



Annual Review

2018



St John
Scotland

2018 - what a year!



2018 has been an exciting year for St John Scotland; one which has seen our many members, supporters and volunteers across the country get behind our mission to save and enhance lives with a renewed focus and enthusiasm.

Having been appointed Prior in 2015, I was honoured earlier this year to be confirmed in the role for a further three years. As we look to the future, I am excited to be working with our dedicated supporters and staff team to continue to strive towards our mission.

Alongside our work at home, we are proud to play our part in the international family of St John. We are committed to supporting the St John of Jerusalem Eye Hospital Group, where our donations enable them to help thousands of patients across the West Bank and Gaza every year (read more on page 13). This year we also celebrate a 30 year association with St John Malawi, and the exciting news that, thanks to a generous grant from the Scottish Government, we will be able to expand our support for their life-saving work even further (more on page 12).

Keen readers among you will have noticed a change to the format of this year's annual publications. Where previously you would have received a Yearbook, including details of all members of the Order of St John in Scotland, this year we have decided to take a different tack. This refreshed Annual Review brings you the exciting achievements and highlights from the past year across Scotland and beyond. In spring next year, Members will receive a separate publication with information about the Order, local committee and membership lists. This will be timed to coincide with the annual Festival of St John, to ensure that the information is as up to date as it can be.

We are an organisation with a proud 70 year history, and I'm delighted to see us moving forward together to build on our legacy and continue our work!

Mark Strudwick

Major General Mark Strudwick CBE, Prior, St John in Scotland

This year has seen us take big strides in the development of our core charitable projects. Our volunteer-run Patient Transport services continue to go from strength to strength, covering many thousands of miles, and making life easier for hundreds of local patients.

Our members, supporters and volunteers have been working with local communities right across Scotland to help them become more resilient in the face of cardiac arrest, increasing access to Public Access Defibrillators and delivering CPR training.

This year we've also continued our ongoing support for Scottish Mountain Rescue teams, while our Mountain Safety Instructor scheme has helped keep hundreds of young people safe on the hills.

In 2018 we've been focusing on developing our fundraising to enable us to continue our work into the future, and we've been delighted to inspire a new generation of St John Scotland volunteers and supporters to join us.

We hope you will enjoy reading more about our exciting year in this Annual Review. Thank you for your continued support of St John Scotland – watch this space for more exciting developments in 2019!

Angus Loudon

Angus Loudon MBE, St John Scotland Executive Director

Our year in numbers



2,054 patients helped to get to cancer and dialysis treatments by **67** Patient Transport volunteers driving **134,767** miles



33 new Public Access Defibrillators installed in communities from East Ayrshire to Aberdeenshire



2,300+ members of the public trained in CPR, including more than **1,200** school children



162 mountaineering skills sessions led by our St John Scotland Mountain Safety Instructor over **22** weekends and **2** day trips



35 incidents responded to by our volunteer First Responders in Angus



Ownership of **5** Mountain Rescue bases transferred to the teams themselves, and construction of **1** base funded





Driving force

Transporting patients to life-saving treatments

For the dozens of people diagnosed with cancer each day in Scotland, some immediately face another challenge: getting to hospital for regular treatment over the following weeks and months.

For those in rural parts of the country, or who don't have their own transport, it can mean a combination of unreliable public transport and expensive taxis, or having to rely on friends or family for lifts. And all the while dealing with the symptoms of their condition and the debilitating after-effects of treatment.

People who have been diagnosed with kidney failure face a similar struggle. Dialysis requires three treatments every week, taking several hours each time. Patients can also struggle with mobility due to their condition, making many forms of transport uncomfortable or inaccessible.

St John Scotland volunteers help alleviate the worry experienced by hundreds of people going through treatment for cancer, or dialysis, by offering lifeline Patient Transport services to help them get to hospital.

In Dumfries and Galloway, there are very few cancer services available in the area, and most patients have to travel to the central belt for treatment – a journey of several hours and up to 140 miles. St John Scotland volunteers have been helping people here for more than 20 years.



This year the team of 23 drivers helped more than 200 patients from across the region get to hospital.

2018 also marked a milestone year for our volunteers in Angus and Dundee, who celebrated ten years of providing Patient Transport services.

The volunteers help patients undergoing cancer treatment access the Princess Alexandra Unit at Dundee's Ninewells Hospital, and for the past five years they have also offered transport to renal patients from across Angus to get to and from dialysis treatments at Arbroath Infirmary.

The team in Angus and Dundee are on the road six days a week, and transport

more than 150 patients every month. It's estimated that since the service began 10 years ago, the volunteers have driven more than 700,000 miles, and given up countless hours of their own time to help tens of thousands of local patients.



In Fife, the newest St John Scotland Patient Transport service entered its second year of operation. At the start, they offered transport to patients to get to Dunfermline's Queen Margaret Hospital, but in February this year, they were able to expand the service and now help people get to the Victoria Hospital in Kirkcaldy as well.

The achievements of our Patient Transport volunteers were recognised this year at two glittering awards ceremonies. The Angus and Dundee team reached the finals of the 'Volunteer Team of the Year' category at Volunteer Dundee's awards in June. Meanwhile at Fife's Voluntary Action awards, Patient Transport Co-ordinator, Findlay Macrae, took home the 'Mature Volunteer' gong - at a sprightly 75!

Next year, we hope to build on the success of our current Patient Transport services by expanding into new areas, enabling us to make a difference to the lives of more patients across the country.



A day in the life - Stuart, Dumfries and Galloway

Stuart McVittie has been a volunteer Patient Transport driver with St John Scotland for ten years, making regular trips between Dumfries and Galloway and Edinburgh.

"Depending on what time the patient needs to be at hospital, I could be setting off as early as 5am. We keep the St John Scotland vehicle in a central location in Dumfries so all the drivers have easy access to it. If we need to set off very early the next morning, that means picking the car up the night before so it's all ready to go.

"Before I set off, I'll do a few checks to make sure everything is OK – petrol, oil and tyres. The cars can cover up to 550 miles every week, so it's important to make sure they are safe and running properly. You don't want to risk breaking down and jeopardising the patient's treatment.

"We pick patients up from all over Dumfries and Galloway, while the drivers based in West Galloway bring folk from the Stranraer side. Nine times out of ten, I take patients to Edinburgh, but sometimes it's to the Beatson in Glasgow. As well as helping people get to chemo or radiotherapy, we sometimes take them to specialist appointments – once, we took a patient to the heart unit at the hospital in Newcastle.

"It's a 75 mile journey from Dumfries to Edinburgh, so you have plenty of time to chat! Most patients want to talk, sometimes they just want to be with their own thoughts, or just to rest, especially if they're heading home after their treatment. Depending on the patient's treatment, you might just drop them off at hospital and come home again, or you'll wait to bring them back. You can be waiting anything from half an hour, to hours at a time – I usually bring my lunch with me and listen to the radio, or have a look round the shops.

"I never get bored of the journey! It's a pleasure to be able to help folk. You have to be an obliging person to be a Patient Transport driver, and to enjoy meeting new people – and I do!"

The view from the NHS

Our Patient Transport volunteers work closely with renal and oncology units at the hospitals they serve, to ensure smooth running of the service for patients. Jann Gardner, NHS Fife Chief Operating Officer, expressed thanks on behalf of the NHS: "Our partnership with St John Scotland is a great success. We are very lucky to be able to rely on such a reliable, hard working team of people who give up their time to help others."



Healing hands

Creating a nation of CPR lifesavers

Around 70 people in Scotland have a cardiac arrest each week, but sadly, only around one in 12 will survive.

One of the most effective ways to improve a person's chances of survival is to administer CPR as soon as possible. Whether someone suffers a cardiac arrest on the street, in their home or place of work, it's vital that someone nearby can step in and start chest compressions while an ambulance is on its way.

That's why our volunteers help train members of the public of all ages, right across Scotland, so they can play a part in the chain of survival by learning bystander CPR. So if the worst should happen to a loved one, or they are present when a member of the public falls ill, they can step in and help.

In 2017, we joined the national Save a Life for Scotland campaign to work alongside other charities and emergency services, to help Scotland become a nation of CPR lifesavers. Together, we're aiming to train an extra 500,000 people to help save 1,000 lives by 2020. So far, the partnership has trained more than 250,000 people, so we're well on our way to meeting the target!

This year, our volunteers have been more active than ever across the country, raising awareness of CPR and encouraging members of the public to learn the life-saving skill. In more than 35 sessions, everywhere from a community centre in Renfrewshire to a church hall in Fife; a farmers' market in Forfar and summer fairs across Aberdeenshire, St John Scotland has helped more than 2,300 people learn CPR.

This year also saw us begin working with schools to help bring the CPR message to a new generation. Studies from other parts of Europe – where CPR is on the curriculum – show that teaching children from a young age is key to increasing rates of survival from cardiac arrest in the long term.

This year, our volunteers taught CPR at four Edinburgh primary schools, a rural primary in Angus, and a high school in Cumbernauld.

The last session was led by two of our own volunteers – 15 year old Eilidh and her 17 year old brother Fraser – who are so passionate about



helping their peers learn how to save a life that they organised a session to share their skills with the entire S4 year group.

Next year, we're looking forward to reaching even more people, equipping more local communities with the skills they need to save lives, and to playing our part in helping get Scotland CPR ready. Want to join us?

CPR saved my life - Jeremy's story

It was a normal Saturday, and I was going for my usual 10 mile run in Corstorphine, near where I live in Edinburgh. I was nearing the end of the run when I collapsed in the street, with what I now know was a cardiac arrest.



Luckily for me, a local man called Robert Cramb was driving past at the time, saw me lying on the pavement and recognised that something was seriously wrong. He described me as being clammy, bloated and grey. I wasn't breathing normally, and at first he thought I was having a seizure. He had no training or experience of CPR, but when he phoned 999, the call handler talked him through what to do over the phone.

He performed CPR on me for around seven minutes before the ambulance arrived to take over. I still have no memory of that day, but I know that without Robert's help, I would not be here today. Hospital staff later told me that Robert had performed very good quality CPR at the scene, and that made the biggest difference to my overall recovery.

Four years on from that day, I'm now fully recovered and I'm passionate about helping more people learn the skill that saved my life. I've begun volunteering with St John Scotland in Edinburgh, and have taught CPR to people of all ages at events across the city. I've also donated a defibrillator to my local church as part of the St John and the City project. I think it's great that St John Scotland is helping teach more people CPR – it's such a simple thing to learn, but it can make the difference between life and death... I'm living proof!

Local heroes



First Responders - first on the scene

If you live in rural Angus, and you find yourself needing immediate medical treatment, you'll be glad to know that help is not far away. Across the region, local St John Scotland First Responders are often the first on the scene in life-threatening emergencies.

The trained volunteers are tasked by the Scottish Ambulance Service to respond to "Category A" 999 calls including cardiac arrest, difficulty in breathing, chest pain, and choking. They are a group of 22 people who give up their own time to help emergency services respond to local incidents, keeping the community safe. This year, they responded to 35 incidents, delivering treatment within the crucial first few minutes of life-threatening situations before the arrival of paramedics.

On top of providing life-saving interventions locally, the volunteers are also active in spreading safety messages to the public across Angus. The teams have delivered a number of CPR training sessions this year, including an in-depth Heartstart and defibrillator training session in Montrose. The groups also oversaw the installation of seven new defibrillators across Angus, working with local communities to ensure they have access to the devices and feel confident to use them in an emergency.



Vital spark

Saving lives with Public Access Defibrillators



As part of our mission to save and enhance lives, we work with communities across Scotland to help them be resilient in the face of sudden cardiac arrest.

Using a defibrillator alongside CPR can dramatically increase survival rates, but to be most effective, the devices need to be used within the first 3-5 minutes of collapse. That's why we're working to increase access to defibrillators in communities across Scotland, so they are available to be used 24/7 in an emergency.

With our national project, we support community groups, charities and small local businesses to install a defibrillator in their area by providing a subsidy towards the cost of the equipment. Once in place, our volunteers organise a public training session to help raise awareness of the vital piece of equipment.

We help members of the public learn how recognise and respond to cardiac arrest and how to perform CPR. And although modern defibrillators are designed to be used by any member of the public, with no prior training required, there can still be 'fear factor' for those who are unfamiliar with the devices. To help save lives, we break down those barriers by demonstrating the equipment and encouraging members of the public to learn how to use one if they ever need to respond in an emergency.

In 2018, St John Scotland helped 33 local communities across the country install a Public Access Defibrillator. They've been added everywhere from community centres in East Ayrshire and Fife to churches in Glasgow and Dalgety Bay; a leisure centre in Aberdeen, a phone booth in West Lothian, a shopping centre in Hamilton, and even a tattoo parlour in Stirling! That's 33 more communities that now have access to a device which could make the difference between life and death.

Alongside our national defibrillator project, in Edinburgh, our volunteers run the successful St John and the City scheme. Since its launch in 2016, the project has seen more than 120 defibrillators installed across the capital.

This year, another 15 were added in a range of locations – from a sheltered housing complex to a primary school... and the world famous Scott Monument!

Over the coming year we'll be continuing to spread the message about defibrillators across the country, and look forward to seeing many more in Scotland's cities, towns and villages, helping to save lives.

Raising money to save lives

It might not be the first place you'd expect to find a defibrillator, but the kind-hearted tattoo artists behind Lab Monkey Tattoo Parlour in Stirling were confident their shop, in the heart of the town centre, was the perfect place for a piece of life-saving equipment.



The idea behind providing a defibrillator came from a friend of the Lab Monkey team, whose day job as a paramedic meant he had plenty of experience responding to life-threatening emergency situations. After hearing his tales from the front line, the team knew that early access to a defibrillator could help save lives. They set about fundraising to install one outside their shop, on the bustling Baker Street.

They came up with a novel idea to raise funds – offering customers heart design tattoos in exchange for a donation. Across one marathon 12-hour session, dozens of newly-inked Stirling residents (some of whom had braved their first tattoo in the name of charity) helped raise more than £3,500 – more than enough to fund the defibrillator. St John Scotland helped install the device, which was unveiled in June.

Lab Monkey owner Stuart McKellor (known professionally as Soap) said: "We have to thank everyone who came down to the shop for their heart tattoo and donated. Hopefully when they look at their tattoo they'll know that it may help save a life one day."



"It took four shocks to get me back..." - Mike's story

If it had happened an hour earlier, it would have been in front of my four-year-old son. As it was, I died in front of a man and his (sick) dog. I had suffered a cardiac arrest, caused by undiagnosed cardiomyopathy, while buying cat food at the vets.

Thankfully, the vet, her colleagues and, some time later, the first responder, kept me going with CPR for 20 minutes until the ambulance arrived. It took four shocks from the paramedics' defibrillator to get me back. If I had been an older man, they would have stopped at three. The odds of my surviving, my GP told me, were 5%.

That was three years ago. My heart is now working as it should be and, according to my cardiologist, I couldn't have asked for a better outcome. I thought it was high time that I did some fundraising to help others who end up flat on their back as I did – but who may not be lucky enough to have a guardian angel by their side.

Last year I raised more than £5,000, which has funded four defibrillators in Edinburgh as part of the St John and the City Project. Another round of fundraising this year has meant I've been able to donate two more, which will be installed soon.

I was in the right place at the right time when I had a cardiac arrest. Helping install more defibrillators across the country, so they can be used by anyone, at any time, will mean more people can be as lucky as I was. Or, at the very least, turn the odds a little more in their favour.

Peak performance

Supporting Scottish Mountain Rescue teams

For the past 20 years, St John Scotland has been a proud supporter of Scottish Mountain Rescue teams, and 2018 was no different.

As the largest charitable donor to Scottish Mountain Rescue, our donations have helped teams across the country acquire modern bases and capable four-wheel drive vehicles, enabling the volunteer teams to do more than ever before.

This year, we completed transferring ownership of all St John Scotland-funded bases to the teams themselves. Previously provided under license and rent-free, the teams now have complete ownership of their bases, giving them somewhere to store kit, conduct training, and debrief – and thaw out! – after callouts.

In April, we officially handed over ownership of Skye Mountain Rescue Team's Glenbrittle and Sligachan bases, and Dundonnell MRT's bases at Ullapool and Dundonnell. In all, we have helped provide bases for 14 teams in Scotland.



May this year marked the official opening of Tweed Valley Mountain Rescue Team's new base in Melrose, to which we were a major donor. Commenting at the time, team leader Pete Matthews said: "The project would not have been possible without the support and financial commitment of St John Scotland. This is the culmination of nearly a decade of searching for a suitable site and over four years of intensive effort to secure the former fire station in Melrose and to complete the extension and refurbishment project to convert the building into a state-of-the-art rescue facility."

He continued: "The new base offers us facilities we could only have dreamt of previously, and will greatly increase our ability to train our volunteers, store and maintain kit and ultimately – and most importantly – to allow us to better respond to the aid of those in need within our community."

Meanwhile, Torricon Mountain Rescue Team's new base has been taking shape over the course of this year thanks to a £200,000 donation from St John Scotland. It is due to become fully operational in 2019, and will similarly mark the end of a decade-long project to find a suitable home for the team to base themselves for callouts in challenging Highland terrain.

On top of our support to provide bases and vehicles, this year we committed to donating £100,000 over the next three years, towards a £1 million project to update radio equipment used by all Scottish Mountain Rescue teams. Current equipment is out of date, is not compatible with other rescue and emergency services systems, and lacks the ability to track and locate team members, putting their safety at risk. With the volunteers often working in small groups, in wild weather conditions, in remote places and at night, the replacement equipment will make a huge difference to their safety and welfare as they carry out their lifesaving work.

During 2017, Scottish Mountain Rescue teams were called out a total of **642** times in response to **423** incidents. **49%** of incidents were not related to mountaineering, including missing person searches. Mountain rescue volunteers gave up **22,076** hours to help **553** people (as well as **4** dogs and **3** sheep!)

Skills for the hills

Keeping a generation safe on the mountains

Through our long association with Scotland's Mountain Rescue teams, we are all too aware of the large number of accidents that happen on the hills each year, often involving inexperienced or ill-prepared walkers and climbers.

In 2015, St John Scotland teamed up with Mountaineering Scotland on a scheme to help young people coming in to the sport to keep safe on the hills.

Experienced mountaineer Nick Carter, as the St John Scotland Mountain Safety Instructor, joins university and college mountaineering clubs on training trips every weekend from autumn through to spring. Students learn a huge range of skills, from navigation to scrambling, rock climbing, ice axe arrest, cramponing and even avalanche awareness.



In 2018, Nick led more than 160 skills sessions with students from 13 clubs. A blast of extremely snowy weather in early March saw him take advantage of the extended wintry conditions to run more winter skills sessions, when training at that time of year would usually be limited to scrambling and rock climbing.

Some of the young people who benefited from the St John Scotland Mountain Safety Instructor scheme this year shared how valuable they found the experience:

We had an amazing weekend with Nick out in the Cairngorms. We learnt and practised navigation skills and got to try out some excellent scrambling. We all came away much more confident in our own skills which will really help in the future.

Nick showed us some extremely valuable skills on our first time on a snowy mountain - some of these skills came in handy the very next day for some of our group!

I'm glad Nick has the skills, know-how and experience to advise us on everything we wanted to know about winter skills and mountaineering.

Incredible experience with Nick in the hills surrounding Torricon. We learned a massive amount in terms of planning, navigation, analysing risk and working as a team.



This year also saw us commit to extend the scheme, in partnership with Mountaineering Scotland, for a further two years. Mountaineering Scotland CEO Stuart Younie commented: "Promoting safety in the Scottish mountains is one of our core priorities and we are delighted to be continuing our successful partnership with St John Scotland to extend this project. Nick takes an innovative approach going out to work directly with student clubs to provide them an opportunity to learn valuable new skills but in a fun and accessible way. We hope many more students benefit from the experience of working with Nick and go on to enjoy the Scottish mountains whilst keeping themselves safe."

Across the globe

Expanding healthcare projects in Malawi

For the past 30 years, St John Scotland has supported our sister organisation, St John Malawi, in their mission to improve the lives of children and families living in one of Africa's poorest countries.

In and around the capital, Blantyre, St John Malawi run an established mother and baby programme, which has saved lives and greatly improved the health of families in the area.

This year, we were granted funding of £460,000 from the Scottish Government to support the expansion of this programme, to help some of the country's most vulnerable people.

There is an urgent need for health services in Malawi: for every 1,000 children born, 42 will die before their first birthday, compared to only three in Scotland. One of every 39 women in Malawi runs a lifetime risk of dying during pregnancy, child-birth or after delivery. In Scotland, it is one of every 5,800 women.



One person who has benefited from St John Malawi's support is 26-year-old Bena Sakala. Bena miscarried her first pregnancy at six months, and during her second and third pregnancies suffered from severe fatigue due to poor nutrition.

Bena was used to visiting the health clinic only after eight months of pregnancy. However, when she became pregnant for a fourth time, she was visited at home by volunteers from St John.

At seven months, Bena became ill and her feet, arms and face became swollen. St John volunteers immediately referred her to the clinic, where she was diagnosed with high blood pressure, and admitted to hospital where she stayed for the next three weeks. Bena said: "If I had known the importance of pregnancy checks during my first pregnancies, it could have been different. For this pregnancy, the support I got meant I was able to safely deliver my baby girl in hospital."

The new funding means we will be able to help thousands of people improve their health.

The project will reach 57,000 people at home, including more than 10,000 expectant and new parents. Local St John Malawi volunteers will make door-to-door visits to households, teaching pregnant women about nutrition and antenatal check-ups, and helping them prepare for delivery.

In remote villages, where health services are unavailable, St John and local health staff will run outreach clinics to bring services to some of the country's most vulnerable people. In all, nearly 100,000 people will benefit directly from the programme.

It is hoped the programme – which has been funded until 2023 – will also contribute to the sustainable development of Malawi's health sector in the long term.



The gift of sight

Supporting the St John Eye Hospital

The St John of Jerusalem Eye Hospital Group is the only charitable provider of expert eye care in the West Bank, Gaza and East Jerusalem. Supported by St John organisations across the world, the hospital provides sight-saving eyecare to hundreds of thousands of patients each year, regardless of ethnicity, religion or ability to pay.

At St John Scotland, we are proud to support the Eye Hospital alongside our colleagues from across the worldwide family of St John. Our annual donations fund key personnel and pieces of work, among them sponsorship of Dr Issa Saada, head of the hospital group's Anaesthesia Department, and his colleague, anaesthesiologist Dr Khadijeh Feroun.



Dr Issa explains what access to a fully qualified and trained team of anaesthesiologists means for patients: "There is a shortage of anaesthetists in the region, and it's very hard to replace anyone who leaves. I oversee all clinical staff in charge of anaesthesia, to ensure that they are not only well trained in ophthalmology practices, but also anaesthesia particularly."

"One of the most common operations we carry out is cataract surgery. Although adults can come for this surgery under local anaesthetic, children must go under full general anaesthetic, as otherwise the experience would be too traumatic (and dangerous if they were to fidget). Our anaesthesiology team ensure all children, and adults who come for more advanced surgery, have safe and pain-free procedures whilst in our care."

St John Scotland also makes a donation each year to fund the Hospital's Medical Resident Library. The Hospital Group is the only organisation providing comprehensive training for Palestinian ophthalmologists, and the library provides a wealth of resources to enable them to further their training. This is especially important due to the restrictions they would face in leaving the occupied Palestinian territories for training.

In 2015, St John Eye Hospital Group opened a new hospital in Hebron to better serve the population living in the West Bank, who face ever growing movement restrictions. St John Scotland was the major donor for the new hospital, which greatly improves the accessibility of services for individuals who previously struggled to access treatment.

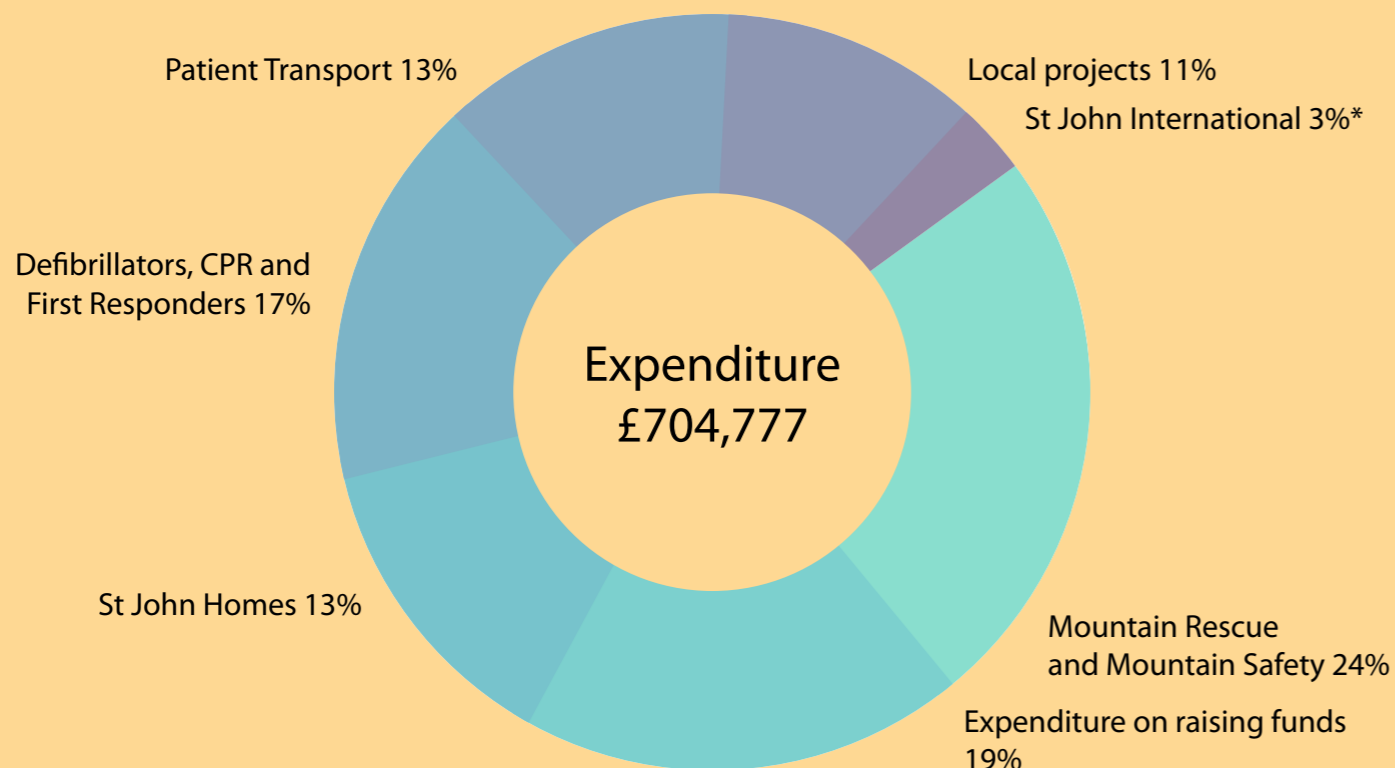
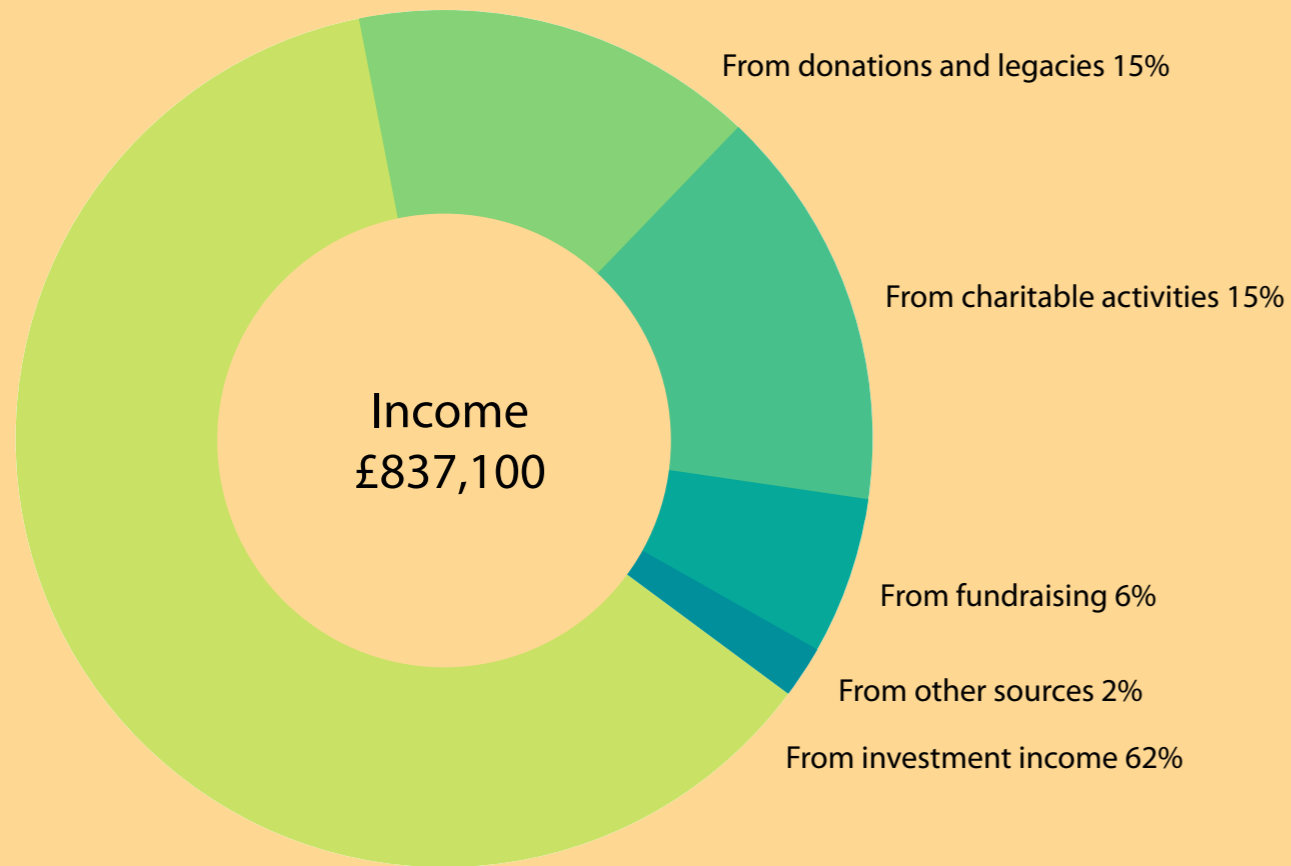
Last year, the Hebron Hospital saw 12,400 patients and performed more than 420 major operations. One patient to benefit was six-year-old Luma, whose parents were able to access the weekly paediatric clinic. Luma now has glasses to fix a severe squint in her left eye, meaning her vision has improved dramatically. She is now attending school and is looking forward to her future.

Luma's father is extremely pleased with the quality of care from the Eye Hospital team: "My daughter's sight is incredibly important to me. Having eye issues in the occupied Palestinian territories affects every aspect of life, especially education. It has been incredibly helpful having the Hebron Hospital so easily accessible each week for my daughter's clinic, I don't have to worry about permits or travel to East Jerusalem. I would not trust anyone but St John with my daughter's sight."



Financial report

This is a summary of our financial activities for the year 1 November 2016 to 31 October 2017. We made a surplus on activities for the year of £132,323, along with net gains on our investments of £1,014,719; this represents a total surplus for the year of £1,147,042. For a copy of our full accounts, please contact us at info@stjohnscotland.org.uk



*The funds shown as donated to international projects are a small proportion of the total for the year 2016/17, as only amounts committed at the year end are recognised in the financial accounts.



We need your support

We couldn't help save and enhance lives every day without our inspiring network of volunteers and supporters. Want to join us?

There are lots of ways to get involved. Whether you want become a volunteer, raise money, or simply make a donation, we'd love to hear from you.

Volunteer

Our work relies on the support of people – like you – who are driven to make a difference and give back to the community.

We need volunteers who can help people from their local area get to hospital for life-saving treatments by becoming a Patient Transport driver; or who can teach more people the skills to save a life by becoming a CPR Champion.

Find out more about how you can get involved at stjohnscotland.org.uk/volunteer

Fundraise

We're passionate about saving and enhancing lives across Scotland, but we couldn't do what we do without much-needed funds – which is where we need your help!

Whether you want to organise a can collection, run a marathon, or hold a coffee morning, we're here to help with ideas, planning, materials and promotion.

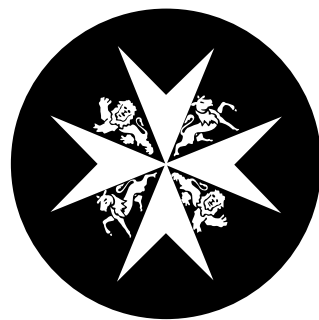
If you'd like to get involved, get in touch! Email us at info@stjohnscotland.org.uk or phone our Head Office on **0131 556 8711**.

Make a donation

All donations go directly towards supporting our projects, so you can be sure your donation will make a real difference, whether you want to give regularly, or just as a one-off.

£5 could help more people learn life-saving CPR; £10 could help provide a defibrillator for a local community; or £25 could cover the costs of a 175 mile Patient Transport journey.

Donate online at stjohnscotland.org.uk/donate or contact us at **0131 556 8711** to find out about other ways to give. Thank you.



St John Scotland

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