THE AMBULANCE STAFF CHARITY

Caring for those who care for us

Independent and confidential support for the UK's ambulance family

National registered charity: 1163538/SC046384

TASC's physical rehabilitation services

Working in the ambulance service can be a very physically demanding job and an unexpected injury can have wide-reaching consequences which can affect every area of your life.

If you're a serving ambulance worker and have been injured in the line of duty, TASC may be able to apply for funding for you to attend a one-to-two-week residential treatment facility for an intense rehabilitation programme.

While we don't currently have our own TASC treatment facility, our friends at the Fire Fighters Charity and the Police Treatment Centres allow us to access their centres when possible. The treatment facilities are located at Harrogate, Perthshire, Devon, and Cumbria.

Who we support

TASC's physical rehabilitation services are open to anyone who has served in an NHS or independent ambulance service for at least 12 months. This includes road crew, call centre staff, managers, and support staff. To access the service, you must have sustained an injury at work in the last six months.

Need help? Talk to TASC

Call: 02477 987 922 9am – 5pm, Mon – Fri

Email: support@theasc.org.uk



Other support TASC offers

Self-care resources

TASC's website has lots of information and resources offering advice and ideas to help you cope. Scan the QR code below or visit www.theasc.org.uk to take a look.

Online wellbeing hub

TASC's Online Wellbeing Hub is full of information on a range of health topics. If you register on the platform, you can also access evidence-based therapy modules. Scan the QR code below or visit www.theasc.org.uk to take a look.

Did you know...

TASC also provides services mental and financial wellbeing services? Scan the QR code below or visit www.theasc.org.uk to learn more.



@TASCharity
Follow TASC on social media

Charlotte's story

Charlotte injured her back at work which forced her on to alternative duties.

To support her recovery, TASC arranged for Charlotte to attend a residential rehabilitation facility for two weeks.

Charlotte is now feeling the best she's felt since her injury and is looking towards the future.

"I am more confident than ever that I will eventually be able to return to my frontline duties rather than looking for an alternative career, and it's all thanks to TASC."

Charlotte, Associate Ambulance Practitioner, Buckinghamshire



Be there for our ambulance family in their time of need.

As a UK charity, TASC relies on your support to continue providing our life-changing services.

Right now things are tougher than ever, and as a charity, TASC relies on your support to continue providing our life-changing services for people like Charlotte.

If you can, please help us by making a donation today. Scan the QR code below or visit www.theasc.org.uk/donate to get started.

Alternatively, text AMBULANCE to 70085 to donate £3 to TASC now.

Other ways you can support us

- Join our email list
- Sign up to a TASC challenge
- Create your own fundraising event
- Follow us on social media

Scan the QR code below or visit www.theasc.org.uk to find out more.