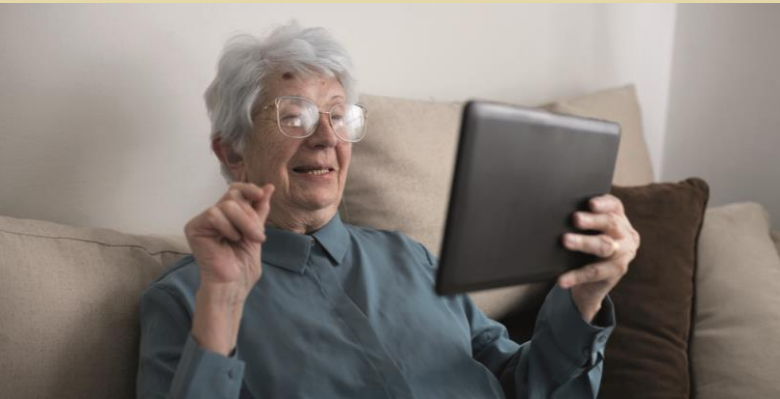


Free adult education resources.



Help with loneliness

Activities and information for those who may be feeling lonely, designed to help develop new skills, build confidence and make connections.



First aid learning

Step-by-step and straight-forward first aid advice is available on our British Red Cross website and free-to-download first aid apps.



Community education workshops

Develop skills to help in an emergency, connect with others and build confidence and coping skills. Topics include first aid, loneliness and recovering from adversity. Available digitally and face-to-face in some areas.



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

For further information please email
RedCrossEducation@redcross.org.uk
or call **0344 412 2734**

**The power
of kindness**