

Something for...



everyone



Get involved!

Across the world and...

Who we are

The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global network of volunteers, responding to natural disasters, conflicts and individual emergencies.

We enable vulnerable people at home and overseas to prepare for and respond to emergencies in their own communities. And when the crisis is over, we help people to recover and move on with their lives.

The fundamental principles

All the charitable work carried out by the Red Cross and Red Crescent Movement is based on seven fundamental principles that underpin our core values. These are:

humanity
impartiality
independence
neutrality
volunteering
unity
universality.

"To me, the Red Cross is one big team, all pulling together. I think every single member worldwide should feel proud that they are a part of it"



around the corner

What we do

Volunteers are the lifeblood of the British Red Cross. All the good work we do is only made possible because every year, tens of thousands of volunteers give their time to help others. Every life that's saved, every pound that's raised, is only possible because people are willing to give their time and energy.

Do what you want, when you want!

We would like you to join us in helping others. However, what you choose to do depends entirely on your own interests and how much time you have to spare. Many volunteers give up their time on a regular basis. Others help out occasionally whenever they have time. Whatever you choose to do, you'll be making a real difference to someone's life.

Why we don't send volunteers overseas

The Red Cross and Red Crescent Movement is made up of 182 National Societies, spread across the world. As each National Society has its own body of volunteers – with local skills and knowledge – we very rarely send volunteers overseas. This means the Movement can save time and money, and focus more effectively on helping vulnerable people.

"I love volunteering for the Red Cross. The organisation makes me feel valued and useful, and I know I am making a difference"



How can you help?

Everyone can play an active role in helping others and there are lots of ways to get involved. By far the most effective way to make a difference to other peoples' lives is by becoming a volunteer. However, you could also donate money or goods, or perhaps learn a skill – such as first aid – that will enable you to help someone in need.

Each volunteer is like a vital cog in the machine, enabling us to deliver services to more than 600,000 people every year. And whichever activity you choose to get involved in, we'll ensure you have the necessary skills to get the job done.



Photo © BFC



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What you can do?

These are some of the activities you could get involved with as a Red Cross volunteer:

Emergency response

We train our volunteers to do extraordinary things, such as saving hundreds of lives every year and providing support following major incidents, transport accidents and fires. Could you be ready to respond in an emergency?

First aid

Every year, our volunteers help train 30,000 people in first aid skills and assist thousands more following accidents and at events across the UK. We can equip you with the skills to offer life-saving support wherever it is needed.

Fire and emergency support

Following a household fire, our volunteers turn up day or night to offer practical assistance and medical support. We need committed people who can be available at short notice to help provide this vital and rewarding volunteer role.

Care in the home

Our volunteers help thousands of people in their own homes each year following an illness or hospital stay. Could you spare the time to keep someone company for a few hours and assist with simple tasks such as shopping and collecting prescriptions?

call 0845 054 7111 or visit redcross.org.uk/volunteering



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Medical equipment

We loan out medical equipment – including wheelchairs and bathing aids – that enables thousands to lead a more independent life at home. If you're well-organised and like meeting people, we could use your support.

Transport service

Our volunteers offer friendly door-to-door assistance for people who cannot get about easily or use public transport. Could you spare the time to drive someone to an appointment or visit, or escort them on a public transport journey?

Therapeutic massage

Our volunteers offer gentle massage for people in stressful situations, helping them to relax and reducing their pain. Perhaps you could develop a 'hands-on' approach to helping those in need of support?

Skin camouflage

We teach people with visible skin conditions – such as burns and scars – how to self-apply specialist cover creams. Once you've been trained in using our creams, you'll be equipped to help others make a confidence-boosting difference to their own lives.

Refugee services

We help vulnerable refugees – including unaccompanied children – to adjust to life in a new country and access vital services. We need volunteers who can provide sensitive support and a friendly ear to a frequently misunderstood section of our community.

International tracing and message service

Every day, our volunteers help bring together two families separated by conflict or disaster. If you are intuitive and like working on your own, you could enable us to make it three.

Fundraising

Our volunteers help us raise millions of pounds every year. Skydiving, tea parties, swimming with sharks – there's no limit to the imaginative ways in which you can help us to raise funds.

Shop volunteering

Would you like to meet new people and help raise money in a fun and friendly atmosphere? Come and help out in one of our 350 shops.

Office support

Whether it's responding to emergencies or helping with everyday duties, our volunteers provide vital support to make sure everything runs smoothly. Do you have the office or computer skills to help us act effectively?

Volunteer trainer

Our volunteers provide expert help to thousands – but every one of them first needs to be fully trained. Do you have experience of helping others to learn new skills?

Youth

Young volunteers can get involved with all our main activities, or help other young people through our peer support and education programmes.

call 0845 054 7111 or visit redcross.org.uk/volunteering

Photo © Jonathan Banks



What you can gain

Volunteering brings all kinds of opportunities. It broadens your experience and boosts your confidence. You could learn vital life-saving skills and help others to do the same. It is also a chance to be part of a team that will make a difference to people's lives.

Don't just take our word for it!

We asked hundreds of volunteers how they felt about being involved with the Red Cross. Here are just some of the benefits they shared with us:

- > The satisfaction of helping other people and making a positive contribution
- > A chance to meet new people and make lasting friendships
- > A sense of personal achievement and motivation
- > The opportunity to gain new skills and put existing ones to use
- > Being involved with the world's largest humanitarian organisation

So why not get involved? Wherever you live and however much time you can spare, the British Red Cross has something for you!

Get in touch

If you would like to know more about the volunteering opportunities in your area, please ring **0845 054 7111** or visit **redcross.org.uk/volunteering**

Photo © Crispin Hughes



"Volunteering is my way of saying thanks. I feel very good about being a member of the Red Cross"

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