

## **Volunteers needed in your community – help us support people at times of crisis.**

The British Red Cross is calling for volunteers in your local community to get involved during Red Cross Appeal Week, the charity's annual fundraising drive, 1 – 8<sup>May</sup>. Volunteers are needed to collect for just two hours in towns, your village or down your street and giving just 2 hours can really help to support vulnerable people in our communities here in Suffolk and across the world. If collecting is not for you there are many other ways to get involved, would you like to organise a coffee morning with friends or a Dress in Red Day at work. All support and other ideas are available. Money raised goes towards helping vulnerable people in our local community including, helping those when leaving hospital, supporting those after a fire and loaning wheelchairs and walking aids.

Caroline Keates at the British Red Cross said: “During Red Cross Appeal Week we rely on our fantastic volunteers giving their time to collect locally, in aid of the Red Cross. We couldn't do it without them, but the more collectors and supporters we have, the more we can raise, so we are urging people to sign up this year.”

People who wish to collect, support or donate for the Red Cross can contact Caroline Keates, Senior Fundraiser on 01842 768361 or email [ckeates@redcross.org.uk](mailto:ckeates@redcross.org.uk)

### About the British Red Cross

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The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We enable vulnerable people in the UK and abroad to prepare for and withstand emergencies in their own communities. When the crisis is over, we help them to recover and move on with their lives.

This year's theme for Red Cross Appeal Week – 3 - 9 May – is “Rain or shine...we're there, whatever the crisis”. The Appeal Week seeks to raise funds to support British Red Cross projects both in the UK or overseas. All projects bring help to people vulnerable in a crisis – such as those in the UK whose lives are disrupted by fire or flooding, people who have no-one to look after them when discharged from hospital, or those affected by disasters overseas.

In 2008 the British Red Cross helped 6,751 people affected by emergencies in the UK. Red Cross first aiders helped more than 24,600 casualties at public events, trained 158,428 people and raised awareness of life-saving first aid skills among 186,000 others.

The Red Cross also helped to trace over 673 families who had been separated by natural disasters and conflict and delivered Red Cross messages between loved ones. In the UK it helped over 356,000 people to regain their confidence after a personal crisis through our independent living and community equipment services, making a difference to the quality of their daily lives.