East Anglian Air Ambulance



CHALLENGE BADGE

Version 2.0

This pack belongs to:

Together we save lives

eaaa.org.uk | 03450 669 999



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BECOME A LIFESAVER WITH THE EAST ANGLIAN AIR AMBULANCE CHALLENGE BADGE!

Welcome to the East Anglian Air Ambulance Challenge Badge where you can learn lifesaving skills and be part of our awesome Challenge Badge community. Since we launched the Challenge Badge in 2023, over 9,000 young people have taken part and have enjoyed learning new skills to earn their badges – whether you're new to the Challenge Badge or returning to earn a second badge, we're thrilled you're here!

Why?

Whatever our age, we all have our part to play in accident prevention and understanding how to help others in a medical emergency. If somebody has a cardiac arrest, our crews can get to the scene quickly, but not as quickly as people already there - so if you know how to perform CPR and how to use a defibrillator you could become somebody's lifesaver, and that's a pretty cool thing to do.

How?

There are lots of fun, thought-provoking and creative activities to get involved with. Our exciting Challenge Badge tasks will not only help you learn more about first aid and accident prevention but, as you work your way through your pack, you will understand more about what we do, how you can make a difference, our crew, helicopter and cars and how our supporters fuel everything we do. Plus, you will get to have plenty of FUN with fundraising and understand how this really does save lives.

Getting started

You've secured your Challenge Badge pack, so you're ready for lift-off!

To successfully complete the Challenge Badge, you must take part in at least three tasks in each section. Your CPR training session (section 2) is mandatory and will be provided by us. Be sure to tick off the tasks and track your progress, make notes too (if you wish) but, most importantly, learn lots and have fun!

Good luck and thank you for being a lifesaver!



ABOUT US

We are East Anglian Air Ambulance. A charity providing lifesaving critical care every day of the year, across Bedfordshire, Cambridgeshire, Norfolk and Suffolk. Whether by air or road, we're there for the most seriously ill and injured, when every second counts. Probably on the worst day of their lives. From blood transfusions and pain relief to anaesthesia and emergency surgery we give patients the best possible chance of survival and recovery.

And this is a really exciting time to be involved because, by taking part in the Challenge Badge, you can help us build a new home. Yes, really! Cambridge Airport – home to our Anglia Two crew – will be closing, so we've launched our biggest ever fundraising appeal to relocate, build a new base and protect the future of lifesaving care in our region. It's no mean feat but, with you by our side, we can do it!

You can find out more at **eaaa.org.uk/base**



SECTION ONE: OPERATIONALLY SPEAKING

Top facts!

We operate two helicopters: G-RESU and G-HEMC from our bases in Norwich and Cambridge.

Each aircraft can carry two pilots, up to three clinicians and one patient.

You can track both helicopters on an app called Flight Radar – check it out and see where we're flying!

Notes:

Signed and verified:

Date completed:

1

Hello heli!

Make or draw a model of a helicopter, include anything you think it might need for the future.

2

Critical care cars

Learn why we need critical care cars. Create a game to race our cars against different emergency vehicles to the finish line.

3

Tools for the job

Design a piece of medical equipment to help patients. Explain how it will help somebody.

4

High flyers

Research different roles within a charity. Write a job description for one of them.

5

Base line

Find out about our bases and what happens at them. Discuss base locations and why two bases are important.

6

TEAAAm work

Explore the roles that make up our crew. Present on which one you'd like to do and why.

1

Chain of survival

Attend one of our CPR training sessions (mandatory). If you've already completed one, this will be a refresher.

2

First response

In pairs think about the questions a 999 call-handler would ask. Take it in turns to be the caller and handler.

3

Is there a doctor in the house?

Create an infographic of the different ways our crews are called to help people.

4

Help is coming

Learn about What3Words and the role it can play in an emergency.

5

Community aid

Draw a map to show where your local defibrillators are located. What extra equipment are stored with them?

6

Safety act

Learn what a moulage is and create your own to practice your first aid and CPR skills.



SECTION TWO: SAFETY FIRST

Top facts!

A heart attack and cardiac arrest both affect the heart but they are not the same thing.

We aim to train 30,000 people annually in CPR and AED use. That's 30,000 extra lifesavers every year!

AED stands for Automated External Defibrillator.

Notes:

Signed and verified:

Date completed:

SECTION THREE: LOCALLY LOCATED

Top facts!

We cover four core counties – Bedfordshire, Cambridgeshire, Norfolk and Suffolk.

We partner with the ambulance service at the region's most serious incidents.

We cover an area of over 5,000 square miles.

Notes:

Signed and verified:

Date completed:



1

Taskings

Create an infographic to show the types of incidents we are called to and where.

2

What if...

Find out what you should do if you see one of our helicopters land.

3

Hospitals

Create a map of our region's hospitals and specialisms. Are there any near you?

4

Different landing areas

Discuss the different landscapes our helicopters may need to land and the considerations for the crew.

5

History

Create a timeline of local key events and compare these with our history since we launched in 2000.

6

Local food favourites

Write an East Anglian Air Ambulance version of your favourite food recipe - like a helicopter crab cake!

1

Emergency services

Learn how the different emergency services work together.

2

Spreading the word

Write a news story about our work and how people can help.

3

Evolution

In small groups, design a new piece of technology or equipment to improve our service.

4

Gift of time

Learn about volunteering. Supported by your leader, take part in a volunteering activity for East Anglian Air Ambulance. Follow the correct laws.

5

Helping hands

Learn about the ways people support charities and their work.

6

At our heart

Learn about the patients we attend and the services we offer to help them recover.



SECTION FOUR: TOGETHER WE SAVE LIVES

Top facts!

On average, we treat five people every day.

We also help improve emergency care by sharing our research and knowledge in the UK and around the world.

In 2024-25, volunteers gave an incredible 16,315 hours of their time to East Anglian Air Ambulance. This contribution is valued at £252,000!

Notes:

Signed and verified:

Date completed:



SECTION FIVE: FABULOUS FUNDRAISING

Top facts!

We're fuelled entirely by donations, without any regular government funding, so your fundraising will help power our missions.

On average, each emergency tasking costs £4,250.

You can find lots of fundraising resources on our website: **eaaa.org.uk**

Notes:

Signed and verified:

Date completed:

1

Speculate to accumulate

Organise an accumulator challenge. 'Invest' £10 for materials and see how much you can turn that in to. You can even take back your investment at the end!

2

Challenge yourself

Arrange and deliver a sponsored activity such as a walk, cycle, run, swim, reading challenge - or something completely different.

3

Get quizzical

Create a quiz and host a quiz night or sell quiz sheets for a donation.

4

Heart of the community

Organise a litter pick, bag pack, car wash, sporting event, BBQ, fun day or tabletop sale and invite your local community to join you.

5

Mellow yellow

Arrange a yellow themed fundraising event to raise funds. From wearing yellow clothes to toy duck races to scrumptious yellow cakes - the choice is yours!

6

Heart of the community

Hold a games night, break out the classic board games, invite donations to take part and enjoy a night of fun!

CONGRATS! YOU DID IT!

Well done! You've completed each section and have achieved your East Anglian Air Ambulance Challenge Badge. We hope you enjoyed the challenges, activities and learning more about us and the lifesaving impact of your support.

What next?

All you need to do now is complete the request form on our website and wear your badge with pride when it arrives! Don't forget that your group leader(s) can also upload and share photos and stories about what you've been up to on our participation wall. We can't wait to see what you've been up to!



ADDITIONAL NOTES SECTION

East Anglian Air Ambulance

Together we save lives

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Registered Charity in England and Wales
Registered Charity number 1083876

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