



**Air Ambulance**  
Kent Surrey Sussex



# FUNDRAISING & WELL-BEING IDEAS OF THE MONTH **MAY**

SHARE YOUR  
FUNDRAISING ACTIVITY  
WITH US



@airambulancekss

Here's a selection of our favourite ideas on how to have fun this May and look after your well-being.

## Star Wars Day

-4th May

Dress up as your favourite Star Wars character and let the force be with you. Dress up all day and ask people to donate. (Tip: Facebook Donate works really well for dress-up days).



## 75th Anniversary of VE Day

-8th May

Dress for the occasion and wear red, white or blue. Host a VE Day themed quiz or a 'best dressed' competition and ask for a donation for teams/individuals to take part.



## National Bike to Work Day

-15th May

For those of you with a commute to work, why not challenge yourself to cycle to work every day in May? Working from home? You could cycle around the block before you start work each day and ask friends, family and colleagues to sponsor you.\*



## Virtual FA Cup Final

-23rd May

To soften the disappointment, why not create your very own FIFA tournament? Ask people to pay to enter- provide the winner with a cash prize (plus bragging rights) and donate the rest. If gaming isn't for you, you could simply support us by donating what you would've spent on beers watching the game!



## National Walking Month

With so many of us now working from home, why not spend the month taking on walks and clocking up miles, that would be your usual daily commute. With the savings you'll be making on petrol, why not donate the amount you would normally spend to help buy aviation fuel to keep us flying high?



If you would like to speak to our fundraising team or need support please call 01634 471900 or email [hello@aakss.org.uk](mailto:hello@aakss.org.uk) \*Please note that any activities listed above must be done so in line with government guidelines.