



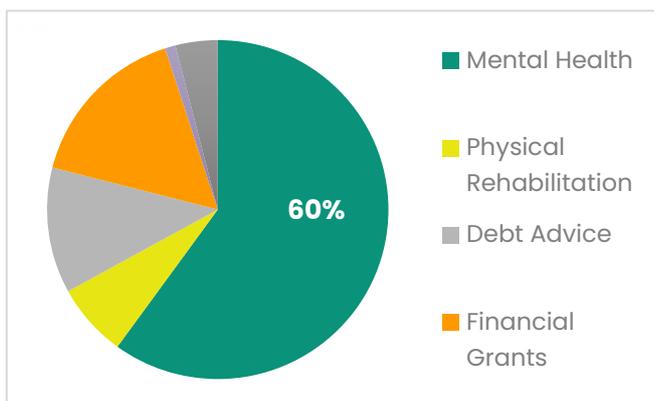
THE AMBULANCE STAFF CHARITY BRIEFING

WHAT GMB MEMBERS NEED TO KNOW

TASC evolved from the Ambulance Service Benevolent Fund, and supports ambulance staff past and present, and their families, in time of need.

They work with individual ambulance workers, their families, commission sector research, issue guidance, advice and support to the sector and interested parties, and run the National Ambulance Memorial Service.

They provide a range of **independent and confidential support services** for individuals (**Mental Health Support** was the highest demanded in 2019-20):



They delivered 621 Interventions – a **56% rise** on previous year, a **42% Increase** in people receiving mental health support. **322 Hours** of **physical rehabilitation** were provided. 1 in 3 Volunteers received Peer Support Training.

TASC need your support and involvement to promote continue and expand the work they do! You can **donate**, or get involved in **fundraising activities**. Follow them on **Facebook** and consider running a **birthday fundraiser**, or doing a **sponsored run, walk, or other activity**. You can also become a **peer support volunteer**, which comes with training and support.

They are able to support ambulance service staff to access a range of therapy, potentially quicker than they might be able to through their GP – the wait for specialist PTSD therapy like **EMDR (Eye Movement Desensitisation Therapy)** in the NHS can be up to/more than 6-12 months.

Manager Occupational Health referrals and assessments and subsequent treatment can also take time and may vary between providers. It may also require an Equalities Act Disclosure; the stigma around mental health can mean some members may feel more comfortable accessing these services independently of their employer.

TASC & GMB have signed a **Memorandum of Understanding**, meaning that we will work closely together to help promote and support each other's work, to improve the working lives of our members in ambulance staff – **not a member? JOIN TODAY!**