**Compilation of the most effective practices and methods of humanitarian work of the Russian Red Cross in the regions of the Russian Federation among Russian and foreign nonprofit organizations**

The International Red Cross and Red Crescent Movement (hereinafter - the International Movement) since its inception and throughout the history of humanitarian activities has been actively involved in the process of organizing medical and sanitary assistance.

The Russian Red Cross has been active since 1867.

At the origins of the establishment and development of the Russian Red Cross were Grand Duchess Elena Pavlovna, famous Russian surgeon N.I. Pirogov, sisters of charity of the community of Cross, who initiated public medical care to the wounded and sick soldiers during the Crimean War (1854-1855). After the war, the sisters of the Community of the Exaltation of the Cross under the patronage of Grand Duchess Elena Pavlovna cared for the sick in hospitals in St. Petersburg and Kronstadt, in hospitals for workers, and in hospitals for the poor. At the community operated a two-class school with free education for girls from poor families, whom the older sisters prepared for work in the field of mercy.

On May 15, 1867 (May 3, Old Style) Emperor Alexander II approved the charter of the Society of the Wounded and Sick Soldiers, which in 1879 was renamed the Russian Red Cross Society. The Emperor, the Grand dukes and princesses, highranking secular men and members of the high clergy became honorary members of the Society.

Since 1867 there has not been a single military expedition or war in which the Russian Red Cross Society has not taken part. During the Russian-Turkish war of 1877-1878, 430 doctors and over 1,500 sisters of charity and nurses worked in Russian Red Cross hospitals, medical trains ROKK transported over two hundred thousand patients and the wounded. During the Russian-Japanese War of 1904-1905. Russian Red Cross Society in the theater of military operations had about 30 thousand beds in 143 infirmaries, and the staff of the Red Cross Society in the Far East amounted to more than 4 thousand people. As a result of cooperation between the national Red Cross societies of Russia and Japan, Russian prisoners were able to correspond, receive parcels and donations.

During World War I, tens of thousands of volunteers united under the flag of the Red Cross. Donations to the Society come from all over the country. By the end of 1914, in the theater of military operations - 318 institutions, and by early 1915. - 604 field and 9,278 rear medical institutions.

In the summer of 1915 in the Winter Palace opened the hospital named after Tsarevich Alexei, a thousand wounded and sick soldiers, who served 10 doctors, 60 nurses and 180 nurses. The Red Cross Society supplied the hospital with medicines, bedding and furniture.

At the same time, the Society was more active than helping the wounded and sick on the battlefield. From 1872, the Russian Red Cross began to help the population affected by natural disasters. Society came to the aid of people during floods in Warsaw and St. Petersburg, fires in Samara, Orenburg, Uralsk, Irkutsk, took part in the fight against cholera, diphtheria, leprosy and other emergencies.

In 1917. General Directorate of the Russian Red Cross Society was abolished and in its place was established a Committee on the reorganization of the Society, the property and capitals of the Red Cross were transferred to the state ownership. November 20, 1918 was the official date of the beginning of the Soviet Red Cross societies and on May 18, 1923 heads of the Red Cross societies of Russia, Ukraine, Belarus, Armenia and Georgia and the Red Crescent Society of Azerbaijan concluded an agreement of formation of the Union of the Red Cross and Red Crescent Societies of the USSR (USSR URCRCSs). Before the collapse of the USSR, the Soviet Red Cross was the largest public organization in the world in terms of numbers.

In 1924, "Pioneer Health Service" was created, which included medical and preventive cabinets and primary points created at schools, clubs and pioneer houses, pioneer units were provided with medical kits. On the initiative of ROKK in 1925 near Gurzuf opened the first Russian sanatorium camp "Artek". In 1934 the Executive Committee of the Union of Societies of the Red Cross and Red Crescent of the USSR approved the complex "Be prepared for the sanitary defense of the USSR" and began mass training of adults under the program "Ready for the sanitary defense of the USSR". Millions of Soviet people mastered the techniques of first aid.

During the Great Patriotic War the Society trained 263,669 nurses, 457,286 druzhinnitsa and sanitary instructors, 39,956 medical attendants, for the local anti-aircraft defense formed 5,247 sanitary circles and 210 thousand sanitary posts. 18 nurses of the Red Cross were awarded the title of Hero of the Soviet Union, and the sanitation instructor Matrena Semenovna Nechiporchukova-Nozdracheva became a full Cavalier of the Order of Glory. Great attention was paid to the involvement of the population in the ranks of donors. They sent 700 thousand liters of donor blood to the front.

In 1960 under the Red Cross was organized by the Bureau of home health nurses who served the lonely sick veterans of war and labor at home. Relief Services RKK acquired the status of an official partner of the social protection and health care agencies.

In 1988, during the earthquake in Armenia (Spitak), the first Red Cross rescue team was established. The squad consisted of volunteers who had experience in providing assistance in various extreme situations. On the basis of the detachment in 1990 was established Rescue Service of the Russian Red Cross.

In 1992, the XII Extraordinary Congress of the USSR Red Cross and Red Crescent worked for one day and adopted a document "On the liquidation of the Soviet Red Cross and Red Crescent Society of the USSR". Its successor in the Russian Federation became the Russian Red Cross Society (RRCS).

Currently, the Russian Red Cross focuses on providing aid and support to the most vulnerable groups in the Russian Federation: the elderly, the disabled, migrants and refugees, children from disadvantaged families, people living with HIV and AIDS patients. The Russian Red Cross provides humanitarian aid to citizens affected in emergency situations, to low-income and socially unprotected groups of the population, and is active in teaching people the skills of first aid.

As part of the International Movement, modern medical and social programs are implemented and shaped by collective efforts. The Movement components represented by the National Red Cross and Red Crescent Societies, the International Committee of the Red Cross (ICRC) and the International Federation of Red Cross and Red Crescent Societies (IFRC) regularly promote best practices and methods of humanitarian work in various fields, including the medical and social sphere.

We propose to consider one such initiative that has emerged in the European region, namely the European Red Cross/Red Crescent Network on HIV/AIDS and Tuberculosis (ERNA).

**Overall objective**

To help reduce the spread of HIV/AIDS, tuberculosis, and other infectious diseases, especially among the most vulnerable populations

**Specific objectives**

To strengthen and encourage the exchange of experiences, information and best practices among National Societies members, with other stakeholders and National Societies from other regions.

To facilitate the creation of (innovative) new initiatives and replicate them in other National Societies, adapting them to the needs of local beneficiaries.

To promote and facilitate coordinated joint actions on the prevention of HIV/AIDS, tuberculosis and other infectious diseases with UN agencies, EU, NGOs, the Global Fund (to fight AIDS, tuberculosis and malaria), other international and national organizations and with existing Federation networks.

Involve people with HIV/AIDS diseases and other vulnerable groups in the work of ERNA at all levels

Provide technical support and assistance to the National Member Societies (if expressed necessary) in areas where knowledge and skills gaps exist, through motivation and organization of trainings or by enhancing their operational capacities.

Provide technical support and assistance to National Societies in transition and developing countries in the framework of common projects of European National Societies.

Russian Red Cross has been a part of the ERNA network for more than 15 years, in 2022 best practices of humanitarian work in the medical and social sphere were presented at the conference in Spain, the city of Malaga.

Below we propose to consider the national experience of the Russian Red Cross in implementing best medical and social humanitarian practices on the territory of the Russian Federation

**Regional branch of the Russian Red Cross in the Novosibirsk region**

**Stroke recovery program**

In the Novosibirsk region since April 2021 there was launched a rehabilitation program for patients recovering after strokes. The program was inspired by a woman who herself survived a stroke and was able to recover with the help of beadwork and embroidery. She suggested that there should be organized a community on the basis of the regional branch of the RRC, which would help to restore mobility of limbs after strokes.

For today the groups consist of 20 participants. They do exercises for joints, create brooches and other items of handiwork. They also sew hand-worn toys for events for children with disabilities. The group members go to centers for children with disabilities and make shows with a puppet theater. And afterwards they draw and mold fairy tale figures of plasticine with children.

The team collaborates with the Philharmonic Hall, which also holds concerts for children with disabilities. Afterwards, the children together with fairy-tale characters-toys draw music and images that they have seen during the concerts.

**Workshops for senior citizens**

Since April 2021 workshops for elderly people have also been held in the Novosibirsk region as part of the subsidies. Participants make soap, candles, paint shopping bags and create other items to be displayed at fairs or corporate events afterwards.

Once a month there are held evenings of arts & creativity, which combine 6 workshops. About 60 people attend these events regularly.

**Regional branch of the Russian Red Cross in the Kamchatka region**

**Rehabilitation after a traumatic injury**

In the Kamchatka region there are available activities on post-traumatic rehabilitation of the population. This program has been carried out since 2003. At that time, the local RRC team identified insufficient access to rehabilitation equipment for residents of remote settlements. The first 3 facilities were launched, where technical rehabilitation equipment was rented for 1-2 months at no cost. In 2009 the team won a grant from the President of the Russian Federation and was able to open 9 new facilities. Later the team began to receive funds of regional subsidies to scale up the project. Today there are 39 active facilities all over the Kamchatka region, including remote districts.

Also, within the framework of this program there have been signed Memorandums of Cooperation with the Ministry of Health and health facilities of the Kamchatka region. This approach facilitated the environment of health facilities to become more accessible to local population.

**Social Hotel Project**

From 2004 to 2018 there was available a program entitled “Social Hotel”. In those years, representatives of small peoples of the North without means of livelihood, were in search for help. Being aware of this issue, the RRC team in the Kamchatka region signed an agreement with the Koryak district authorities. This was the administration most applied for assistance by the population. In the Social hotel these people received temporary accommodation and free meals. Also, people arriving from remote areas of the region for treatment also were able to use the services. Up to 650 people were accommodated in the hotels annually.

Today there are geriatric care centers in these accommodation facilities under the Federal Law No. 442 of the Russian Federation.

**Prevention of child injuries on roads in the Kamchatka region**

Collectively with the traffic police and the Ministry of Education, the RRC branch in the Kamchatka region holds workshops on how to teach properly first aid to children and adults. The staff of the regional branch also acts as judges in the competitions “Safe wheel”, “Keys to victory”, “Mom, Dad, and me are together in our car”, and others, and participates in car rallies.

**Assistance to refugees from Ukraine and Donbass**

The RRC regional branch in the Kamchatka region provides assistance to refugees from Ukraine and Donbass. There are currently about 200 people with this status in the region. When opening a temporary accommodation point (TAP), the RRC team provided pillows, blankets and bed-linen for the TAP. The reception and distribution points for humanitarian aid to the refugees are open to date. Food and hygiene kits are being prepared for distribution among refugees. Collectively with the “4 Seasons Supermarket’ retail stores, the refugees are being provided with certificates for 10,000 RUB for clothes, footwear and other non-grocery goods. The RRC also cooperates with “KamOpt” company and local fishing companies within this program.

**Regional branch of the Russian Red Cross in the city of Khabarovsk**

**Assistance to homeless people, people released from detention facilities, people with disabilities, people with HIV and TB**

The assistance program was launched in 2014, when Khabarovsk residents were in particular need of help because of the floods in the city. Simultaneously, refugees from Ukraine also began to receive assistance.

Today the program has been transformed. Its target groups include homeless people, people released from detention facilities, people with disabilities, people with TB and HIV.

**Rehabilitation of people released from detention facilities**

The issue of rehabilitation of people released from detention facilities is of current concern for the Khabarovsk region. There are 4 pre-trial detention centers, 9 prisons and 1 penal colony in the region. The local RRC team revealed the problem of residence of such people. These people became homeless because their only relative died during the prison term and their apartment had not been formalized as a private property. As a result, when leaving a prison, such person immediately became homeless.

The program is implemented jointly with the Federal Penitentiary Service of Russia. Donations are used to buy clothes, instant food, cookies, tea, and other products for those in need. People who have received a suspended sentence and are working off their sentences also receive some assistance. Annually the program covers up to 400 people.

The team has plans to develop the program with grant funds in order to reach more people in need and provide more comprehensive assistance.

Another area of the activities for the regional branch is prevention of HIV infection and TB. The program is implemented jointly with the Khabarovsk AIDS Center. Specialists attend various settlements in the region, hold lectures and carry out express testing for HIV status.

**Regional branch of the Russian Red Cross in the Republic of Tyva**

**Harvest program**

In the Republic of Tyva there has been implementing a Harvest program since 2000. Within the framework of this program potato seeds are purchased and planted in different districts of the republic together with local inhabitants. The major part of the harvest is distributed among those in need. The other part of the harvest is reserved for emergencies and force majeure events. So, this year 50 tons of potatoes were distributed among 100 families with more than 2 children under 18, as well as 77 single elderly people. 20 tons of potatoes were reserved for emergency cases.

Also, as part of the program, 3 hot meal distribution points were opened in the region. This year 600 lunches were distributed.

**Social Corner Project**

The Social corner project has been realized since 2010. In the region, especially in remote areas, there is an acute issue of heating a household in a winter season. High prices for coal do not allow low-income families to purchase the necessary amount of coal. This problem is being solved with RRC membership fees and donations. 20 tons of coal were purchased using the funds received this year to be distributed among 20 families.

The project team also prepares social meal kits every year at the expense of membership fees. These kits include basic groceries, such as oil, grains, pasta, flour, and others. These kits are distributed to beneficiaries in other programs, held by the regional branch, namely to families of the mobilized citizens, families who lost their homes as a result of a fire, low-income families and others.

**Social bath and social laundry program**

In 2018, a laundromat started operating. After the flood, there was a concern with the inaccessibility of such services. A contract was signed with the laundromat to provide free laundry services for those in need. During the pandemic, volunteers participated to help those who were sick and also needed their clothes being disinfected. Over the past year about 2 tons of linen and clothes were washed.

A bathhouse is also available for families in need and lonely elderly people, where hygienic procedures can be performed. Volunteers provide assistance with transportation to the location. In 2022, 144 families and 81 elderly people applied for the services of the bathhouse.

**Social car program**

The Social car program is realized by volunteers of the RRC. They help people with limited mobility to get from home to a clinic or a hospital and back for checkups or other procedures. In 2022, 56 senior citizens received these services.

**Regional branch of the Russian Red Cross in the city of Ulyanovsk**

**Low-threshold access room**

In the Ulyanovsk region, a low-threshold access room has been operating since 2019. Before that, the RRC team had been working with HIV-positive people for a long time within the framework of the Patient school and received a request from the attendees to open the office.

Initially the office was opened in Ulyanovsk. In 2022 the town of Dimitrovgrad also joined the program. According to statistics, every 11th person in this town is HIV-positive. Using the low threshold access office, anyone can get a consultation and undergo express testing. Today the main beneficiaries are residents of the region over 40 years old. In 2022 about 1000 people attended the office.

The program is implemented in partnership with the AIDS Center. The project is also subsidized by the Ministry of Health of the Russian Federation.

**Regional branch of the Russian Red Cross in Saint-Petersburg**

**Assistance to refugees from Ukraine and Donbass**

The RRC team in Saint Petersburg has been helping refugees for more than 30 years – firstly, to displaced persons from CIS and non-CIS countries, and today to refugees from Ukraine and Donbass.

Until July 2022, the regional branch implemented a presidential grant to help migrants cope with the consequences of Covid-19. Jointly with the Presidential Grants Foundation, a decision was made to redistribute the funds in favor of refugees. Resources were used to purchase food and hygiene kits, bed sheets, and other basic necessities.

Partners among local organizations also joined the program. For example, C.J. Raviollo Rus company twice donated about 2 tons of frozen products. The RRC team also began to receive donations from individuals. This assistance made possible to purchase food and pharmacy vouchers and bed sheets. Additionally, clothes for children and adult, as well as toys were donated to the refugees.

In the summer, the team won a special presidential grant competition, which will also provide assistance to those arriving from Ukraine and Donbass. It runs from December 2022 to December 2023.

Refugees also receive legal assistance. This area has become in demand. Upon their arrival to the country, people did not understand where to apply, how to apply for status, obtain a residence permit or citizenship, and how to resolve other legal issues. These people were helped by the specialists of the RRC regional branch in St. Petersburg. The RRC staff process about 1,000 appeals monthly via the hotline.

Since March 2022, about 4,500 people have received humanitarian aid and at least 9,000 people have received legal and informational counseling.

Today the regional office is receiving new requests from organizations that also would like to jointly provide humanitarian aid. It is the largest humanitarian aid center in the city.

The RRC team plans to strengthen the program by working more specifically with target groups of refugees. The needs of single parents with children, women and men of working age, women and men over 60 have already been assessed.

**Regional branch of the Russian Red Cross in the city of Pskov**

**A course of kindness and care to overcome loneliness and provide social support to a group of elderly people affected by national socialism among those, who reside in the city of Pskov**

The RRC region branch in Pskov developed the project as part of the Philanthropy development charity fund financing from September 1, 2021 to August 31, 2022. The target groups were elderly people affected by national socialism. All activities of the project were aimed at improving their quality of life. For the target group of the elderly there were organized cultural, recreational, and educational activities to meet their needs.

So, they visited the Dendropark, the Finnish park, took a virtual tour of Paris and Prague. Within the work of the section “Among like-minded people” they learned useful tips for home and country houses, and new recipes. The elderly people attended master classes on Zumba, they visited the Pushkin mountains and the Bugrovo village, as well as they learned to distinguish swindlers and act correctly when contacting them, and much more. The program also included thematic events with younger generation.

Each set of the program was followed by a tea party at the Red Cross mini-cafe.

During the project, the RRC volunteers have visited more than 40 elderly people with limited mobility. They have helped with general cleaning and household activities.

**Volunteer’s courses**

There were held in-depth volunteer’s courses for young volunteers. Participants learned about aging, its physiological and psychological characteristics, the basic needs of older people. Young volunteers learned the rules of communication with the elderly people. Also, they analyzed the issues of first aid and first psychological help for the elderly.

**Together for health. Involving volunteers of various ages in promotion of healthy lifestyles**

The Pskov region administration allocated a subsidy of more than 1,500,000 RUB for implementation of this project. It was held from October 1, 2021 to September 30, 2022. Namely, 6 educational entities from Bezhanitsky, Krasnogorodsky, Porkhovsky, Pskovsky, Pustoshkinsky districts and the city of Pskov took part in the event. The project involved 911 schoolchildren with the help of the regional mobile group and 919 schoolchildren by specially created local initiative groups.

All project activities were focused on promoting healthy lifestyles among the local population, especially among young people. The main focus was on developing a movement of volunteers of different ages on healthy lifestyles and training them, informing about healthy lifestyles and TB prevention, developing physical activity. Among young people, the organizers were popularizing healthy eating and blood donation at no cost, as well as first aid training and increasing the interest of young people in working in health care facilities.

For this purpose, a regional mobile information group was created, which included 20 volunteers of young age and 10 volunteers of silver ager. This group passed a training course in all the main areas of the project, namely healthy lifestyles, first aid, donation at no cost, and others specified in the project. The mobile information group provided practical assistance in training local initiative groups in Krasnogorodsky, Bezhanitsky, Porkhovsky, Pustoshkinsky districts of the Pskov region and in the city of Pskov. The regional mobile information team realized its activities on the ground in the municipalities participating in the project in 5 areas of prevention work within the project. Over the course of the project, the regional mobile team carried out 14 field visits, both to provide organizational and methodological assistance and to carry out joint prevention activities.

In the local initiative groups, there were actively working 170 volunteers of different age – 85 young volunteers, 59 adults and 26 senior volunteers. Throughout the project, they have been actively working on healthy lifestyles as part of the main contest of the project Healthy lifestyle territory. During this time, volunteers organized 742 events for 919 schoolchildren in various areas – prevention of TB and other socially significant diseases, promotion of healthy lifestyles, promotion of healthy eating, donation, training in first aid, as well as many sports activities aimed at developing physical activity among young people. Schoolchildren, being members of local initiative groups, with help of other volunteers (senior volunteers and project supervisors) enthusiastically carried out activities for students, organizing meetings, quizzes, lessons, sports and game competitions, relay races, physical training sessions, online activities and much more.

The Healthy eating club was organized for the younger generation in Pskov, where volunteers of advanced age conducted a range of theoretical and practical classes on healthy eating at Red Cross mini-cafes. During the project, 42 theoretical and practical Healthy Eating Club classes were held in all educational entities participating in the project. 376 children and adolescents participated in 21 theoretical lessons. There were also organized 14 quizzes and competitions under the title “Healthy Eating - Healthy Life”.

A trained group of young first aid volunteers was on duty at 6 mass cultural and sporting events to provide first aid to participants, if necessary. This initiative group carried out 7 workshops and training sessions for 122 adolescents, containing the algorithm, principles, and techniques of first aid. One component of the informational work of initiative groups was the work aimed at donations at no cost, holding meetings and discussions of young people with Honorary Donors. At the municipal level, 6 game contests “Sport of school life” were held, which demonstrated the commitment of 232 schoolchildren to regular sports and physical education activities.

The project was finalized with a summary of educational entities’ work on student health promotion at the final conference “Healthy lifestyle territory”, which was held in the city of Pskov at the end of September 2022. Teams of the best educational entities were awarded for first places in the competition. Each mobile information group at the local level was also recognized for its active work and received sports equipment as an encouragement to continue their sport activities at the local level.

**The Project: “Mobile center for adaptation and assistance to families displaced from Ukraine and Donbass”**

The project runs from October 1, 2022 to March 31, 2024. Within the project there have already been organized 4 meetings with the beneficiaries. There was organized an informational phone line, group and individual meetings with a psychologist, as well as recreational activities. The RRC team of the Pskov regional branch distributed food and hygiene kits to the project participants.

The project is being realized with the funds from the Presidential Grants Foundation, almost 13 million RUB.

**Regional branch of the Russian Red Cross in the Amur region**

**Mutual aid club for families of mobilized citizens “Support a Soldier”**

In November 2022, in the Amur region there was launched the “Support a Soldier” program of the mutual aid club for the families of mobilized citizens. The program united wives, mothers and female relatives of mobilized men. To date about 15 people participate in the program.

The club meets once or twice a week. Women create hand-made products for participants in a special military operation. Women sew balaclavas, tactical stretchers, camouflage nets, knit socks and etc. Everything is created with donations from club members and members of the RRC regional branch.

The team plans to find some premises that could offer a more comfortable environment for handmade crafts. And it will also give the club members the opportunity to gather together at any time.

**Work in a palliative care unit**

This activity was launched in August 2015, when a doctor at the local hospital asked for help for a new department that had just opened. Today about 30 volunteers work in the team. They work in shifts to care for patients, provide them with recreational activities, and help clean the ward. They also keep in touch with the patients’ relatives and support them.

The team plans to expand its ranks to be able to cover more people with the assistance.

**Regional branch of the Russian Red Cross in the Perm region**

**Hygienic pedicure for war veterans and the elderly**

In the Perm region in 2020, a team of the RRC regional branch began providing hygienic pedicure services to war veterans and the elderly. This procedure is often quite necessary. Due to their age, the erderly people may find it difficult to carry out this procedure by their own. At the same time, nail diseases or nail great length can make it difficult to move or prevent the elderly people from moving at all. Particular attention is paid to patients with Type 2 diabetes.

The service is provided at home and costs 400 RUB. The funds are used to purchase consumables, which are also used for further procedures.

About 70 people received the service in 2022.

**Regional branch of the Russian Red Cross in the Nizhny Novgorod region**

**Assistance to vulnerable groups and refugees from Ukraine and Donbass**

The RRC regional branch in the Nizhny Novgorod region has been providing assistance to socially vulnerable groups for more than 10 years. Collectively with local social protection agencies, specialists help groups that receive minimal or no support at all – single-parent families with more than 2 children, single elderly people, and disabled people living alone. In 2022 one of the target groups also included families of mobilized citizens and refugee families from Ukraine and Donbass.

The assistance is provided in form of psychological and social rehabilitation. For example, lonely elderly people from remote villages of the Nizhny Novgorod region were brought together at the Place of Culture. A tea party and a concert were held for them. The invited people themselves took part in the concert.

Local companies, commercial enterprises from the Nizhny Novgorod region support the program.

Over the past year, at least 5,000 people received the assistance. The RRC team plans not only to maintain, but also to increase the current numbers.

**Regional branch of the Russian Red Cross in the Krasnoyarsk region**

**Humanitarian Aid Center**

In February 2022 the regional RRC team in the Krasnoyarsk region opened a Humanitarian Aid Center. Today in Krasnoyarsk there are 7 points to collect humanitarian aid – clothes, shoes, stationery, etc. There are carts in large shopping malls to collect food. About 400 people are engaged in providing this assistance monthly. Local businessmen are also included in the program. Danon company is also included as a partner. For example, in December the company donated a ton of dairy products.

All items received by the Center’s staff are sorted – clothes, items to be donated to those in need, items to be reserved in cases of emergencies.

About 1,500 people per month receive the humanitarian aid. The main target groups are refugees, socially vulnerable families, families with more than 2 children, senior citizens and those released from prison. No confirmation of status is required from a beneficiary. The assistance is provided to each and every, who applies for it.

In 2023, the organizers plan to open an individual warehouse and organize storage under the supervision of a professional employee. Once it is realized, the number of collection points is also to be increased.

Today the program is implemented through a regional grant. To date the team is also applying for a regional subsidy.

**Meridian of Change Project**

The Meridian of Change Project has been implemented jointly with the All-Russian Public Movement of Medical Volunteers for more than 2 years through grants and donations. Every 4 months, wheelchair users can receive a full medical examination, treatment, and, if necessary, surgery. Partner companies provide screening and treatment, as well as medicines. In 2022, 12 people received this help.

**Regional branch of the Russian Red Cross in the Tula region**

**The Active Longevity Program**

The Active Longevity Program aims at prevention of elderly injuries. A regional grant is being implemented by regional RRC branch in the Tula region for the third year in a row. The project is being realized within the framework of regional grants and funding from the Ministry of Labor.

Since the work with the elderly had been conducted before, as part of other programs, the need for classes on such topics was identified as well. Specialists hold talks, lectures, and practical classes at Social Service Centers throughout the region. Participants learnt how to provide first aid, act in case of a stroke, sunstroke, frostbite and other situations.

As a leaflet and a gift, the RRC office created desk calendars with brief algorithms for emergency situations.

In 2022, 664 people participated in the program.

**Regional branch of the Russian Red Cross in the Republic of Tatarstan**

**The Active Longevity Center**

In order to work comprehensively with the personal needs and to work more effectively with those in need, the RRC branch in the Republic of Tatarstan opened Active Longevity Centers. Today the centers operate in 4 settlements – Almetyevsk, Buinsk, Nurlat, Apastovo. About 60 participants attend each center.

Here the participants undergo therapeutic physical training and art therapy. Financial counseling and legal support are available. Also, there are available exercise machines and foot massagers that are safe for the older generation. Nordic walking classes are offered. The classes are provided under supervision of a RRC instructor or a specialist, such as a doctor of a nurse.

On their own, the participants organize informal tea parties, play board games, meet to watch movies.

As supplementary materials, the department produces video tutorials on the RuTube author channel. They include advice from psychologists, doctors, financial consultants, and other specialists.

The Centers’ work is supported by such partners as Kazan City Public Foundation for the Support of Cultural and Socio-Economic Projects “Azamat”; the Republican Resource Center for the Support of socially oriented NPOs.

**Regional branch of the Russian Red Cross in the Karachay-Cherkess Republic**

**Assistance to disabled veterans of the Great Patriotic War**

The regional branch of RRC in the Karachay-Cherkess Republic has been providing assistance to the disabled veterans of the Great Patriotic War for over 30 years. Collectively with the Republican organization of disabled people, there were held events in which the elderly and disabled people were given medicines, vitamins, bandages, care products, hygiene kits. They are also provided with psychological support.

**First aid training for the population**

The first aid training program has been implemented for more than 10 years. For example, as part of preparations for the All-Russian “Safe Wheel” competition, together with the Ministry of Internal Affairs, schoolchildren were trained in first aid in “Medicine” category. The RRC instructors also act as judges at this competition.

Also today, the RRC team in Karachay-Cherkess receives many requests for master classes in first aid. These classes are planned for 2023.

**A project to prevent injuries and educate the general public on behavior in emergencies**

In 2013, the branch won a grant from the Ministry of Economic Development for a project to prevent injuries and educate the general public on behavior in emergencies. Within the project there were trained volunteers, who, in turn, held classes for schoolchildren. Then there was a competition between schoolchildren. Afterwards, the project was not repeated, but there were separate events for children in villages of the region.

**Regional branch of the Russian Red Cross in the Chuvash Republic**

**Collection and distribution of food aid to population in need with the help of the Food Foundation “RUS”**

The work with the Food Foundation “RUS” has been going on for a long time. The foundation provides food to population in need several times per year. For this purpose, a target group is pre-determined in advance, for which food kits are assembled.

**Regional branch of the Russian Red Cross in the Belgorod region**

**The project: “Easier to help together”**

The annual project of the RRC branch in the Belgorod region has been implemented since 1997. Last year the team received a regional grant of 15 million RUB for its implementation. The project consists of 5 types of activities.

1. Assistance to people in difficult life situations

The regional branch and 14 local branches have emergency rooms. Families with more than 2 children, people who lost their homes as a result of a fire, single mothers, refugees and other people who are in acute need of assistance and have an income below the subsistence level, can attend these rooms.

In these rooms people are provided with food kits, baby food, clothing and linens. For people who lost their homes as a result of the fire, individual kits are formed with blankets, pillows, mattresses, towels, dishes, linens.

Residents in the city of Belgorod can donate clothing to the program participants.

The emergency rooms also have a rental center with wheelchairs, crutches, blood pressure sensors, and other basic medical equipment.

About 3,000 people receive this aid annually.

1. Medical and social assistance

There is a home nursing care service of mercy that covers up to 300 people. The certified home care nurses provide care for single and conventionally lonely seniors.

Also, there are 6 medical and social assistance rooms opened in the city of Belgorod and local branches of the RRC. There, with the help of nurses, people can have their height and weight measured, receive injections, check their blood pressure and more.

In Belgorod, a low-threshold access room for HIV testing was also opened at the medical and social assistance room. HIV and TB patients are provided with social support.

Hospital medical services

A long-term care unit was organized in the city of Belgorod, the villages of Novopetrovka and Ivanovskaya Lisitsa with 88 beds in total. The inpatient unit is available to people who have lost the ability to take care of themselves, but who are not subject to hospitalization in regular medical institutions and residential care facilities.

1. Social support for patients with TB and HIV

To increase the effectiveness of outpatient TB treatment, each person undergoing the treatment, is given a food package at the end of the week. This type of activity is carried out jointly with the government of the region.

The same system is applied to patients with HIV, who are regularly examined and take antiretroviral therapy.

As part of the activity for healthy children born by an HIV-positive mother, infant formula is provided.

Up to 100 people receive this social support annually.

1. The Red Cross and the youth

Helping children from troubled families. Agreements on joint work and plans for the year were signed with educational entities.

1. Training centers

As a part of this activity, training seminars with schoolchildren and health education work take place. The RRC nurses also give monthly lectures at regional companies.

The Training Center also provides training for those who want to learn the profession of caregivers, social workers, or nurses. There are training sessions on caring for patients with limited mobility.

**Bakery**

Our own bakery allows us to provide our own products to the long-term care unit. The bakery is a part of the Red Cross store “Our supermarket”.

**The Red Cross store “Our supermarket”**

Available since 2017. Those in need can receive vouchers at the RRC regional branch and exchange them for searched goods in this store. Vouchers are given to children from troubled families, donors after donation and people, who find themselves in difficult life situations.

A subsidiary of 855,000 RUB from the Russian Red Cross was allocated for this activity.

**The Project: “Together we can do more”**

The project provides refugees from Ukraine and Donbass with free translation of documents, food packages, and medicines in cooperation with the “Tabletochka” network of drug stores. Prescriptions for medicines are given by a general physician, whom refugees attend in advance at no cost.

The project is implemented within a subsidiary until May 2023.

**Assistance to displaced people from Donbass and cities of Ukraine**

The assistance is provided to people who have lost the ability to look after themselves and need nursing care. They are given food packages and 10 beds in the long-term care unit.

**The Red Cross Hairdresser**

The hairdresser operates in Belgorod and the village of Ivanovskaya Lisitsa in the Belgorod region. The elderly and low-income people are given haircuts at low prices. Now the service is available for refugees at no cost.

**Regional branch of the Russian Red Cross in the Yamalo-Nenets Autonomous District**

**The Project: “Overcoming together”**

Prior to the start of the project, as part of the #Wearetogether campaign, the RRC volunteers were providing humanitarian assistance during the pandemic. At that time, they got to know families with relatives with self-care deficits. The volunteers also met families with children and relatives with a disability or special physical conditions. The RRC team in the Yamalo-Nenets Autonomous District took them under their care. The regular work was carried out with 42 families.

All the experience, as well as requests from mentees, formed the basis for the project “Overcoming together”. The team received a subsidiary grant for the project as a young NPO. The grant was implemented in 2022.

The received funds made it possible to purchase a couch for training sessions and the necessary consumables. The beneficiaries learned massage skills, first aid techniques, injections, and other medical procedures.

Today, when the project is over, the team continues to work with these families, but already with donations. The RRC volunteers also try to attract sponsors to purchase the equipment necessary for the rehabilitation of their mentees.

**Hairdressing services for seniors, inmates of residential care facilities and beneficiaries of the RRC local branch**

Two volunteer hair stylists visit the nursing home, the orphanage and the RRC local branch to provide haircut services to beneficiaries. Training in hairdressing is also planned for the inmates of the residential care facilities. The request for this skill was received from the children themselves. Donations were used to buy the necessary equipment.

**Regional branch of the Russian Red Cross in the Chukotka Autonomous District**

**A training seminar for parents, youth of antisocial behavior, health groups**

In the region since the 2000’s the problem of alcoholism of the population and the misperception of this topic by young people was rather acute. In order to solve it, there was decided to carry out a systematic work together with specialists and an Alcoholics Anonymous group.

In 2006, together with an expert Iakov Marshak, a system of work with the population was developed. Annually there were held 5-6 seminars within 6 years.

In 2014, a rehabilitation program was carried out for families where parents were about to be deprived of parental rights. There were participating 10 families. The program was implemented in parallel for children and parents. According to Marshak’s, system they did breathing exercises, followed a special diet, worked with a psychologist individually and according to the 12-step system. The program showed high results. During the 20 years of work in the Chukotka region a new generation has grown up which managed to develop a new understanding of alcohol and a disloyal attitude toward alcoholism.

Today there are also instructors working with the community. These are the people who themselves have gone through rehabilitation and are now living 10-15 years or more without taking alcoholic beverages.

More than 3,000 people have attended seminars and health groups since then. The program is implemented with the help of grants and is supported by the Governor of the region and the regional Department of Health.

**Regional branch of the Russian Red Cross in the Leningrad region**

**“A Helping Hand” Project**

The RRC branch in the Leningrad region is working with children from single-parent families and children left without custody as part of a grant from the Russian Red Cross. Before the project started, the target group was studied in 5 districts of the region. Today, RRC instructors are working there. By the New Year it is planned to buy gifts and necessary things for the children.

**Humanitarian aid collectively with the Food Foundation “RUS”**

In December 2022, in cooperation with the Law Enforcement and Security Committee of the Leningrad regional government and the Food Foundation “RUS”, the RRC regional branch in the Leningrad region distributed aid to 3 districts. The issues are currently discussed to set up a centralized humanitarian warehouse that would consolidate all food aid donations.

**Assistance for refugees from Ukraine and Donbass**

The refugees’ conditions were monitored. The work is being done with the temporary accommodation points (TAPs). To date there were received requests for 75 vouchers for food and items of clothing.

**The Project: “Educating students and schoolchildren of the Leningrad region to respond to emergencies”**

There was applied a presidential grant for the project. Its implementation is planned for the next year. Within this project, first aid instructors from the RRC, together with instructors from the Ministry of Emergency Situations, will teach children how to respond to emergencies.