



Lucas Set to March a Million

13-year-old Lucas Artiss from Lincolnshire is putting on his pedometer and trainers again to raise vital funds TASC. This month, Lucas will begin his March a Million challenge by walking over 32,000 steps every day!



If Lucas achieves his goal, by the end of March he will have walked 391 miles. Last year he set himself the challenge to walk 30,000 steps a day and absolutely smashed his target by racking up over 978K steps and raising over £1,500 for TASC's cause. This year he wants to go bigger.

His current fundraising target is £1,000 which can help TASC provide an extra 22 counselling sessions for ambulance staff struggling with their mental health. Lucas explains:

"Ambulance crews are still working so hard, and I have seen with my own eyes the toll it can take on them. We need to take care of them, so that they can take care of us. That's why I want to raise even more for TASC this year."

To follow Lucas' story and support him [visit his JustGiving page](#).

Product of the month

Need inspiration for Mother's Day? This month we're excited to share two brand-new scented candles, produced by In Our Ambulance Hearts. The Gift Candle is a perfect gift for a loved one, or a special treat for yourself! The Memory Candle can be bought in honour of a fallen colleague.

Both candles are delicately scented with the modern and classy wood sage and sea salt scent. The lid can be engraved for free, with a selection of designs, or with the name of your fallen colleague.

With each purchase, In Our Ambulance Hearts are donating 50% to TASC.

To view the new items, head to our online shop at www.theasc.org.uk/shop.



Fundraiser of the Month

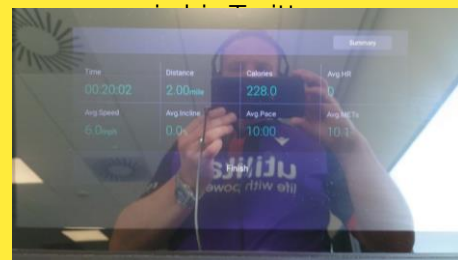
Kris attempts to Beat the Ambulance for TASC

Paramedic and University of West of Scotland Lecturer, Kris McClean has taken on the challenge of 'beating the ambulance' throughout February, to raise funds for TASC. Kris explains:

"I'll be running 44 miles (the mileage clocked up in one shift) or more in February to raise funds for TASC."

"Having suffered from poor mental health in the past arising from the demands of frontline A&E working, it is more important than ever that our NHS heroes have the support if and when they need it"

Kris has kept us up to date on his



Kris has already raised £415 via his JustGiving page and is making great progress with this mileage- which is a fantastic achievement!

To support Kris and his Beat the Ambulance Challenge, [visit his JustGiving page](#).



Upcoming events



Zip Wire Challenge – Velocity 2

Zip into action this July! Be a part of our team of fundraisers that take on the Velocity 2 Zip Wire challenge in Bethesda, North Wales.

Prepare for a truly unique and exhilarating experience: the fastest zip line in the world. Soar over Penrhyn Quarry, where you can travel at speeds of up to and over 100 mph while taking in unbeatable views of Snowdonia!

TASC have secured places on Saturday 23rd July 2022. [Sign up now.](#)

To learn more about fundraising opportunities for TASC, please visit www.theasc.org.uk/fundraising-events



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 21st and July 2nd. [Sign up now.](#)

Stuart is taking on Snowdon this March for TASC!

East of England Ambulance Service Trust, Senior Emergency Medical Technician Stuart Wilkinson, is challenging himself to march up Snowdon this month. Stuart is bravely taking on this challenge following surgery and has set himself this goal to help with his rehabilitation. Stuart explains:

"In early 2021, I tore my meniscus at work when assisting a patient. I set myself the recovery goal post surgery in October that I would climb Mount Snowdon as part of my rehabilitation.

A friend and ex-colleague of mine from the fire service also offered to join me, so no backing out now! I have previously used TASC for helping fund treatment for PTSD issues. I wanted to payback to those who helped me. Please help me raise money to help others"



We wish both Stuart and Ron all the very best for their climb. [Support them on their JustGiving page.](#)

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



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