

# Give Us Five

to help save lives



## Fundraise to Give Us Five

It is easy to get involved – just sign up online and begin planning your **Give Us Five** fundraising activity.

You can do whatever you would like to raise money – all we ask is that you stay safe and have fun.

Use our 5 theme to set yourself a personal challenge or involve your friends, family or colleagues. A life-saving mission costs approximately £2,000 so every pound does help.

## Fundraising not your thing?

Don't worry, here are five other ways to **Give Us Five**:

1. Sign up online to donate **£5** a month
2. Volunteer **5 hours** of your time
3. Share **5** SCAA social media posts
4. Tell **5** friends about the life-saving work of SCAA
5. Give a **£5** donation, text SCAA05 £5 to 70070

#GiveUsFive

[scaa.org.uk/support-us/giveusfive](http://scaa.org.uk/support-us/giveusfive)

## WHY GIVE US FIVE?

Scotland's Charity Air Ambulance (SCAA), has now been saving and improving lives for five years, thanks to people like you.

We have responded to over 1,700 emergency call outs, covering the length and breadth of Scotland.

As a charity, we need to raise £2million a year to keep flying.

So, during our 5th anniversary year, we are asking individuals, companies and groups to Give Us Five to help us raise awareness and funds for our life-saving charity.

Our crew are there for you 12 hours a day, 365 days – be there for them today by committing to Give Us Five.

Get involved and help SCAA fly in to the future—every person you tell, post you share or pound you donate makes a difference.

# Fundraising ideas



## 1. Go Without

Stop doing one of your favourite things for 5 hours, 5 days, 5 weeks or 5 months and get sponsored.



## 2. Get Active

Whether you are doing your first 5km run or tackling 5 Munros set yourself a sporting challenge that your friends will be impressed by and raise sponsorship.

## 3. Get Social

Gather a team to organise a fundraising event – '5 specialist subjects' quiz night, 5 Gins tasting night, 5 hour zumbathon, etc.



## 4. Get Entrepreneurial

Start with £5 and using your entrepreneurial spirit see how much you can make it raise to help SCAA fly into the future.



## 5. Go for the chop!

Always wanted to get an extreme haircut? – here's your life-saving reason to go for it. Get sponsored to transform your look or for the less brave make a small change to your style (get a fringe cut in for example) and donate a fiver **TEXT SCAA05 £5 to 70070** to donate. Don't forget to send us a before and after photo #giveusfive.

[#GiveUsFive](https://www.giveusfive.com)

[scaa.org.uk/support-us/giveusfive](https://scaa.org.uk/support-us/giveusfive)

# Fundraising in aid of Scotland's Charity Air Ambulance



## WHAT?

## WHERE & WHEN?

#GiveUsFive

[scaa.org.uk/support-us/giveusfive](https://scaa.org.uk/support-us/giveusfive)

Charity Number: SC041845

