

# Ways to help us in your workplace

## ORGANISE AN EVENT

Help raise funds by organising a fun event. Whether it is the Office Olympics or a Sponsored Walk we can provide information and even your own event website through JustGiving.

### Golden Hour Challenges

Doctors all agree the first sixty minutes after an accident is the most important. There is a literally a Golden Hour between life and death.

A range of challenges could be undertaken all of which must be completed within 1 hour. Many of these can be taken from our A-Z of Fundraising Ideas Eg For fitness how far can you walk, run, cycle, or swim, in one hour. For academic challenges it could be anything from a 1 Hour Pub Quiz to The Lunch break Trivial Pursuit Challenge. The opportunities are endless!

Please telephone us with your ideas and we will support you however we can.

## ADOPT US AS YOUR CHARITY OF THE YEAR

By adopting us as your charity of the year you will not only raise publicity for your company and our charity but also help towards this life-saving service. Please telephone us to discuss possibilities.

## ASK ABOUT GIVE AS YOU EARN

By giving a small amount each month you can be confident that you are helping with the long-term future of this life-saving service.

## BOOK A TALK

Why not invite the County Air Ambulance Trust to talk to your company, club, society, or event. County Air Ambulance Trust speakers deliver enjoyable and informative presentations about the regions Air Ambulance Service. Two members of our team are experienced helicopter pilots. They are able to add their own personal experiences to their talks. Talks can be short, or last an hour with time for discussion and questions and answers.

## LINK TO OUR PAGE

To help support the County Air Ambulance Trust why not link your emails and web page to us? You will help us bring more people our site giving us more exposure.



**Every second, of every minute, of every hour counts.**

*Please help raise funds for the County Air Ambulance Trust.*

[www.countyairambulancetrust.co.uk](http://www.countyairambulancetrust.co.uk)

email: [info@countyairambulancetrust.co.uk](mailto:info@countyairambulancetrust.co.uk)

Tel: 01922 618058 Fax: 01922 618116

The Independent Charity Registered Charity Number: 1057063

