



St John Ambulance Cymru want everyone to know that with the right information, skills and confidence anyone could help save a life.

Whether you're teaching first aid at school, fundraising to help us train people of all ages in life saving skills, or shouting about the importance of first aid – you're all it takes!

**St John
Ambulance
Cymru**



#BeAllItTakes

So you and your pupils are ready to Be All It Takes?

Thank you for deciding to work with St John Ambulance Cymru to raise awareness with young people about the importance of first aid, and funds which can help us provide lifesaving equipment and training. By getting involved with 'Be All It Takes' you'll be making a real difference:

Your donations could mean more children and young people can be equipped with the skills they need to save a life, through our Badger and Cadet programmes and the free community training we provide in schools across Wales.

You don't have to wear a uniform to save a life, and that's the theme of this campaign. We want your pupils to know that whoever they are, wherever they are and whatever they look like, they could make a difference in an emergency. So please hold a non-uniform day in your school to raise money for us and awareness that they can 'Be All It Takes'.

There are so many ways you can get involved, from your non-uniform day, planning your own fundraising event, running a first aid lesson or getting first aid on the agenda for your staffroom chat!

In this guide you'll find some of our favourite ideas which will be fun-raising for both staff and pupils at your school. We're sure you'll do a fantastic job of supporting St John Ambulance Cymru and teaching your pupils that they are all it takes. If you need any help or support with your fundraising, our dedicated team are on hand to provide help and advice.

Get in touch

You can contact us on:
fundraising@sjacymru.org.uk
or call 029 2044 9626
www.sjacymru.org.uk/beallittakes

Ideas to get you started...

Non-Uniform Day

Anyone can 'Be All It Takes' so we want your pupils to be themselves for the day because **you don't have to wear a uniform to help save a life!** Non-uniform days are something you know well, and pupils love. It's a simple and easy fundraiser which the whole school can get involved in.



Cake Sale

Hold a cake sale to raise money and give it a theme, such as heart-shaped bakes or the colour green. This could be a great project for a group of students. This tasty little fundraiser can be rolled out at any time and as many times as you want. After all, there is no such thing as too much cake!

Staffroom Sweepstake

Use our staffroom sweepstake poster to take guesses on how Cardio Carl likes to keep his heart healthy... with 25 sports and at £2 a guess, this super easy activity could make £25 for charity and a £25 prize for the winner!



Art Auction

Look to your art department for this one... could you give your art students (and staff) the opportunity to showcase their work and raise money for a good cause at the same time? Run a live auction, pop some pieces on eBay or hold an exhibition where the artwork is available to buy. You could split the money raised between the school and St John Ambulance Cymru.

Put on a show

Fashion, talent, game or other, use the skills of your pupils and staff team to put on a show. Sell tickets in advance and refreshments on the night to raise funds, use the school as a venue to keep costs down and invite parents, friends and family along.

Chosen Charity

No time to plan something new? We'd love to be your chosen charity for whatever you've got going on at school. Could you donate a percentage of a ticket price from a school performance? Or include information about the importance of first aid and the work of St John Ambulance Cymru and our volunteers in your school newsletter?

Want to keep it simple?

Try these quick and easy ideas...

- Set up a charity book exchange in your library or staffroom
- Bypass the vending machines and set up a charity tuck shop
- Put a collection tin in a public area for visitors to see or in the canteen for loose change

..make sure you ask your staff team and students if there's anything they'd like to do and how they'd like to get involved!

Teachers Forfeit

Is there a teacher (or two) at your school who will take one for the team? Choose your forfeit; it could be allowing pupils to throw wet sponges at you, sitting in a bath of beans, fancy dress, shaving heads or waxing legs... there's a challenge for everyone. Staff and pupils would enjoy seeing a teacher squirm their way through a forfeit for charity. Pick something that works for your school and decide on if the forfeit becomes sponsored or people donate to take part (e.g £1 to throw a sponge or pour in another can of beans).



Be All It Takes, just like 11-year-old Milly...

Milly was out enjoying a sunny day with her family, in North Wales when something unexpected happened.

Milly's uncle collapsed and was having difficulty breathing. Luckily Milly had received first aid training from St John Ambulance Cymru at her school and knew just what to do.

Milly had learnt how to react when someone becomes unresponsive. She assessed the situation, and realised her uncle was not only unresponsive but was having problems breathing; his tongue was blocking his airway. Milly used her knowledge to open her uncle's airway and put him in the recovery position.

Milly asked her mum, Katy to stay with her uncle while she ran to a nearby house to get help and phone an ambulance. Her actions meant her uncle was able to breathe properly and was safe whilst they waited for the emergency services to arrive.



Katy told us: "I panicked and didn't know what to do. I'm so thankful Milly was there; I am incredibly proud of her actions. I'm extremely grateful Milly's school identify the importance of first aid and to St John Ambulance Cymru for providing my daughter with lifesaving skills and the confidence to use them when it mattered. I hope this experience encourages other schools to follow in the footsteps of hers".

It just goes to show that anyone can 'Be All It Takes' in an emergency and you don't have to wear a uniform to save a life.

Teach your pupils lifesaving skills

St John Ambulance Cymru provide training in schools across Wales, giving children the confidence and knowledge they need to save a life. There are two ways your pupils can learn with us, for free:

1. Our trainers can visit your school to provide First Aid Awareness or Public Access Defib Awareness sessions. We will visit you to provide a 2 hour session for a class of 30 students or we can run a demonstration for a larger group during a school assembly.
2. Join our Young Lifesavers Award Scheme and receive teaching resources and information about first aid and it's place in the curriculum so you can deliver sessions to your pupils yourself. You can register and download materials from: www.sjacymru.org.uk/yls

For more information or to book a course get in touch with our training team

How your money could help

When you fundraise for St John Ambulance Cymru you could help us save lives and teach others to do the same. Here are just some examples of the difference your donations could make:

£5

could reward a Cadet who has volunteered 50 hours of their time

£80

could give a Cadet the skills they need to become a peer trainer, meaning they can teach first aid to other children and young people

£180

could enable St John Ambulance Cymru to give a class of school children free first aid training

£250

could help us recruit and train a new volunteer Youth Leader for one of our groups

£1,000

could provide a local St John Ambulance Cymru division with a lifesaving defibrillator to use in an emergency

£4,000

could enable us to recognise and reward children and young people who have demonstrated exceptional skills and abilities, at our annual Youth Awards

Want extra materials?

Additional materials listed below are available to download at:

www.sjacymru.org.uk/beresources or get in touch if you would like to request printed versions.

- Target thermometer
- Printable bunting
- A-Z of fundraising ideas
- Sponsor form
- Staffroom Sweepstake
- Blank poster template

Are your staff first aid trained?

We have a number of courses that can help your school to be prepared for when an accident or emergency happens, including:

Schools First Aid (5-hour course)

Teachers are often the first on the scene of an accident at school. This course teaches essential first aid skills to anyone who works with children.

First Aid at Work (3-day course)

Make sure you have fully qualified first aiders at school with this HSE recognised course. It provides the practical skills required, and helps build confidence to deal with real life emergencies.

For more information or to book a course visit:
www.sjacymru.org.uk/training

Paying in your money

You can pay your fundraising to St John Ambulance Cymru using any of the methods below...

Whichever way you decide to send in your money please make sure you always include a reference so we can match up your fundraising efforts to you!

Online

Visit: www.sjacymru.org.uk/donate to pay in your money using a credit or debit card.

Set up an online fundraising page with Just Giving: www.justgiving.com/campaign/beallittakes - use this for general fundraising or give the link to people who are taking on sponsored challenges, so they can set up their own fundraising page. It's really simple to do – just follow the on-screen instructions!

Bank transfer

Transfer funds directly to us using the account details below:

Account Name: St John Ambulance Cymru

Sort Code: 20-18-15

Account Number: 13853659

Let us know when you've made the donation this way so we can match your donation to you.

By post

Please send cheques payable to:
'St John Ambulance Cymru'

Addressed to:

St John Ambulance Cymru,
Priory House,
Beignon Close,
Cardiff,
CF24 5PB

By phone

Call our donation line on:
029 2044 9626

eBay

When selling on eBay you can donate straight to St John Ambulance Cymru. When you're listing an item, choose St John Ambulance Cymru as the charity you want to support and the percentage you want to give. Plus, when you sell an 'eBay for Charity' item, you're eligible for a fee credit. eBay's basic selling fees will be credited back to you according to the level of your donation. For example, if you donate 50% of your item's sale price, you'll receive a credit of 50% of your basic selling fees.



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