.

Come Dine With Me

Budding chefs can challenge their friends and family to a Come Dine With Me competition. Fundraising with food? Sounds delicious!

Give Up a Guilty Pleasure

If you’re a chocoholic or can’t face the day without a double espresso then why not give up your guilty pleasure and donate the money you would have spent on treats to St Andrew’s First Aid.

Do you shop online?

Did you know that every time you buy something you could be raising money for St Andrew’s First Aid?

That’s right – over 2400 well known retailers including Amazon, M&S, Boden, Waitrose, House of Fraser, Vodafone, Virgin Atlantic and many more, will donate a percentage of what you spend to St Andrew’s First Aid when you shop with them, via fundraising website easyfundraising.org.uk

We also have an A-Z of fundraising if you need some more inspiration. You can find it on our website here: www.firstaid.org.uk/ways-to-fundraise

If you like your fundraising a bit more extreme then check out the Challenge Events page on our website here: www.firstaid.org.uk/challenge-events
Shaun Conway has taken on a huge amount of responsibility as a volunteer with St Andrew’s First Aid. Shaun has been volunteering with St Andrew’s First Aid for over several years and in this role he takes on many tasks to support his team and the wider community.

“I really like the fact that you can give something back to the community when you volunteer with St Andrew’s First Aid. I also like the fact that there is a lot of room for progression within the organisation as well; you don’t need to stay as a Basic First Aider, you can work your way up into different roles, which is really good,” says Shaun.

During his time at St Andrew’s First Aid, Shaun has clocked up an impressive amount of hours as a volunteer; often giving up hundreds of hours of his time a year to the organisation. He was also one of the volunteers representing St Andrew’s First Aid at the Cenotaph Parade in London in 2014 as part of the Remembrance Day services. Shaun enjoys being able to help people and understands the importance first aid has to play not only during public events but in everyday life and likes to encourage people to learn even basic first aid skills.

“First aid is about being the first person there to help someone when they are at their most vulnerable. It is such an important life skill to have,” says Shaun.
SPONSOR FORM

Event: ..................................................................................................................................................

Participant: ...........................................................................................................................................

Address: ................................................................................................................................................

Post Code: .............................................................. Date: ..............................................................

If I have ticked the box headed ‘Gift Aid’ ✔, I confirm that I am a UK Income or Capital Gains taxpayer. I have
read this statement and want the charity named above to reclaim tax on the donation detailed below, given on
the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year
at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that
tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will
reclaim 25p of tax on every £1 that I have given.

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Engage with people on your social media pages. Share photos and videos with everyone you know to promote your event.

Remember to thank everyone who has shared your event, attended your event and donated prizes.

When organising an event, you are responsible for the health and safety of those who are attending or participating in the event.

- Make sure that you are complying with any fire and safety regulations that your venue may have.
- First aid must be provided to employees/volunteers/people involved in the event and you must have first aid provisions available for members of the public who may attend the event. For further information please visit [www.firstaid.org.uk](http://www.firstaid.org.uk)
- Depending of the type of raffle, you may need a licence. Advice is available at [www.gamblingcommission.gov.uk](http://www.gamblingcommission.gov.uk)
- If holding a collection on the street you must get a permission from the local authority for the area you are collecting in. If you are holding a collection in private property, remember to gain permission from the manager or owner. Advice is available at Scottish Government [www.gov.scot/](http://www.gov.scot/)

Please let the Fundraising team know when you will be holding your event so we can support you to achieve your goal. You can call us on 0141 332 4031 and we’ll be happy to help.
SUCCESS!
YOU’VE JUST COMPLETED YOUR EVENT.

Now it’s time to be proud of what you have achieved. Congratulations!

There are 3 ways you can send us your donation...

1. ONLINE
   The best way to collect sponsorship money is to set up an online Just Giving page, that way donations and gift aid will come directly to us.

2. BACS
   Otherwise you can pay by bacs transfer. Call 0141 332 4031 to receive our bank details.

3. POST
   Send your cheques to our Head office in Glasgow. Made payable to “St Andrew’s First Aid”.
   Fundraising Team
   St Andrew’s First Aid
   St Andrew’s House
   48 Milton Street
   Glasgow
   G4 0HR

Thank you!
You are amazing!
Your support will allow St Andrew’s First Aid to continue to provide vital first aid training, services and volunteering opportunities across Scotland.
Together we can save lives
www.firstaid.org.uk

St Andrew’s First Aid
St Andrew’s First Aid is the trading name of St. Andrew’s Ambulance Association, a charity registered in Scotland, No. SC006750 Incorporated by Royal Charter 1899. Patron: HRH The Princess Royal