

# Celebration Week 9-13 October 2017

## Thank you for volunteering to be part of our exciting week of celebrations to mark 50 years of Emergency Medicine!

Anything you do to raise funds for the RCEM Foundation will be more than welcome but we'd really like for your team to get out into the community and base whatever events you decide to put on around the themes below.

### Monday 9 October – Basic life support

Attempt to break the world record for the most people being taught CPR in two hours (if you're interested in taking part in this, please see our separate advice sheet).

### Tuesday 10 October – Mental Health

Understand and better support both patients and staff experiencing mental health issues

### Wednesday 11 October – Violence prevention

Learn about violence prevention and alcohol in your local area

### Thursday 12 October – Accident prevention

Help support accident prevention strategies especially for the very young and very old

### Friday 13 October – Wellness and exercise

Taking care of ourselves and our patients

During the week we really want teams to help promote important educational messages, and provide advice, education and support on the issues that matter, so please do try to make your celebrations inspiring and educational.

## How to start planning your EM50 celebrations

### Step 1

- We recommend that you form a multidisciplinary organising committee of staff from across your department which could include consultants, junior doctors, nurses, managers and admin staff. The team should be prepared to help out between 9-13 October 2017
- Decide who should lead each day, what you are going to do, and what you are going to need. For further advice on this please see our fundraising toolkit.
- Please do remember to inform your communications team about what you are doing as they may be able to help support you.

### Step 2

- Build a social media presence to start talking about the celebration week
- You could display a poster in your ED to raise even more awareness
- You could also let your local press know what you are planning
- Send out invites if you choose to – why not get local schools and your council involved?

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## Step 3

- Tell us! Register your team with RCEM and tell us who will be leading to support your celebrations on each day. This means they will never miss out on any information or tips – simply email [communications@rcem.ac.uk](mailto:communications@rcem.ac.uk)

## Step 4

- Enjoy celebrating the wonderful specialty of Emergency Medicine!
- Share your celebrations by posting updates and photos on Facebook, Twitter, Instagram, YouTube etc

## Fundraising Ideas

We're sure you're just bursting with ideas of how to celebrate our incredible specialty and raise vital funds for emergency medicine research, but to get you thinking, below are just a few of our ideas as to what you could do:

### Who doesn't love cake?

Hold a brilliant bake sale in the foyer, you could even vote on the best cake and find out who your local star baker is!

### It's in the box

Add a donation box to your stall and let people add their spare change.

### Put yourself to the test

Are you ready to find out how much you really know? Take part in the EM quiz/crossword/guess how many sweets in the jar etc.

### Challenge accepted

How brave are you? Ask people to sponsor you for a run, giving up cake for a month, wearing fancy dress... the possibilities are endless!

### Pound for pound

Does your management have a Matched Giving scheme, or will they match what you've raised and double your achievement?

For more fundraising advice and ideas please use our fundraising toolkit.

After your event, please do send us your photos and videos via email or via the [WeTransfer](#) service (for media files) to [communications@rcem.ac.uk](mailto:communications@rcem.ac.uk).

## Further information

If you have any queries or would like any additional information please contact RCEM via [communications@rcem.ac.uk](mailto:communications@rcem.ac.uk) or call 0207 067 1999.



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