Charity Challenge Badge

Challenge Pack

This Badge has been created in support of the work of London's Air Ambulance. It is designed not only to spread awareness of the vital work they do whilst raising funds to assist them in their continuing work, but to increase knowledge of first aid and accident prevention.
About London’s Air Ambulance

London’s Air Ambulance is a charity that delivers an advanced trauma team to critically injured people in London. They treat an average of five critically injured patients every 24 hours, serving the 10 million people who live, work and travel within the M25. They have provided pre-hospital care since 1989, and helped over 35,000 people.

The London’s Air Ambulance medical team consists of an advanced trauma paramedic and an advanced trauma doctor. They respond either by helicopter or car and can provide the same medical treatment at an incident that you would expect to find in an Emergency Department, operating theatre or intensive care department.

For more information go to: londonsairambulance.co.uk

London’s Air Ambulance is a registered charity.

Registered Charity Number 801013.
What do you need to do?

The challenge is split into 6 sections

The Golden Hour
Helicopters
Accident Prevention
First Aid
London
Fundraising

Participants aged 5-6 need to complete 1 challenge from each section.
Participants aged 7-10 need to complete at least 8 challenges which must include 1 from each section.
Participants aged 11-14 need to complete at least 10 challenges which must include 1 from each section.
Participants aged 15 and over need to complete at least 12 challenges which must include 1 from each section.

Please pick challenges that are age/ability appropriate.

In the Challenge Badge Resources Pack you will find some materials that you may find useful.

You could also look at London’s Air Ambulance Schools’ fundraising page for more ideas and a downloadable poster, sponsorship form and fundraising totaliser.

londonsairambualnce.co.uk/schools
The Golden Hour

The golden hour refers to the hour immediately following a serious injury. This period is critical in determining not only survival but quality of life following recovery. Even in an urban environment like London, the average trauma patient will spend most of the golden hour outside the hospital.

Suggested Activities

See how many things you can do to help different people in an hour.

Give an hour of your time to make a difference to someone or a group in your area. This could be something like, some gardening for an elderly neighbour, litter picking in your local park, or providing entertainment in a residential home or hospice.

See how far you can travel across London in an hour. This could be done in teams.

Spend an hour on the underground network and see how many stations you can visit. Take a picture at each station.

Spend an hour of “Me time”
Spend an hour doing something for yourself to stimulate your mind and body and therefore raise your spirits. You cannot use the television or a computer at all during the hour.

Spend an hour learning a new skill or activity that you could use to help or benefit someone else. Maybe you could learn sign language or ways of communicating with someone who cannot speak.
Helicopters

The helicopter has to be operated by a Pilot and Co-Pilot. The Co-Pilot’s role is to be a navigator and to communicate with air traffic control, whilst looking out for wires, high buildings and to identify appropriate landing sites. Landing sites often include box junctions, multi storey car parks and landmarks including Trafalgar Square and Piccadilly Circus.

Suggested Activities

Use the picture of London’s Air ambulance to label some parts of a helicopter.

Make a paper helicopter and see how many times in a row you can drop it into a target on the ground.

Act as a Co-Pilot and see if you can navigate someone who is blindfolded around an obstacle course.

When spelling something or giving a map reference to Air Traffic Control the Co-Pilot will use the phonetic alphabet. Learn the phonetic alphabet and be able to use it to spell your address and postcode.

Draw / Colour a picture of London’s Air Ambulance

Visit a Helipad or heliport.

Fly a helicopter; this could be a remote control helicopter, in a simulator or computer game, or even London’s Air Ambulance HELIMED App which is free to download from the App Store and Google Play.

Make a mobile with an air ambulance in the centre and hang pictures of some of London’s iconic landmarks and some clouds around it to represent London’s Air Ambulance flying through the sky around London.

Read or write a story about a helicopter that helps people, some examples of these could include Harold the Helicopter the Coastguard helicopter from the Thomas the Tank Engine series, Hector the helicopter or Budgie the little helicopter.

Helicopters are used in a number of emergency and rescue roles. Find out about ways, other than as an air ambulance, helicopters are used in emergencies and rescues.
Accident Prevention

The helicopter used by London’s Air Ambulance has been chosen for its safety features, which include no tail rotor which is important in urban environments.

Suggested Activities

Many accidents happen in the home – choose one room in your home or meeting place such as a kitchen and see if there are any changes you can make to make it safer.

Cycle Helmets are important to protect your skull and brain if you fall off your bike; as if your brain is damaged it often cannot be fully repaired and will be permanent. Give each person/team a hardboiled egg; explain the shell represents the skull and the egg the brain.

Challenge each group/person to make a helmet for their egg using different items and seeing how much protection it offers by dropping different things onto it.

Working either in groups or individually devise an activity such as a song, rap or game that you could use to teach people younger than yourselves about Road Safety.

Design a poster/ TV advert to warn people of the dangers of knife or gun crimes.

Did you know if you fail to wear a seatbelt in the front or back of a vehicle you are not only breaking the law but you’re twice as likely to die if your vehicle crashes and you are not wearing a seatbelt.

Take part in an age appropriate activity to encourage people to wear a seatbelt. This could be something like designing a patterned seat belt you would like to wear or learning the seatbelt song in this pack.

See also think.direct.gov.uk/seat-belts.html for some more ideas.

Complete a badge or award involving accident prevention and/or learning to be safe. This could be something like, Safety in the Home, Water Safety, or Personal Safety.
First Aid

London’s Air Ambulance is constantly striving to deliver world class care and its systems and training have been emulated worldwide. They were the first team in the world to deliver pre-hospital open heart surgery successfully and the first air ambulance in the UK to routinely carry blood for pre-hospital transfusion. By learning first aid you may be able to help someone before the ambulance arrives.

Suggested Activities

Make a poster to teach others a basic first aid technique such as how to treat a burn or what to do if someone has a nose bleed.

Using defibrillators when someone is in Cardiac Arrest can increase their chance of survival. Learn what a defibrillator does. Learn what the recognised sign for a defibrillator is. Take a trip around your local area and see how many you can find. Have a look at londonambulance.nhs.uk/calling_999/emergency_heart_care/cardiac_arrest/defibrillator_accreditation.aspx for details of the London Ambulance Service’s Campaign to get 1000 extra defibrillators in shops, businesses and gyms across London.

Earn a First Aid badge or certificate.

Make some fake wounds, and know how you would treat them if they were real.

Speak to someone who regularly gives first aid/pre-hospital medical care to other people; find out about some of the difficulties they face and what they enjoy about their role. Maybe someone from London’s Air Ambulance, the London Ambulance Service, British Red Cross or St Johns Ambulance could visit your group.

Know how and when to call an ambulance.

Make a stretcher out of items such as straws, stick, wool and paper. Use it to carry a soft toy over an obstacle course without it falling off. The Stretcher must be carried by at least 2 people.

Play a London’s Air Ambulance pairs game from this pack and then look at the equipment you have in your groups first aid kit and see if you know what each item is for.
London

The team goes to all 33 boroughs across London. In the helicopter the team can be anywhere within the M25 within 12 minutes.

Suggested Activities

Complete or design a word search or crossword that includes all 33 of the London Boroughs.

Look at the A-Z for your area and see how many spaces the helicopter could land in. The spaces need to be 80ft square or as big as a tennis court.

Spend a day in London and use at least five different methods of transport.

Learn at least five facts that you did not already know about London’s history.

Visit a London museum or tourist attraction/site you have never been to before.

Try a Monopoly challenge - see how many places from the traditional Monopoly board you can visit in a day.

Complete a London challenge of your choice; this could be something like a Monopoly Challenge, London Bridges Walk or Girlguiding LaSER London Challenge.

Make a mobile with London’s Air Ambulance hanging in the centre and well known London landmarks hanging around it.
Fundraising

London’s Air Ambulance is a charity and needs your help to continue to save lives in London, by performing medical procedures at the scene of the incident which are normally only found in a hospital. Help London’s Air Ambulance to save more lives by raising funds.

Suggested Activities

Take part in a fundraising event for London’s Air Ambulance.

There are lots of ways you can do this. You could organise something yourselves individually or as a group, or take part in one of the events organised by London’s Air Ambulance.

You will find some ideas, hints and tips at:

londonsairambulance.co.uk/our-events/fundraising-ideas

If you choose to do a sponsored event you will be able to order:

- sponsorship forms and posters from:
  info@londonsairambulance.co.uk

If your request is urgent please contact Christine Margetts, our Community Development Manager on

c.margetts@londonsairambulance.co.uk
THANK YOU

Thank you for taking part in this Challenge and for supporting London’s Air Ambulance. Once you have completed the challenge and collected all the money raised. Please return any sponsor forms and any Gift Aid information along with the money collected by cheque made payable to London’s Air Ambulance.

Please send to:

Christine Margeffts
Community Development Manager
London’s Air Ambulance
5th Floor, 77 Mansell Street
London
E1 8AN

If paying by cheque is a problem please contact Christine Margetts on 020 3023 3311 to pay by debit/credit card and advise this is Challenge Badge fundraising.

London’s air ambulance would like to keep people informed of their work and events. If you or the parents of your participants would like to be kept updated by email please include a list of email addresses with your donation.

Maybe you or some of your group would like to continue to support London’s Air Ambulance; if you would like ideas of other ways to support this life saving charity please visit londonsairambulance.co.uk/support-us.

Or

Maybe you are looking for opportunities to partake in a voluntary activity as community service for an award such as Queens Scout, Queens Guide or the Duke of Edinburgh Award, more information can be found at londonsairambulance.co.uk/support-us/volunteer-for-us

We would love to hear what you thought of this challenge pack, please email us your comments and pictures of your group taking part to info@londonsirambulance.co.uk with Challenge Badge as the subject.
Badge Order Form

Name of Unit/Group: ________________________________________________

Unit/Group Contact Name: __________________________________________

Address: __________________________________________________________

_________________________________________________________________

Postcode: ____________________________________________________________

Contact Number: ____________________________________________________

Email: __________________________________________________________________

Cost: includes badges (£1 each), postage and packing (p&p) and certificate

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Please make cheques payable to: London’s Air Ambulance.

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Send order forms with payment to: Christine Margetts, Charity Challenge Badge, London’s Air Ambulance, 5th Floor, 77 Mansell Street, London, E1 8AN

Please send separate payment for your badge order and your fundraising.

THANK YOU!