

# Free adult education resources.



## First aid advice

First aid on the British Red Cross website and our apps give you straightforward, step-by-step guidance for a variety of conditions and scenarios.



## Wellbeing resource pack

Explore information and activities to boost confidence and skills for if you or someone you know is feeling lonely or isolated. This can be printed to support offline users.



## Get help with loneliness

Are you feeling lonely, alone or isolated – or are you worried about someone you know? Our online resources have been designed to help build confidence, coping skills, and connections.



## Vaccine voices

Read real stories from people discussing their experiences and feelings around the Covid-19 vaccines. Build skills to manage worries, spot misinformation and have difficult conversations about the vaccine with friends or family.

Learn more and sign up for email updates: [redcross.org.uk/get-help/learn-with-us](https://redcross.org.uk/get-help/learn-with-us)

For further information please email  
**RedCrossEducation@redcross.org.uk**  
or call **07709400783 / 07710711630**

# Free adult education workshops.



## Adapt to and recover from adversity

Reflect on how challenges have impacted you, and build practical and emotional skills to help yourself and others adapt and recover when faced with a crisis.



## First aid workshops

Our interactive workshops, available digitally and face-to-face in some areas, will equip you with the skills to help someone in a first aid emergency.



## Loneliness telephone support

During this group call we'll address the varying causes and effects of loneliness, with the chance to reflect and share personal experiences. We will discuss approaches to helping others and how to be an effective listener.



## Loneliness workshops

This workshop, available digitally and face-to-face in some areas, aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering.

Find out more and book onto a workshop here: [redcross.org.uk/digital-classrooms](https://redcross.org.uk/digital-classrooms)

For further information please email  
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**The power  
of kindness**