

St John  
Ambulance  
Cymru



# Impact Report 2022

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# A message from the Prior for Wales and our Interim CEO

We are immensely proud of what our people achieved in 2022, making real strides to live our mission to save lives and enhance the health and wellbeing of communities in Wales, by continuing to be there, when and where we are needed most.

2022 brought challenge and change to St John Ambulance Cymru. We were grateful to be able to return to a full program of face-to-face training sessions and fundraising, but were also faced with the increased overheads and rising operating costs that are being felt across the charity sector.

We continued to work with our partners across NHS Wales, providing unscheduled care support, falls assistance, community first response schemes, event cover, whilst teaching lifesaving skills. It is pleasing to see the positive strides



towards carbon neutrality, a commitment we made in our Strategy 2025, by introducing eight new hybrid vehicles to our existing fleet.

2022 also saw the charity further develop its success in delivering the Prince of Wales Nursing Cadet Scheme, to provide increased opportunities for our younger people to aspire to a career within NHS Wales. Our annual Investitures were held at Llandaff and St Asaph Cathedrals, especially memorable when we welcomed the Lord Prior to Llandaff Cathedral to honour, provide thanks and celebrate the selfless commitment and personal sacrifices our volunteers make on behalf of the Priory and for the people of Wales.

In support, a new team of senior chaplains were introduced to help us to continue to focus on the organisation's roots in faith, whilst being inclusive and welcoming to all people, regardless of their religious beliefs, providing pastoral care and

spiritual support for all St John Ambulance Cymru staff and volunteers the length and breadth of Wales.

Like many others, we were extremely saddened to hear the news of our former Sovereign Head, HM Queen Elizabeth II's, passing. As ever, our volunteers were on hand to support, representing us on both the national and world stage with the selfless courage and dedication that is so synonymous with our St John people.

We will continue to develop a supportive, learning culture, fully committed to St John's global strategy, sharing best practice, fostering innovation to further diversify our services, income streams and ability to fundraise to take us closer to our vision of **'First aid for everyone, anytime, anywhere'**.

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Sir Paul Williams,  
OBE, KStJ, DL  
Prior for Wales and  
Chair of the Board

Andy Jones,  
Interim CEO





# Our Volunteers

Once again our dedicated team of volunteers helped to support our local communities across Wales.

Our committed volunteers gave up their time to ensure people were kept safe at local events like firework displays and Christmas parades, together with large, national events like the Urdd National Eisteddfod, large capacity concerts and the Rugby Six Nations.

We spent 780 hours supporting the Rhyl Air Show event and 4,391 hours supporting the public at the Gerallt Davies Help Point in Swansea. We also provided a combined total of 7,610 hours of first aid cover for events at the Principality Stadium.

Our volunteers committed a combined total of **74,564 hours**

**at almost 400 events across Wales**

This is more than double the total hours volunteered in 2021.







# Supporting Welsh Communities

Our Ambulance Operations Team continued to provide vital services at the heart of local communities, supporting the Welsh Ambulance Services NHS Trust during another challenging year. We helped to ensure people across Wales got the care they needed through our range of programmes.



**In 2022**

our Ambulance Operations Team made **28,330** patient journeys, covering

**722,649 miles**

**Throughout 2022,**

the Falls and Frailty Scheme cared for **8,090** patients and travelled **226,261** miles across Wales.



**Our mileage increased by 39%**

We went further to help those who need us most, in some of the most rural communities across Wales.



The number of patients we helped increased by

**6% in 2022**

**In 2022,** we introduced new hybrid RAV4 cars to support the Falls and Frailty Scheme. This brought St John Ambulance Cymru one step closer to achieving our Strategy 2025 promise of achieving carbon neutrality by 2035.





“

One of our Falls and Frailty Scheme users -

“Paul’s knowledge and care was exemplary and his great sense of humour lightened and reassured us in a stressful time. He lifted Nan on the lifting device, which was comfortable and ideal for the scenario; she felt relief as soon as it inflated her off the hard floor.”

“His prompt arrival and the liaison with ambulance control meant that Nan could stay at the care home and another hospital admission was avoided. We cannot thank you enough for the response and care provided. What an excellent service!”

”

# Training

Both our Commercial and Community Training Teams worked hard this year to empower the people of Wales with lifesaving first aid skills. Our commercial trainers delivered a range of different first aid courses, from First Aid at Work to Mental Health Awareness Training.

Campaigns like **Defibruary**, **Save a Life September** and **Child Safety Week** trained large numbers of the public for free. Our community trainers and volunteers also visited local schools and community groups throughout the year, delivering vital information and demonstration sessions for no charge.



The Save a Life September campaign trained a huge **3,413 people** in first aid skills

In 2022,

St John Ambulance Cymru trained a combined number of people in lifesaving first aid skills.

**36,879**



**12,002**

of these people were trained by our Commercial Team.



**24,877**

were trained for free through **569** courses held by our Community trainers and volunteers.







# Children and Young people

Our children and young people's programmes provided young people from across Wales with the knowledge and skills needed to save a life, they also teach valuable skills in communication, leadership, co-operation and forming foundational values in citizenship, compassion, and empathy. Young people from the age of five engaged in our programmes and made some fantastic memories with us throughout 2022.

In 2022, we began a scheme in which 16 and 17 year old members were able to qualify as adult Basic First Aiders and volunteer at events. This started with the Autumn Internationals in the Principality Stadium.

By the end of 2022 we had **428** Badgers and **805** Cadets learning first aid and other invaluable life skills across **34 Badger Setts** and **82 Cadet Divisions** pan Wales.



**Our Badgers achieved 364 awards**



**Our Cadets achieved 584 awards**

These awards reminded our young people how proud we are of their hard work.



**When 11-year-old George** noticed an unwell elderly woman on the corner of the road, he showed compassion and used skills learnt volunteering with St John Ambulance Cymru, to help her. George asked his mum to stop the car and the pair helped the lady into the car and took her home.

That evening, the lady suffered a major heart attack. The doctors said, if she hadn't been at home surrounded by family that evening and had suffered a heart attack on the street corner where George saw her, she might not have made it home at all.

**"St John Ambulance Cymru has been amazing for George and his confidence, and now it's been a lifesaver for this lady too".**

– George's mum, Christine.

# Creating healthcare professionals of the future

We continued our partnership with the Royal College of Nursing (RCN) throughout 2022, delivering the RCN Prince of Wales Nursing Cadet Scheme to young people aged 16-25 across Wales. The scheme continued to support young people throughout Wales to move into roles in the health and social care sectors.

The scheme prepares young people for a meaningful career in healthcare and nursing, through taught sessions and clinical placements.

We had 9 new Cadets enrol in the scheme in 2022, bringing the total number of individuals enrolled to 25.

The Prince of Wales Cadet Scheme offers young people the personal and professional development skills required to pursue their dream careers in healthcare.



"I first became involved with the Prince Of Wales Nursing Cadet Scheme through St John Ambulance Cymru in 2020. Completing the Prince of Wales Nursing Cadet Scheme has given me more confidence in myself and my abilities. It has helped me to step into the healthcare profession by becoming a Bank Health Care Assistant whilst I undertake a Certificate of Higher Education in Health Sciences with the Open University.

**I feel the skills and topics we learnt about have helped me to become the first Children and Young People's Disability Advocate at St John Ambulance Cymru, and has made me a better person.**

For any young people who would like to go into healthcare, this course is a fantastic first step. It helps to develop your skills and knowledge whilst providing you with a supportive learning environment and further opportunities within the scheme."

Rachael Alexander,  
former RCN Prince of Wales Nursing Cadet.





# Awards, honours and the Order

In 2022 the Priory of Wales recognised the most selfless contributions to our cause with a range of honours and awards given in recognition of efforts and achievements towards our mission.

## We also issued the following awards:

- |   |   |
|---|---|
| ✦ Meritorious Service Certificate         | Ashleigh Brooks   |
| ✦ Certificate of Commendation             | Martyn Price  |
| ✦ Cadet Commendation                      | Alison Bunting  |
| ✦ Badger Commendation                     | Lowri Gowen, Osian Jones                                  |
| ✦ Sovereign Award                         | Georgina Knapman, Jaqueline Argent                        |
| ✦ Priory Vote of Thanks                   | Simon Tucker of Heartbeat Trust UK,<br>North Wales Police |
| ✦ Prince of Wales Nursing<br>Cadet Scheme | Oliver James,<br>Jonathan Ratcliffe                       |



Long Service Medals (10 years) x19    Ultra Long Service Medal (50 years) x5

Long Service Bars (various years) x34    Ultra Long Service bars (55 years) x3



# Promotions and admissions to the Order 2022

## AS COMMANDER

The Right Reverend Gregory  
Kenneth CAMERON

Simon James COLE

Paul GRIFFTHS OBE

Richard Royce LEE MBE QAM

Dr Edward Morgan ROBERTS MBE DL

## AS OFFICER

Richard Lewis John BAXTER

Judith Mary GOLDSMITH

Andrew James KING

Gareth LLOYD-FORD

Richard James McKEAND

Stephen MORE

Edward Stephen RINGROSE

Tracy Louise SANKEY-JONES

Helen SMITH

Claire Elizabeth STONE

## AS MEMBER

Zoe ARGENT

Emma Susan BAILEY

Rhydian Dafydd BIRKINSHAW-BIRD

Sally Louise BOND

Isobel BRANDON

Emily BRISTOW

James CORDELL

Mary Patricia FRANCE

Rhys John HAMBLIN

Amelia Jane HEWETT

Jessica Mary HUGHES

Melanie HUMPHREYS

Aaron Penry William JONES

Andrew Nathan JONES

Sion JONES

Kimberley LOW

Kenneth David LYONS

James Terence O'CONNOR

Jessica Sian ROGERS

Wayne STRINGFELLOW



# Fundraising

A huge thank you to all our supporters and donors in 2022. Their continued generosity and support helped to fund our charitable work and make a real difference to communities across Wales, in what we know has been a difficult year for so many people.

**£300,000**



Generously given from Trusts and Foundations to support our charitable work.



**£4,260**

raised at a 'Memorial Cup' football tournament.

A heartfelt thank you to the loved ones of those who kindly left a gift in their will to St John Ambulance Cymru. Their lasting legacy will be used to help create more lifesavers and safeguard communities in Wales.



**Nearly £500,000**

was raised by our incredible regular givers.



People were out and about in their community supporting us through holding bucket collections, taking part in sponsored runs and challenges, quiz and curry nights and raising vital awareness of our work in communities across Wales.

**Thank you to each and every one of you.**





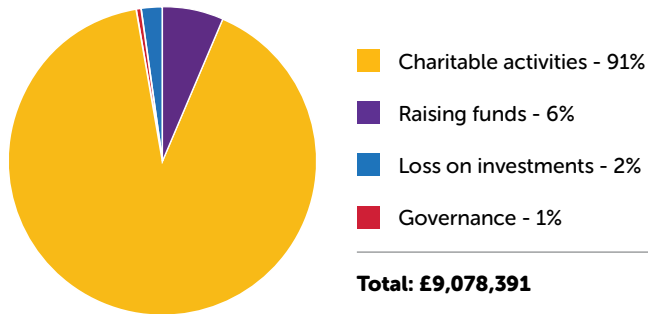
# Finance

In 2022 we continued to recover from the impact of Covid-19, and made significant investment in the charity's infrastructure to support growth and the achievement of our goals.

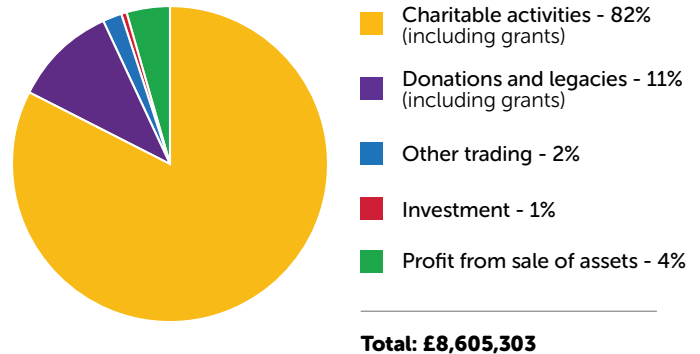
Income was higher than in 2021, allowing us to continue supporting Welsh communities and meet the increasing demand on our services. However, costs were also higher than in 2021 and were impacted by the cost of living crisis.

We're grateful to all our volunteers and staff who continue to show a resilience and flexibility that gives us confidence we can continue to grow our income into 2023, allowing us to continue to enhance the health and wellbeing of communities in Wales.

## Expenditure



## Income



**Movement in Funds/Deficit - £473,088**

# Thank you

We continue to be amazed by the generosity of our funders and the contribution they make to our work. In 2022 we were supported by:

Azets

Blakemore Foundation

British Gas

Co-op Local Community Fund

Clocaenog Forest Wind Farm

Council for Wales of Voluntary Youth Services

Duke of Edinburgh's Award Wales

Dŵr Cymru Welsh Water

Future Valleys Construction's A465 Community Initiatives

GAVO

Groundwork UK

Gwynt Y Môr Wind Farm

Milford Haven Port Authority

Moondance Foundation

Powys County Council

Shell UK

Sustainable Development Fund -  
Pembrokeshire Coast National Park  
Authority

The Arnold Clark Community Fund

The Garfield Weston Foundation

The Hospital Saturday Fund

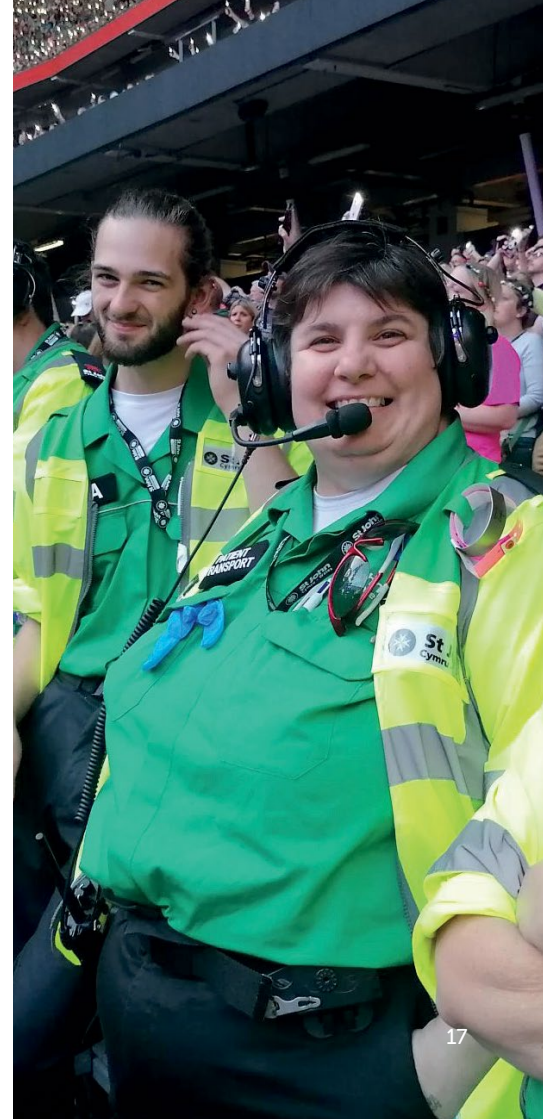
The Simon Gibson Charitable Trust

The Trefoil Trust

VRM Swansea

Wales Council for Voluntary Action  
(WCVA)

Welsh Government





# Making a difference

We wouldn't be here today without amazing supporters and volunteers. You too can make a difference and help us to achieve our mission to save lives and enhance the health and wellbeing of the communities in Wales, by supporting us in one of the following ways:

## Learn with us:



We have courses covering everything from first aid to manual handling and mental health to food safety. You could join a free community awareness session or commercial training course to get the skills you need, delivered professionally, from an organisation you trust. All profits from our commercial courses help to fund our charitable work; which means that when you train with us you're helping to provide people across Wales with the skills they need to save a life.

## Corporate support:



Fundraising at work, sponsorship or choosing us as your Charity of the

Year is a great way to show your employees and clients that you care about the health and wellbeing of your community. Supporting us can help achieve your corporate social responsibility goals, encourage team building and improve staff engagement. In exchange, we can help you make your office a safer place to work in, or visit.

## Challenge yourself:



**Whether you walk, run, or skydive, we'd love you to use your efforts to help keep lives safe by fundraising for us.** You could enter marathons in Cardiff, Llanelli or Swansea to fundraise for us. Or why not enter one of our challenge events like

the 'Yr Wyddfa at Night' walking challenge? Contact the fundraising team ([fundraising@sjacymru.org.uk](mailto:fundraising@sjacymru.org.uk)) for more information.

## Leave a lasting legacy:



Making your will is one of the most important things you'll ever do. It ensures that your money and belongings will go to the people and causes you care about. To save lives in Wales, our volunteers rely on the generosity of people like you to ensure future generations will have the lifesaving support our communities desperately need. With your help, more people can be trained, ambitions can be made real and the long-term security

of an essential service in Wales can be protected. To speak to us about your legacy, or to find out about how to write your will for free with one of our partners, please visit our website or email [legacies@sjacymru.org.uk](mailto:legacies@sjacymru.org.uk).

## Donate



Your donation to St John Ambulance Cymru allows us to train and equip healthcare volunteers to save lives as well as teaching others to do the same. Together we can work towards our vision to provide - **first aid to everyone, anytime, anywhere.**

You can make a donation by scanning the QR Code, by telephone (**02920 449626**), or by email ([fundraising@sjacymru.org.uk](mailto:fundraising@sjacymru.org.uk))

**Be a part of making a life saving difference:**

SCAN QR CODE



Get involved or donate today:

Online: [www.sjacymru.org.uk](http://www.sjacymru.org.uk)

By phone: 029 2044 9626

Email: [hello@sjacymru.org.uk](mailto:hello@sjacymru.org.uk)



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St John Ambulance Cymru is the trading name of The Priory for Wales of the Most Venerable Order of The Hospital of St John in Jerusalem.  
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