

Joy and hope

The Red Cross volunteer activities bring joy and hope to those who encounter them.

The Pori branch offers many opportunities for volunteering:

First Aid

Health promotion

Friend services

Food Aid and Health Point

Immigrant Activities

Ask for more information!

You can reach us on social media or at spr.pori@gmail.com.

Our shop on Antinkatu is open Mon–Thu 10:00–17:00 and Fri 10:00–14:00. Come and say hello!

FINNISH RED CROSS

The Finnish Red Cross is the national society of the International Red Cross and Red Crescent Movement operating in Finland. The Red Cross has around 73,000 members and 30,000 volunteers and fundraisers, working in 12 districts and about 500 branches across the country.

Welcome to join!



KUVA: Joonas Brandt, Suomen Punainen Risti

THE PRINCIPLES WE FOLLOW

Humanity
Impartiality
Voluntary service
Neutrality
Independence
Unity
Universality



KUVA: Timo Heikkala, Suomen Punainen Risti

ASK FOR MORE INFO!

**Finnish Red Cross –
Pori Branch**

Kuninkaanlahdenkatu 10, 28100, Pori
spr.pori@gmail.com

facebook.com/SPR.Pori
instagram.com/spr.pori

**Come and
join the
activities of
Pori Branch!**

FIRST AID AND EMERGENCY RELIEF

The first aid and emergency relief group provides on-call services, participates in events and activities, and acts as a readiness group. You are welcome even without previous experience. We maintain first aid skills through lectures, exercises, and visits.

More information: 044 300 3618

Note: This group operates in Finnish

ENCOUNTERING OTHERS

More information: 044 295 2260 (Mon–Fri 12–15) or spr.ystavavalitys@gmail.com

Friendship Services If you have the ability to listen and be present, you are suitable to become a volunteer friend. We offer training for the role.

Shop In the shop, we provide information about activities, sell Red Cross products, handicrafts, and second-hand goods. Open Mon–Thu 10:00–17:00 and Fri 10:00–14:00. Come visit us at Antinkatu 9.

Outdoor Friends We go outdoors with residents of service homes, chatting and keeping them company. Come bring joy to the elderly!

Family Caregivers Recreation for those who care for a loved one at home. Together we strengthen knowledge and resources. Welcome to join!

Men’s Club A men’s friendship club meeting on the last Thursday of every month 18:00–20:00 at Kuninkaanlahdenkatu 10. Meeting times may change. *Operates mostly in Finnish for english see Living room*

Living Room

Socializing, games, crafts, help with problems. Wednesdays 16:30–18:30 at Pohjoispuisto 2. (More information: spr.pori@gmail.com)

Red Cross International A multicultural group, open for everyone, where we learn about the activities of the Red Cross and get to know Finnish culture and language. If you already know Finnish culture, you can help others get to know it, and if you don't know it yet, you can get to know it! We will announce upcoming meetings on the Oma.punainenristi.fi (Events) (More information spr.pori@gmail.com)

Language Club We support Finnish language studies and conversation practice. We meet on Thursdays at 17:30–19:00 (except last Thursday of each month) at Kuninkaanlahdenkatu 10. (More information: spr.pori@gmail.com)



JOIN AS A VOLUNTEER THROUGH OMA PUNAINEN

At oma.punainenristi.fi volunteers can create their own profiles in the system, which they can use to search for suitable training courses and volunteer assignments and to share information about their skills. We also use the system to post information about new volunteer possibilities and the activities of our department!



KUVA: Suvi Eilo, Suomen Punainen Risti

FOOD AID AND HEALTH POINT

On Tuesdays and Thursdays from 10:00–11:30, surplus food from shops is distributed at Kuninkaanlahdenkatu 10. During distribution, there is also a meeting café, and once a month, a health point.

Surplus food is distributed also at Itätuuli School on school days at 12:15 p.m., and communal dining is organised at Itätuuli School in the “Salonki” room on Thursdays at 12:15 p.m. Please bring your own plates/containers!

HEALTH PROMOTION

Health promotion volunteers help in various tasks: for example at health points, by providing support at sobering-up points, as harassment contact persons, and by organizing the Teddy Bear Hospitals.

Would you like to be involved in promoting well-being and safety? The health promotion working group meets once a month. Come and join us! For more information, contact spr.pori@gmail.com.