

SIRM

ROMANIAN RED CROSS



-MARAMUREȘ BRANCH-
IN SIRM PROJECT

5-6 June 2024 | Brindisi

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Hello,

I hope you're all doing well. I wanted to take a moment to say hello and express my appreciation for your hard work and dedication. Let's continue to strive for excellence together and make great things happen.

-DIRECTOR MANOELA BINDIU-

5-6 June 2024 | Brindisi



About me

My name is Vanessa Garcia, a 20-year-old dedicated volunteer since 2019. I have been the head of the Youth Department since 2021.

My extensive experience encompasses project writing, first aid, psychological first aid, disaster response, among various other skills.

Furthermore, I am honored to be a youth representative on the National Council of the Romanian Red Cross.



International Red Cross and Red Crescent Movement



Its mission is to alleviate human suffering, protect life and health, and uphold human dignity especially during armed conflicts and other emergencies.

7 PRINCIPLES:

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Humanity

Impartiality

Neutrality

Independence

Voluntary
Service

Unity

Universality

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OUR ACTIVITY DURING THE ARMED CONFLICT

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SIGHET BORDER

We were
there since
the 24th of
February

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Immediate Response

- Rapid Deployment: Arrived at Sighet border on the second day of conflict.
- Material Aid: Food: Distributed essential food items (non-perishable) & liquids.
Hygiene Packages: Provided hygiene kits and essential supplies
Clothing: Distributed warm clothes and blankets.
Phone Cards: Enabled refugees to contact their families.
Cash Assistance: Provided financial support, through IFRC funds.



Specialized Services

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Restoring Family Links (RFL):

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Helped families reconnect with their lost members.
Provided communication tools and services.

Psychological Support:

Trained psychologists and trained volunteers in
psychological first aid.



ABOUT PSYCHOLOGICAL FIRST AID

Each year, we conduct training sessions to equip our volunteers with the skills of psychological first aid, highlighting its accessibility beyond specialized professionals.

Through courses authorized by IFRC, our volunteers learn fundamental rules and principles essential for effective support provision in times of crisis.

These structured sessions ensure our volunteers are prepared to offer empathetic and proficient assistance whenever needed.



How can you provide P.F.A.?

*this is just a fragment of what our volunteers learn

Look, Listen and Link

▪ The actions you take in P.F.A. depend on the situation and needs of the people you are helping. There are three basic sets of actions – look, listen, and link.

LOOK for

- information on what has happened
- who needs help
- safety and security risks
- physical injuries
- immediate basic and practical needs
- emotional reactions.

LISTEN refers to how the helper

- approaches someone
- introduces oneself
- pays attention and listens actively
- accepts others' feelings
- calms the person in distress
- asks about needs and concerns
- helps the person(s) in distress find solutions.

LINK is helping people

- access information
- connect with loved ones and social support
- tackle practical problems
- access services and other help.

Looking after yourself

- Helping responsibly includes helpers taking care of their own health and well-being.
- Helpers can be affected by supporting others in crisis situations or by their own distress.
- Providing psychological first aid can be difficult both physically and emotionally.
- It is not easy interacting with people who are in distress.
- It can lead to feelings of guilt, sadness, and frustration, if helpers feel they did not do enough.
- Helpers can apply the action principles of 'Look, Listen and Link' to self-care



Our commitment to assisting the Ukrainian population in Maramureș extends far beyond immediate relief efforts. While our presence at the border remains steadfast, we've extended our support to address the diverse needs of Ukrainians residing in Maramureș, for example:

- **Weekly Non-Perishable Food Distributions;**
- **Educational and Training Programs:**
First Aid Trainings;

Courses for Moms and Pregnant Women: Education on childcare and maternal health, but also emotional and practical support for new and expecting mothers.





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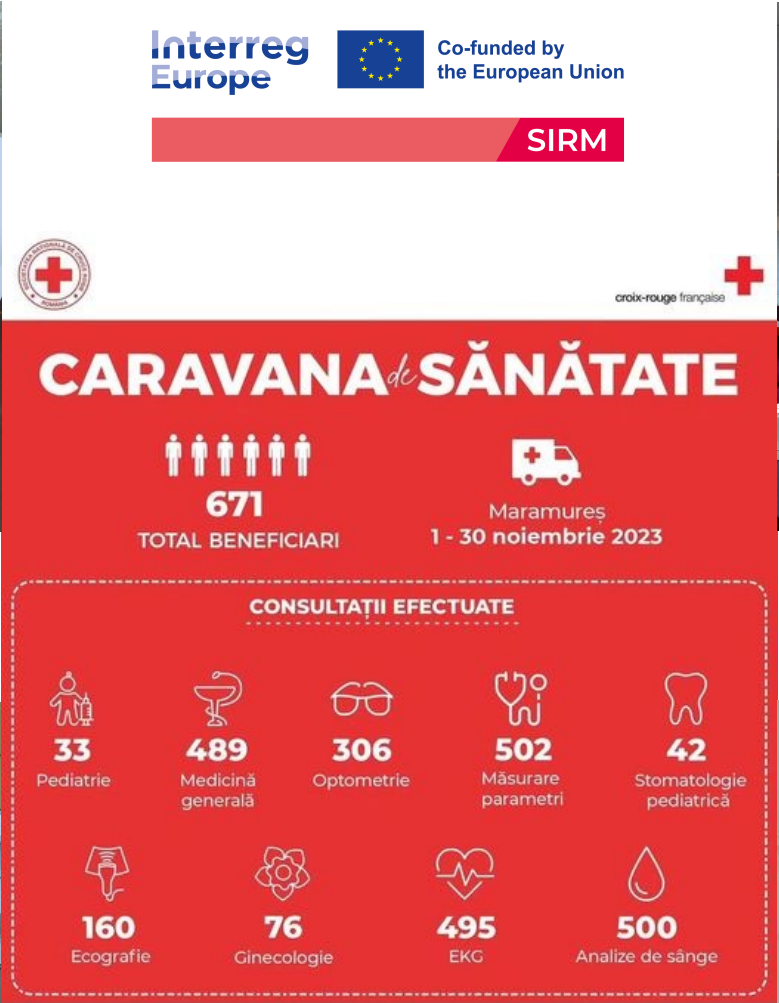


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- **HEALTH CARAVAN:** provides free access to medical services for Ukrainian citizens residing in our country, as well as for Romanian citizens living in isolated areas.

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Together, we can make a difference!

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Thank you !

Presentation by Vanessa Garcia

Volunteer

Romanian Red Cross

<https://crucearosiemm.ro/>

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