

## Why do you volunteer for TASC?



Jenny, Yorkshire

*"I have seen the devastating effects of colleagues who haven't sought help when they needed it most. TASC is there for all of us, and I'm passionate about promoting that."*

Nick, Norfolk



*"Supporting a charity that supports me and my peers has to be worthwhile. Thank you for looking after all of us in green."*



Vickie, Hampshire

*"I joined as I didn't know there was this much support for independent ambulance staff. TASC needs to be a well known name in every household and workplace."*

## Join us!

To become a TASC volunteer, please complete our online registration form at: [www.theasc.org.uk/become-a-volunteer](http://www.theasc.org.uk/become-a-volunteer)

## Caring for those who care for us

### Help us continue being there for the people who need us

- Text **AMBULANCE to 70085** to donate £3 (plus a std rate msg.)
- Fundraise for us. More information, including details of our charity spaces at upcoming events, is available at: [www.theasc.org.uk/fundraising](http://www.theasc.org.uk/fundraising)

### Keeping your information safe

We are committed to keeping your information safe and in line with General Data Protection Regulations. For more information about how we manage and keep your data safe, please visit: [www.theasc.org.uk/privacy-and-cookies](http://www.theasc.org.uk/privacy-and-cookies)

### Get in touch

- ☎ 02477 987 922
- @ volunteering@theasc.org.uk
- 🌐 [www.theasc.org.uk](http://www.theasc.org.uk)

### Follow us on social media

- 🐦 @TASCVolunteering
- 📘 TASC The Ambulance Staff Charity
- 🌐 TASC The Ambulance Staff Charity

Registered Charity Number: 1163538 / SC046384



## Make a difference Become a TASC volunteer



# Become a TASC volunteer and help us care for those who care for us



## Volunteers are at the heart of what we do

By donating your time, you will be helping us to reach and support more people in the ambulance community, so that they can be there when they're needed.

Use your skills and experience to help make a real difference to the work we do and maybe even help to improve someone's life!

In return you'll join a team of like-minded volunteers, build your confidence and learn new skills.

## What can I do as a volunteer?

### Champion

Champions are leaders in their region and are the foundation of TASC's volunteer support structure.

Champions are passionate about raising awareness, inspiring others and developing and expanding volunteer groups in their area. Champions may also support TASC staff at events or speak at conferences.

### Peer Support Volunteer

Peer Support Volunteers are ambulance staff who want to support their colleagues' health and wellbeing. Drawing on their own experiences, they offer a listening ear in a safe and confidential environment. If appropriate, they will signpost their colleagues to TASC's services and may also support them through this process.

Specialist training is provided to ensure Peer Support Volunteers have the skills needed to carry out their role. Learn more at: [www.theasc.org.uk/volunteer-workshops](http://www.theasc.org.uk/volunteer-workshops)



## FAQs

### Who can volunteer?

We value diversity and encourage volunteers from all walks of life. Due to the nature of our work, all our volunteers must be at least 18 years old.

If you can't volunteer with us, why not consider fundraising for us instead? Learn more at: [www.theasc.org.uk/fundraising](http://www.theasc.org.uk/fundraising)

### How much time will I have to give?

Our roles are flexible and we're grateful for whatever time you can give.

### What support will I receive?

All volunteers are supported by our dedicated Volunteering Team. Following registration, you will be asked to complete a short online induction which will teach you everything you need to know about being a TASC volunteer.

Once you have completed your induction, you will have access to lots of useful information on our online hub.

### Can I claim expenses?

As a TASC volunteer we will reimburse you for any reasonable out-of-pocket expenses, such as travel costs.