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**SYRIA CRISIS:**  
**Most of the  
time my  
children are  
hungry**

children. Only two of the children are going to school.

"It is very cold. Most of the time my children are hungry. Sometimes I don't have breakfast for them, only tea and bread," she said.

"To tell the truth, I am very frightened about the future. I'm afraid I will die, that I will be hungry, everything. I'm afraid I will not be able to give the children food, or a house, or shelter. They don't even have clothes, nothing at all.

"I'm not living well, I'm not taking rest and I don't have friends. I cannot connect or communicate with anyone.

"In winter I don't have any heating. We don't have wood or oil. When it was snowing and icy I got pillows and blankets from the neighbours just to cover us. But there aren't enough blankets to cover everyone."

The British Red Cross is helping the International Red Cross and Red Crescent Movement bring urgent aid to people in need.

The Red Cross is delivering food, parcels and essential items such as soap and toiletries to Noora and her family.

To find out more about our work visit [redcross.org.uk/SyriaCrisis](http://redcross.org.uk/SyriaCrisis)

**Welcome to Outlook and thank you for your support. We hope you enjoy reading about the difference your charitable trust can make.**

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- > How the Red Cross supports the NHS
- > Why first aid should be on the school curriculum



Photos © Bobby Fall/BRC

## Why first aid belongs on the school curriculum

And unsurprisingly, students themselves – a whopping 91 per cent of them – would relish the opportunity to learn life-saving skills.

If they're going to be equipped to help, students absolutely need to be taught the full range of first aid skills.

Each year, the Red Cross reports on many young people doing amazing things, for example, the teen (below) who saved his stabbed friend, or the pupils who helped a man after he collapsed. These stories show how, with just a bit of training, young people can be an incredible force for good.

What's needed now is a firm commitment to include first aid as a compulsory part of the school curriculum. And with the election season, now seems an ideal time.

We strongly encourage our political leaders to make first aid education mandatory for all primary and secondary students. It's a relatively simple step, but it would have a huge impact – empowering young people to save lives.

### A recent call by politicians for schools to teach CPR (cardio-pulmonary resuscitation) skills is welcome – but only goes part of the way to addressing the issue.

Earlier this year, one of the political parties announced its intention to teach all school pupils how to provide CPR for someone experiencing cardiac arrest.

Cardiac arrest can kill in minutes, so the more young people trained to help the better. But suppose

one of those CPR-trained pupils came across someone with a nasty cut or burn injury, or having an asthma attack. What would they be expected to do then?

Currently, British schools have no obligation to teach students about first aid, despite the obvious benefits.

The British Red Cross has been campaigning for years to get first aid on to the curriculum. Everybody should know how to save a life.



### "I saved my friend's life"

When his friend was stabbed, teenager Jay Duff still had a first aid trainer's words echoing in his ears.

Like most people, Jay enjoyed his first aid session. But once the training was done he just got on with his day, not really considering that he'd ever have to put into practice what he'd just learned.

Only hours later, Jay was at a Glasgow park when his 15-year-old friend was stabbed in the stomach.

The young Glaswegian recalled: "We were just in the

park, and next thing I knew my best friend was lying on the ground. I saw blood coming from under his belly button and knew he'd been stabbed."

He added: **"Because I had been talking to the guys from the Red Cross that day, I knew to immediately apply pressure to the wound to try to stop the bleeding.**

"I also remembered to call 999 for an ambulance as soon as I realised what had happened."

Thankfully, the paramedics soon arrived to rush the injured lad to hospital where he made a recovery. Jay said: "I just did what anyone would do for their best friend; I tried to help him the best I could."

### Make a difference

Your support makes our vital work possible. If you would like to continue making a difference by donating now, please contact: Katie Randall, British Red Cross, 44 Moorfields, London EC2Y 9AL on 020 7877 7460 or by email at [krandall@redcross.org.uk](mailto:krandall@redcross.org.uk)

The scenery shifts dramatically on the road north from Nairobi. The rolling green fields and spectacular views of Mount Kenya quickly give way to the parched earth of Samburu County.

The climate in Samburu County is harsh and the arid landscape gives an indication of the paucity of rainfall in these parts. It is one of the driest counties in Kenya and is plagued by cycles of drought.

Getting access to water isn't easy. People settle near water sources such as natural springs or rivers. But the few rivers that course through the county are seasonal, while the water itself is dirty and can give rise to waterborne diseases.

Given the persistent droughts and lack of clean water sources, the Kenya Red Cross has been working on a number of water and sanitation projects in

Samburu County for several years. It has helped build wells, boreholes, water tanks, water kiosks and toilets throughout the county, but by far the most impressive facility is the Nghapawoi borehole. Completed in July 2014, the facility harnesses solar energy to supply clean water to people within the community of Archers Post.



Water is pumped from the borehole to a tank half a mile away on a hillside. The energy to pump the water is generated

by 36 solar panels. The whole system generates about 7kW and is capable of pumping 18,000 litres per hour. When there is no sun, a diesel generator is on standby to provide energy.

From the hillside tank, the water is then distributed to a number of community water kiosks. People come on a daily basis to fetch water from the kiosks, where previously they would walk several miles to get water from a river.

The Red Cross has now handed the facility to a local community group and trained them to look after it. Nghapawoi chief Stephen Ngozia said: "This hybrid system has improved our community. It has allowed people to settle here, instead of moving all the time, because we have clean water. Clean water means fewer diseases like diarrhoea and typhoid."

## Jane's story

The water kiosks in Archers Post have only recently opened and they are still something of a novelty.

"It used to take us an hour to go to the river and fetch water and the children would have to come with me," said Jane Endias.

The 38-year-old is waiting in line to fill up her containers, but she doesn't mind. She has a wide smile etched across her face as she talks about the difference this new kiosk has made to her life.

"We can come here to get water for cooking, cleaning and washing and we can also get water for our animals and for our children when they go to school," she explained.

"This water is good because it's been treated and is clean, so you don't get any diseases. We're all very happy and we're very proud of the kiosk. We're going to look after it."





# Queuing for a miracle – thanks to solar power

**In one of the driest parts of Kenya, a community is enjoying clean water for the first time with the help of renewable energy.**

Crowds of women wait to fill up their buckets at the new water kiosks installed by the Kenya Red Cross

Outlook UK

## How the Red Cross supports the NHS

The British Red Cross hit the headlines recently after at least 14 hospitals declared a 'major incident'. Many called in extra staff and asked for help from organisations like the Red Cross.

Supporting the NHS is not new to us: the Red Cross has been working in health and social care for more than 30 years.

We are working at around 20 A&E departments across the UK. How? By helping patients to return home safely or arranging appropriate care elsewhere and preventing unnecessary hospital admissions.

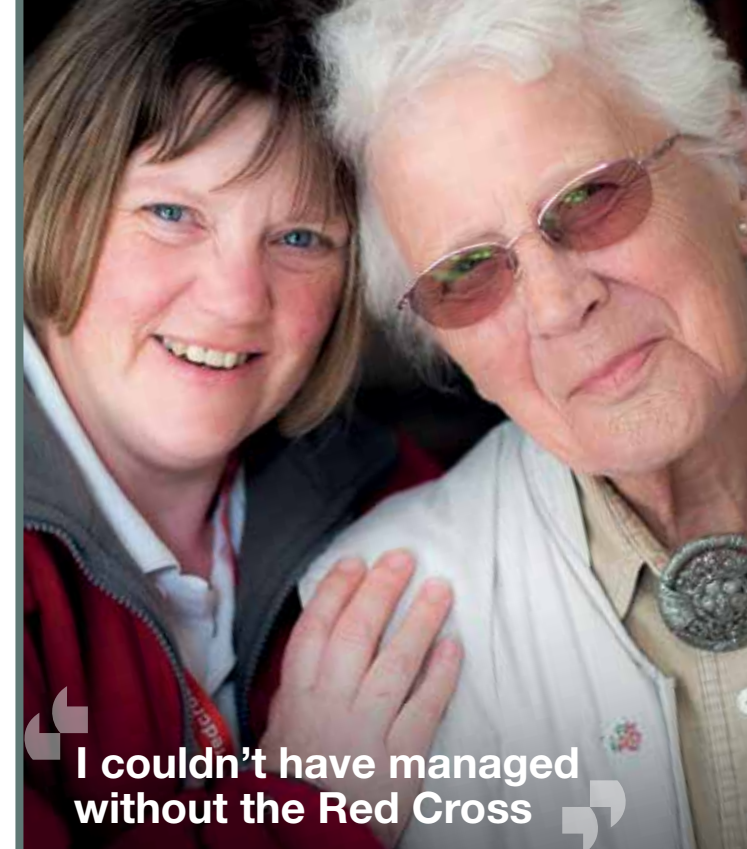
This gives doctors and nurses the confidence to discharge vulnerable patients, safe in the knowledge that the Red Cross will see them home.

Our volunteers transport patients and check they have what they need, from food in the fridge to making sure the heating is working. Over the next few days our volunteers pop round or give them a call to check they're OK, helping them get more permanent support if necessary.

Our mobility aids service also loans people wheelchairs, commodes and other equipment to help them cope at home.

Juliet Mountford, director of UK service development, said: "The British Red Cross recognises the huge pressures the NHS is under, but feels strongly that the voluntary sector needs to play a vital role in reducing these pressures and providing much-needed support to people in crisis.

"Our services – offering short term practical and emotional support – can save the NHS and social care up to £8 million every year."



I couldn't have managed without the Red Cross

Photos © Gareth Williams

Living with Parkinson's disease can be difficult for Renate Eglestaff – so she was especially grateful when our volunteer called round to help.

Renate received help from the British Red Cross support at home service following two recent hospital stays.

"I live alone and can be a bit wobbly and prone to falls because I have Parkinson's," said Renate, from North Devon.

"There's nowhere better than being in your own home, but I couldn't have managed without the wonderful support from my Red Cross volunteer, Sue."

The 84-year-old added: "Besides helping with practical tasks, such

as sorting my food shopping, Sue was just delightful company.

"I really looked forward to her visits, and it made my recovery so much better knowing someone was there to help me when I needed it."

For support at home volunteer Sue Oake, watching people such as Renate get better is what makes it all worthwhile.

She said: "After a few visits, you do notice an improvement in people's confidence. They gradually become more mobile and independent – and that largely comes from their peace of mind in knowing someone's available if they need anything."

## Volunteering landed me a job



Young mother Sarah Coull was fed up with being unemployed, so tried her hand at volunteering – and hey presto, it soon landed her a job. Here's her story...

After leaving education, I spent a while struggling to find work. Like lots of people my age, I kept trying but the jobs just weren't out there.

While I wasn't sure exactly what I wanted to do for a career, the prospect of care work had always interested me. I think older people are often marginalised, which isn't fair.

That's why the British Red Cross' support at home service appealed so much. Also, after claiming benefits for a while, I wanted to give something back to my community.

Support at home volunteers spend a few hours each week visiting people who need a bit of extra help at home, usually following an illness or hospital stay.

The Red Cross was fine about choosing the hours to suit me, which was perfect. I soon found it was pretty easy to fit the volunteering around caring for my young child.

And while I obviously like helping others – I've found it very enjoyable and fulfilling – volunteering has helped me in so many other ways.

First, it helped me to realise that I really did want to work in the care sector. And more importantly, the experience I gained as a volunteer was invaluable in helping me finally land a job, with a care agency in Peterborough.

Now I have the best of both worlds. I'm really happy with my job and still enjoy volunteering with the Red Cross. I'd really recommend giving it a go. Volunteering is so fulfilling, and we have people from all ages and backgrounds.

The Red Cross provides all the training – you just need to be interested in helping vulnerable people.

Find out more about volunteering, at [redcross.org.uk/volunteer](http://redcross.org.uk/volunteer)



Outlook Donor focus

## DOROTHY JACOBS CHARITY

Long-standing supporters such as the Dorothy Jacobs Charity are invaluable to the British Red Cross. Since 1991, the Trust has donated £89,000 to the Red Cross, giving gifts varying in size each year.

Established in 1989 by Dorothy Jacobs, a philanthropist who lived in London's West End and worked in fashion, the Trust aims to provide sickness relief through medical aid and research. It supports work to advance education, as well as offering care and aid to the elderly.

The Trust began donating to the Red Cross not long after its creation, giving an unrestricted first gift of £10,000 in 1991. Although Ms Jacobs has now sadly passed away, the current trustees, Ralph Harold Moss and Arthur Morton Alexander, have continued the Trust's commitment to the British Red Cross, encouraging our work and supporting us with 21 gifts over the years.

The dedicated support of the Dorothy Jacobs Trust is hugely appreciated by the people we help, both in the UK and overseas.