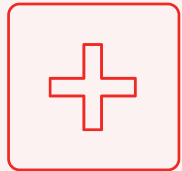


# Community Education

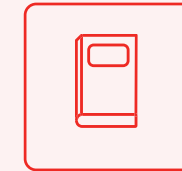


BritishRedCross

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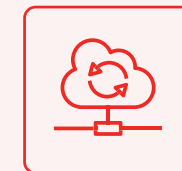
**Part 4:**  
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# British Red Cross

We are part of an international movement with 192 National Red Cross and Red Crescent Societies around the world, including the British Red Cross.



Each Society has a responsibility to help vulnerable people within its own borders and to work in conjunction with the Movement to protect and support those in crisis worldwide.



Each national society is bound by the Movement's seven Fundamental Principles: humanity, impartiality, neutrality, independence, voluntary service, unity, universality.



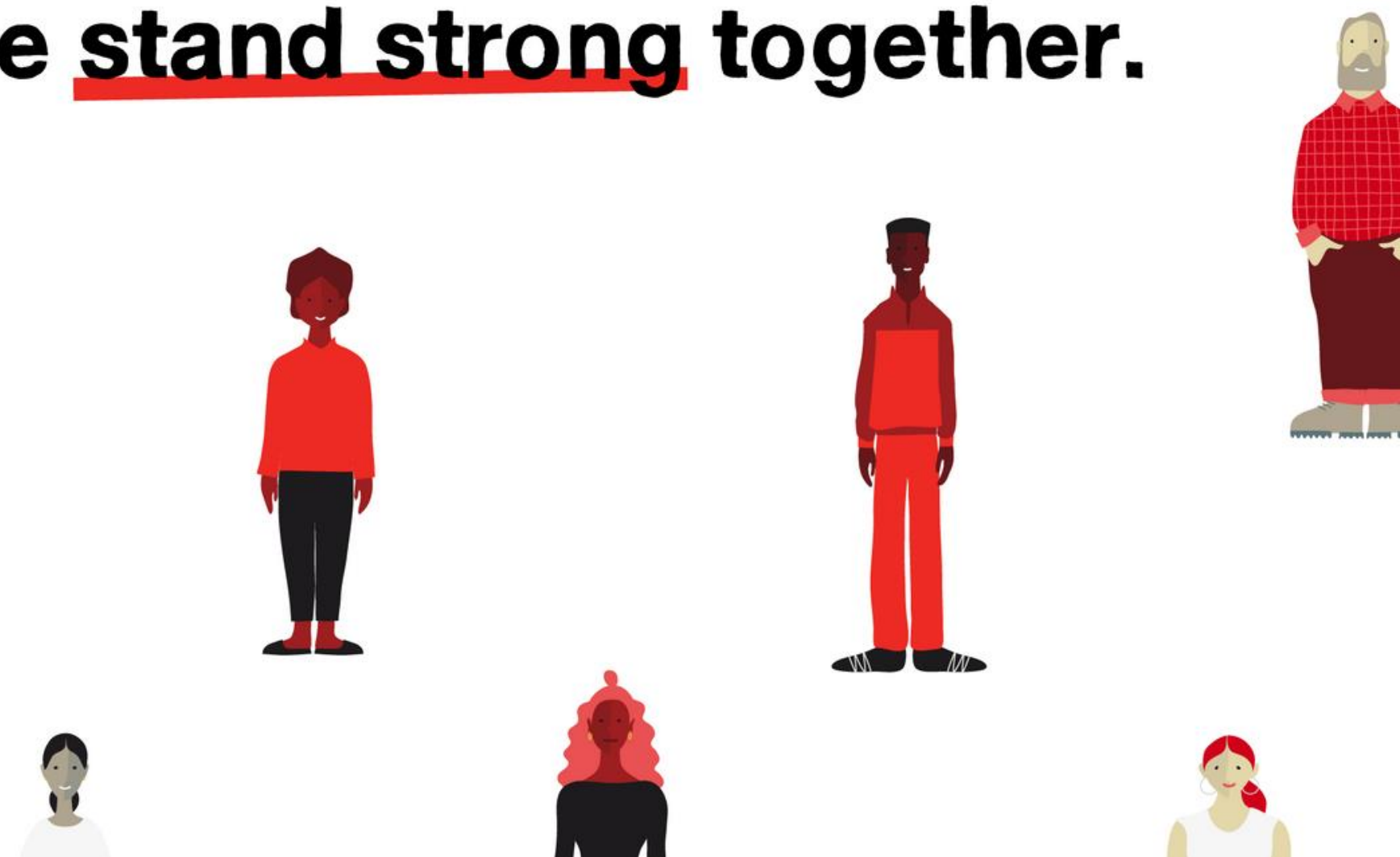
# What We Do

As each National Society works to meet local needs, services vary from country to country.

In the UK we support emergencies in the UK such as flooding, mobility aids, support at home, refugee support and of course education.



**In uncertain times,  
we stand strong together.**



## Signs someone may be struggling

**1 Behaviour changes**  
Are they quieter or louder than usual?

**2 Withdrawal**  
We all need a break from Zoom calls, but if you've not heard from someone, check in

**3 Irritability**  
They may focus on something petty, but that could indicate a need to talk about something else



BritishRedCross

# Vision

At the British Red Cross, we aim to improve the resilience of individuals and communities across the UK, so they can thrive. Our organisation's values are dynamic, courageous, compassionate and inclusive. The Community Education vision was created in line with these values in mind to allow us to deliver education that supports those most at risk in our communities.

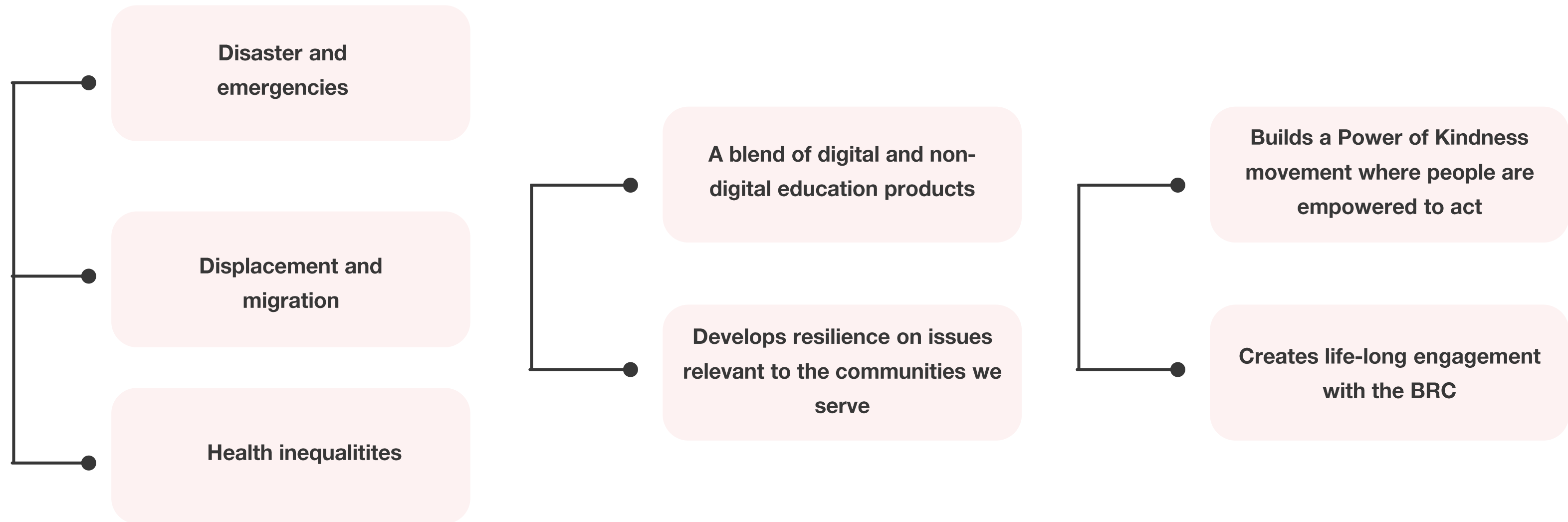


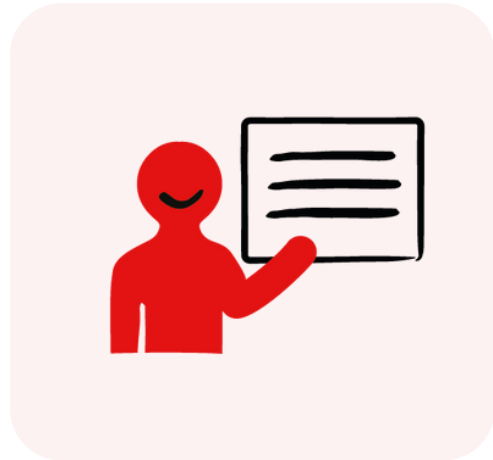
# Mission

Provide humanitarian education that encourages kind and inclusive communities and equips individuals to prevent, prepare for, respond to and recover from adversity.



# Educational Offer





## **In-person Education**

Aimed at those with the greatest risk:

- Tackling Loneliness
- First Aid
- Adapt & Recover From Adversity



## **Online Classrooms**

New workshops adapted and created for online delivery:

- Tackling Loneliness
- First Aid
- Adapt & Recover From Adversity



## **Telephone Workshops**

Aimed at those who are digitally isolated:

- Exploring Loneliness Openly
- Adapt & Recover From Adversity

# **Adult Educational Offer**



# Young People Educational Offer

## Online Classrooms

Workshops adapted and created for online delivery:

- First Aid
- Coping with Challenges
- Empathy & Migration



## In-person Education

Aimed at those with the greatest risk:

- First Aid
- Coping with Challenges
- Empathy & Migration



# First Aid Educational Offer



## Learn First Aid

<https://www.redcross.org.uk/first-aid/learn-first-aid>



## First Aid Champions

<https://firstaidchampions.redcross.org.uk/>



## First Aid App

<https://www.redcross.org.uk/first-aid/first-aid-apps>



## Book Workshops

<https://www.redcross.org.uk/get-involved/teaching-resources/community-education-workshops>

# Feedback



## Adult Tackling Loneliness

I just wanted to give you feedback on the tackling loneliness session that I attended today. It wasn't as I expected it to be at all, to be honest, I feared that it wouldn't be fully engaging and as much enjoyment with the participants. However, the total opposite it was. It sadly finished fast. I really enjoyed every minute of it and can't wait to be a part of it. Thank you for suggesting it to me.



## Resources

Thanks for the resources, I have shared with my colleagues too. Just wanted to give a shout out to you about the good work you do at British Red Cross and thanks for all the support in the communities.

# Feedback



## Adult Tackling Loneliness

A HUGE thanks to Laura & Suzanne for their EXCELLENT workshop tonight on Loneliness. It was so interesting, informative & fun & stimulating! They kept us actively engaged throughout the session with varied tasks, questions & activities. I feel they really did achieve the aims they outlined at the start. We really look forward to more sessions with the Red Cross.

## Podcast

Thanks again for your time and insight yesterday Hannah and Juliette. I listened to the Youtube podcast you shared last night, brilliant. I probably shouldn't have listened to it whilst walking alone on a dark evening as I think it magnified my own feeling of loneliness and caused me to laugh, giggle and almost cry whilst walking down the street. I am sure I would have looked quite odd to anyone who spotted me. I hope it gets the attention it deserves and I'm looking forward to the next instalment.



# Feedback

## Adult Tackling Loneliness

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# Contact

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