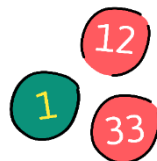




## Play the TASC Lottery!

Play the TASC lottery for a chance to win up to £25,000! Could 2022 be your year?



Each entry costs £1, and for every £1 spent at least 50p comes directly to TASC! You will be allocated your own six-digit Unity Lottery number, and every week a winning number is drawn. The aim is to match your lottery number with the number drawn. Match six digits and win £25,000!

A match occurs if your digits are in the same place in the sequence as they are in the winning number.

By playing our lottery you're helping us continue to support those in need in the ambulance community.

To learn more about entering the TASC lottery, please visit: [www.theasc.org.uk/tasc-lottery](http://www.theasc.org.uk/tasc-lottery)



## Product of the month

This month we're doing a special Valentine's Day promotion!

From 4<sup>th</sup> February until the 15<sup>th</sup> February we're offering FREE postage and packaging when you order any item from our unique Oddballs underwear range!

Our Oddballs range features women's boxers, briefs and bralettes, and men's boxers. Any item would make a perfect Valentine's Day gift for a loved one!

Stocks are limited so order quickly to avoid disappointment. To view our full range and buy your items, please visit [www.theasc.org.uk/shop](http://www.theasc.org.uk/shop).



## Fundraiser of the month

### Stuart's marching up mountains challenge

Stuart is an ambulance worker who obtained a knee injury in 2021 when assisting a patient. As part of his rehabilitation, he has set himself the goal to climb Mount Snowdon to raise funds for TASC!

His friend from the Fire Service is joining him on his journey, which they're planning on completing in March.

**"I have previously used TASC for helping fund treatment for PTSD issues. I wanted to pay back to those who helped me."**



So far, Stuart has raised £90 for TASC which could pay for two support sessions for people struggling with their mental health.

You can help Stuart reach his fundraising target by visiting his JustGiving page [here](#).



## Upcoming events

To learn more about fundraising opportunities for TASC, please visit [www.theasc.org.uk/fundraising-events](http://www.theasc.org.uk/fundraising-events)



### Blue Light Stair Run

The Blue Light Stair Run is a new annual stair climb event at Broadgate Tower for uniformed emergency services personnel including ambulance and air ambulance, firefighters and police.

The participants register in pairs and climb 877 steps (35 floors) in full uniform. The results are based on the 2<sup>nd</sup> person to finish.

The Blue Light Stair Run will take place this autumn and is a great way to raise vital funds for TASC. To learn more and to register for this event, please visit:

[www.britishfirefighterchallenge.co.uk/stair-run](http://www.britishfirefighterchallenge.co.uk/stair-run).

### Snowdon Sunrise Challenge

This coming Spring, join TASC and watch the sunrise over the mountain slopes as you complete a nighttime climb of Mount Snowdon!

A popular summit trek by day-time, Snowdon forms a real challenge by night! For all your adventure seekers this will be an unforgettable experience as you help raise vital funds for TASC.

The event will run on May 21<sup>st</sup> and July 2<sup>nd</sup>. To learn more and sign up please visit:

[www.theasc.org.uk](http://www.theasc.org.uk).

### The difference you make



### Cheryl's Story

Cheryl is one of TASC's valued volunteers, helping to raise money and increase awareness of the charity. After experiencing long-term stress at work, Cheryl turned to TASC for help and we provided her with funding to see a counsellor.

**"I was so grateful for the support TASC offered me that I signed up as a volunteer to inform my colleagues that there is genuine empathy and help from TASC, regardless of your personal problems or situation."**

Cheryl, Non Emergency Patient Transport Service, Wales



**"TASC is so important because they are there for us when we're not ok, whether that's a phone call or additional support after a particularly difficult job. By raising money for TASC, it means I can give back to the family who help people like me every single day."**

Hilary, Clinical Team Educator, South Central Ambulance Service

Ambulance staff have a mentally and physically challenging job, and many need support right now. Supporting TASC with a regular donation means we can be there in their moment of crisis. To sign up to regular giving or make a donation please visit: [www.theasc.org.uk/donate](http://www.theasc.org.uk/donate)

