FUNDRAISING PACK
Together we can save lives
St Andrew’s First Aid has been saving lives since 1882, and is Scotland’s only dedicated first aid charity. 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 the last 5 years we have trained over 100,000 people in a wide range of first aid skills.

In Scotland if someone has an out of hospital cardiac arrest, there is only a one in ten 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 only 5% of people in the UK are first aid trained?
Since March when lockdown was announced, we knew straight away that our volunteers would be needed more than ever.

Collectively they have logged over 3,000 hours volunteering in local communities, helping those who are vulnerable and most in need. This amounted to over 6,000 deliveries of essential items and catering to over 10,000 people across Scotland.

When Scotland first went into lock down, our volunteers quickly identified those in their local communities needing assistance with collecting food shopping and prescriptions.

From mid-May to mid-August, St Andrew’s First Aid volunteers and staff members assisted with Scotland Cares, the national volunteering plan by the Scottish Government for coronavirus. Our volunteers supported the government led partnership to handle calls and by using our Mobile First Aid Post vehicles (MFAPS) supporting communities with deliveries each week.

Moreover, we are also continuing our work with the Scottish Refugee Council (SRC), an independent charity that is dedicated to supporting people in need of refugee protection, to support in the delivering of prescriptions, food and aid parcels. These include baby items for new parents, laptops, mobile phones, toys and craft materials for children to assist play and learning development.

Karene Forrester, St Andrew’s First Aid volunteer, said:

“I have volunteered with St Andrew’s First Aid to support the Scottish Refugee Council throughout lockdown and also worked with Scotland Cares making phone calls to arrange food parcel deliveries, collecting prescriptions and delivering medicines.

Since the start of lockdown I have delivered laptop computers, letters, baby clothes and nursery equipment. We made these deliveries mainly to asylum seekers, sometimes the language barrier was difficult but we are always respectful.

These are completely different duties to what I normally do, for example, first aid cover at football matches and music concerts, and first aid talks and demonstrations. Additionally, I earn my living working as a ward night sister in intensive care and high dependency units.

As St Andrew’s First Aid volunteers, we are in an extremely privileged position to deal with people at their most vulnerable.”
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.

**What your donation means**

- £10 could pay for a first aid Trainer to provide lifesaving skills to a class of 30 children.
- £20 could support our rapid response cycle team so we can reach people who need help quickly.
- £50 could pay for a St Andrew’s First Aid Volunteer to demonstrate vital first aid skills to 450 people in the community.
- £135 could pay for 1 school pupil to be fully trained in first aid which is certified for 3 years.

**FIRST AID FACT:**

Around 3,000 people each year will have resuscitation attempted after a sudden cardiac arrest in the community.
COVID FRIENDLY WAYS TO FUNDRAISE

Please make sure that you are complying with and adhering to all local government guidelines in relation to COVID-19.

7 DAY - 5K CHALLENGE
Don your trainers and take on the 7day-5K challenge! Take a socially distanced Walk, skip or run 5k a day on your tod or with friends and family to raise funds for St Andrew’s First Aid.

CLimb A Munro
Waterproofs at the ready! Take on the challenge of a Munro to raise funds and admire the spectacular and scenic views of Scotland.

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.

Virtual 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…

Fancy Dress Friday
Have you always fancied yourself as the next Marilyn Monroe or Elvis Presley? Then why not host your school or workplace Fancy Dress Friday and dress up as their favourite celebrities, superhero or iconic movie characters.

Give It Up October
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.

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

Festive Hat Day
It’s the most wonderful time of the year, so why not brighten up your workplace and challenge your colleagues to a festive hat off?

Raise It Your Way…
Bake sale, Head Shave, Walk, Run, Cycle, Football, Raffle, Stair Challenge, Garden Fitness Challenge the list goes on……… If you can think of it why not turn it into your fundraiser.

Make A Mask Challenge
Why not get creative and make your own masks that you can give to your friends and family for a suggested donation of your choice.
Please make sure that you are complying with and adhering to all local government guidelines in relation to COVID-19.

St Andrew’s First Aid will not be liable for any injury, damage or loss experienced by supporters or their participants or sponsors as a result of carrying out any of the fundraising ideas suggested in this pack. Please make sure that you follow government guidance in place when carrying out an activity.

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

Depending of the type of raffle, you may need a licence. Advice is available at 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/

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.
First of all, you need to set up your Just Giving or Virgin Money Giving page, this is a quick and easy way for you to raise funds and achieve your target fast.

It’s the roaring 20’s again but this time around social media is everything and we all have it! This is a great way to shout about what you’re doing and share your fundraising page. It’s fast. It’s free. And if you use Twitter, Facebook, Instagram or LinkedIn then you already have an active network of friends, relatives and colleagues who can support your fundraising and even get involved!

Regular updates will help friends, family and colleagues know more about how you’re getting on. But they’ll also give people opportunities to donate and get involved with your fundraiser, and to really understand why you’re supporting the St Andrew’s First Aid.

Because, after all, the more people who get involved, the more fun you’ll have!
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 or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax / or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

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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