NEVER ALONE THIS CHRISTMAS

Silence Between Sirens

BEHIND EVERY UNIFORM IS A HUMAN

Silence Between Sirens looks after the people who look after everyone else: police, fire, ambulance, search and rescue, and the control rooms behind them.

£5,000 IS OUR CHRISTMAS TARGET

HERE IS WHAT IT PAYS FOR

- Suicide prevention and Mental Health First Aid training for frontline colleagues
- Being there for a team after the loss of a colleague
- Wellbeing days that bring blue light workers together
- Building the LifeLine Crew, our volunteer network

> **A Community Interest Company,** so our assets and profits are locked to our purpose. What you give pays for the training, the events and the people on the front line they are for.

SCAN TO GIVE

Give, buy a raffle ticket, or take something on. Everything is on one page.

silencebetweensirens.com/christmas

OR TAKE SOMETHING ON — AND PAY IT IN AS ONE AMOUNT



Tuck shop



Cake sale



Walk, run, ride



Fund a place

If you or someone you know is struggling, you do not have to be at breaking point to reach out.

Samaritans - call 116 123 · **Bluelight** - text BLUELIGHT to 85258 · **Emergency** - call 999