



London's  
Air Ambulance  
Charity

# Charity Challenge Badge Challenge Pack

This Badge has been created in support of the work of London's Air Ambulance Charity. 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 amongst young people.



## About London's Air Ambulance Charity

Every second of every day, London's Air Ambulance Charity is ready to deliver rapid response and cutting-edge medical care to save lives in the city.

Critical injury from road traffic accidents, falls from height, assaults and other accidents is the biggest killer of people aged under 40.

We bring the hospital emergency department to the scene, delivering life-saving treatment to the 10 million people who live and work in London.

We treat an average of five critically injured patients every 24 hours. We have provided pre-hospital care since 1989 and treated over 40,000 patients.

For more information see: [www.londonsairambulance.org.uk](http://www.londonsairambulance.org.uk)

London's Air Ambulance Charity is a registered charity

Registered Charity Number 801013

London's Air Ambulance Charity has made every attempt to ensure the accuracy and reliability of the information provided in this guide. However, the information is provided "as is" without warranty of any kind. London's Air Ambulance Charity does not accept any responsibility or liability for the accuracy, content, completeness, legality, or reliability of the information contained in this guide. It is the responsibility of the groups and organisations participating in this challenge to ensure health and safety when the activities in this guide are carried out.

## 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 choose challenges that are age/ability appropriate.

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

Our schools' fundraising page has more ideas and downloadable resources: [www.londonsairambulance.org.uk/schools](http://www.londonsairambulance.org.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 is 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 and colour a picture of London's Air Ambulance
- 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.
- 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 injured it often cannot be fully repaired and the damage may be permanent. Give each person/team a hardboiled egg and explain that 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 see 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.
- 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? 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 the Charity Challenge Resource pack. See also [www.think.gov.uk](http://www.think.gov.uk) 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 nosebleed.
- 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. The British Heart Foundation website has information about defibrillators:  
<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators>
- 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 John's 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 the London's Air Ambulance pairs game from the Charity Challenge Resource 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 11 minutes. The average flying time is around 7 minutes.**

### Suggested Activities

- Complete or design a word search or crossword that includes all 33 of the London Boroughs.
- Look at the A-Z map for your area and see how many spaces the helicopter could land in. The spaces need to be 25m square or as big as a tennis court. Look at this [interview with one of our pilots](#) to understand the challenges they face when landing in London.
- 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 Charity needs the help of fundraisers across London to continue to save lives by performing medical procedures at the scene of the incident which are normally only found in a hospital. Help us to save more lives by raising funds.**

### Suggested Activities

- Take part in a fundraising event for London's Air Ambulance Charity.
  - 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 Charity.
- You will find some ideas, hints and tips at:  
[www.londonsairambulance.org.uk/get-involved/fundraising](http://www.londonsairambulance.org.uk/get-involved/fundraising)
- If you choose to do a sponsored event you will be able to request sponsorship forms and posters from:  
[community@londonsirambulance.co.uk](mailto:community@londonsirambulance.co.uk)

## THANK YOU

Thank you for taking part in this Challenge and for supporting London's Air Ambulance Charity. 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 Charity.

Please send to:

**Community Team**

**London's Air Ambulance Charity**

**5th Floor**

**77 Mansell Street**

**London**

**E1 8AN**

If you'd prefer to pay in funds raised by debit/credit card, please contact our Supporter Care Team on 020 3023 3319 and advise this is Challenge Badge fundraising.

Maybe you or some of your group would like to continue to support London's Air Ambulance Charity; if you would like ideas of other ways to support this life saving charity please visit [www.londonsairambulance.org.uk/get-involved/](http://www.londonsairambulance.org.uk/get-involved/)

If you are 18 years old and are looking for voluntary opportunities as community service for an award such as Queen's Scout, Queen's Guide or the Duke of Edinburgh's Award, more information can be found at [www.londonsairambulance.org.uk/get-involved/volunteering](http://www.londonsairambulance.org.uk/get-involved/volunteering)

We'd love to hear about your Challenge activities, please share your photos with us by email to [community@londonsairambulance.org.uk](mailto:community@londonsairambulance.org.uk) or on social media.

Twitter [www.twitter.com/LDNairamb](http://www.twitter.com/LDNairamb)

Facebook <https://www.facebook.com/LDNairamb>

Instagram <https://www.instagram.com/ldnairamb>



### Challenge Badge Order Form

Name of Unit/Group	
Unit/Group Contact Name	
Address	
Postcode	
Contact Number	
Email	

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

Number of badges	Cost	Your order (tick)
10	£11.00	
20	£21.25	
30	£31.50	
40	£42.00	

Please make cheques payable to: London's Air Ambulance Charity.

If you'd prefer to pay by debit/credit card, please contact our Supporter Care Team on 020 3023 3319 and advise this is a Challenge Badge order.

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

Or by email to [community@londonsairambulance.org.uk](mailto:community@londonsairambulance.org.uk)

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

**THANK YOU!**

## Keeping in touch

We'd love to stay in touch with you to keep you up-to-date with our latest news and fundraising and show how your support is saving lives.

We might send you updates by post. If you'd rather we didn't or would like to change the way we communicate with you at any time contact us on 020 3023 3319, emailing [supportercare@londonsairambulance.org.uk](mailto:supportercare@londonsairambulance.org.uk) or by writing to us at London's Air Ambulance, Charity, 5th Floor, 77 Mansell Street, London, E1 8AN.

And don't worry – although London's Air Ambulance Charity and London's Air Ambulance Trading Limited will use your details, we will never pass them on to third parties for marketing. Visit [www.londonsairambulance.org.uk/privacy](http://www.londonsairambulance.org.uk/privacy) for more details.

Please let us know how you would like us to share with you how your support is helping (tick all that apply):

- Email
- SMS
- Phone

Visit [www.londonsairambulance.org.uk](http://www.londonsairambulance.org.uk) for more information

