



POLISH RED CROSS ANNUAL ACTIVITY REPORT



#napomocUkrainie

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About the Red Cross and Red Crescent Movement

Red Cross and Red Crescent Movement is the largest humanitarian network in the world, with over 15 million volunteers. It is composed of: International Committee of the Red Cross (ICRC), International Federation of Red Cross and Red Crescent Societies (IFRC) and 192 National Red Cross and Red Crescent Societies.

The role of the Movement is to bring humanitarian aid wherever is needed, with the ICRC focusing on the challenges related to armed conflicts, where the scope of its activities and its mandate are determined by the Geneva Conventions and their Additional Protocols; the IFRC coordinating and supporting the work of National Societies before, during and after disasters in order to cover the needs and improve the lives of those who have suffered.

All Red Cross organizations are guided in their activities by 7 fundamental principles: humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

We are one International Red Cross and Red Crescent Movement, in which each National Society – including the Polish Red Cross (PRC) – carries out its activities that enable for mutual complementation and cooperation to alleviate suffering of people in the most difficult situations. The greatest value of the Movement is a combination of local and global activities.



„All that we want is to return home.”

One year since the beginning of an conflict in Ukraine.

Since the beginning of an armed conflict in Ukraine, over 15 million people had to leave their homes to seek safety. Many families are still living in regions where fights have been taking place. The consequence of conflict is huge suffering of all those who had to leave their legacy and separate with family members.

Thousands of volunteers and staff of the Red Cross support the affected population in Ukraine and in the neighboring countries like in: Poland, Slovakia, Romania, Belarus, Hungary, Moldova and Russia. In recent months, the ICRC, IFRC and over 58 National Societies have been involved in helping them. The PRC's activities have been supported by the ICRC, IFRC, the German Red Cross and the Spanish Red Cross.

In recent months, the Polish Red Cross provided assistance to over 1 200 000 people affected by the armed conflict in Ukraine providing them with humanitarian aid in form of food, water, hygienic kits and other non-food items as well as medical, psychological and financial support.

The PRC is helping refugees seeking shelter in Poland to organize their live anew. 8 200 people were engaged in this assistance (including 505 people from Ukraine).



58 National Societies involved in aid to Ukraine.



Over 124 800 volunteers supporting in different countries.



Over 8 200 PRC Staff and volunteers supporting in Poland, including 505 people from Ukraine.

How we help:



in-kind support(food, hygiene kits, clothes, school items, etc.)



financial support
(cash and vouchers)



tracing people
- „Restoring Family Links” program



psychological support



integrting activities
and vocational activation



SHELTER
support in covering the cost
of renting
houses/apartments



transports
with humanitarian aid

„I am grateful. When you have nothing, even the smallest thing helps.”

Lidia, refugee who, with her mother and brother, found shelter in northern Poland.



”Adapting to the Polish environment was easier than I thought. In time, my daughter went to preschool, and I found a job. At first, a friend from my host family helped me out, and recently, at the encouragement of others, I opened my own beauty salon. My daughter and I can sleep easily, with no nerves, no alarms and constant fear.”

Polina's daughter attends the PRC community center in Nowa Sól, where, together with her peers from Poland and Ukraine she participates in integration activities.

Polina benefits from the PRC humanitarian Aid Center in Nowa Sól.



PRC Rescue Groups and Humanitarian Aid Centers

In Podkarpacie, PRC Rescue Groups were on duty until the end of March in 5 reception points with the largest number of refugees (Medyka, Przemyśl, Korczowa, Krościenko and Budomierz). The rescuers delivered humanitarian aid and provided medical support.

At the medical points, rescuers worked more than 12,000 man-hours and provided assistance to more than 8,500 people.

At the same time, in major cities in Poland, Rescue Groups supported the functioning of places of temporary stay and watched over the safety of Ukrainians moving into the country, including in Kielce and Kraków at information points at railway stations, where rescuers were on duty around the clock.

A PRC Humanitarian Aid Center was established in Lublin. It continues to coordinate the distribution of aid and humanitarian aid shipments in the country, but also those sent to Ukraine in cooperation with the Ukrainian Red Cross. Aid activities for Ukraine in Lublin are supported by the PRC Humanitarian Aid Group.

In Przemyśl, in agreement with the city authorities, the PRC operates a Humanitarian Aid Center for refugees, who can stay there for 2 nights while traveling to their final accommodation. Refugees are provided with food, clothing and can also use relief services available at the Center. There is a humanitarian aid post for refugees at each District Branch. PCK also supports places of stay, run, among others, by local governments and other organizations.

As part of its emergency preparedness, the PRC has established 10 Humanitarian Aid Groups to provide assistance to those affected by humanitarian crises.



Reception points near the ukrainian border
before 24.02.2022 and a few days after 26.02.2022



„I feel pain watching how people in Ukraine suffer from this crisis. The most painful is the picture of children, unprotected and helpless. We, the rescuers, do everything we can to support them. Everyone matters from us!”

Rafał, rescuer from the PRC Rescue Team Kielce

HUMANITARIAN AID – in-kind support

Since the beginning of the armed conflict, the PRC provides support to the people from Ukraine affected. Refugees can apply for in-kind assistance at PRC branches nationwide.

PRC Staff and volunteers prepare parcels with food, hygiene and cleaning products, toys and childcare products. In many cities, self-service shop-like distribution points were created. Anyone in need may go in and pick out a product they need.



So far **1 200 000 people** received support.

Polish Red Cross distributed:



555 000
hygiene kits



1 280 930
food packages

All together, we distributed:



8 839 tons
Of various
humanitarian aid

HUMANITARIAN AID – financial support

Financial support and gift vouchers are one of the ways PRCs support people affected by the crisis. It is a fast and dignified way of providing aid, which allows people purchasing items they need at a given moment.

This way, the PRC also supports the local market, but, most importantly, the beneficiaries of the program make the decision what to use the cash received on themselves.

21 308

Families received financial support

115 000 000 zł

The value of financial support in the form of pre-paid launched cooperation with the IFRC

18 000

Families received vouchers

9 200 000 zł

The value of vouchers distributed by the PRC

40 000

Vouchers to KIK stores distributed by the PRC

4 000 000 zł

Value of KIK store vouchers distributed by the PRC



„Poles and the Polish Red Cross are very generous. We finally have a roof over our heads and food to eat.”

Irina and her daughter, Anastazja, are one of the first women to receive financial support from the PRC and the IFRC.



Alena's story

"On February 24, my family and I were woken by an explosion next to our house. We were living near the airport in the city of Mykolajiv. We fled to Poland.

In April, I found out that the PRC in Łódź was distributing relief aid for migrants. At the time, my family needed some support as we lost everything during the move, we had nothing. We had literally nothing

We came to the PRC office and met nice employees and volunteers there. We received a food parcel, various household items and bedding.

Then, I asked one of the employees if they need volunteers there. I had been a volunteer at the border before and my basic knowledge of Polish was very useful in such situation. ...We came to help for one day, second, third one... Several weeks passed. All that time we spent on distributing food, we had different trainings and we met wonderful people. After that, the financial support project for migrants was launched.

We were very much involved in it and since then we were in the office every day. During this project I was asked to work in the PRC. Since that time, I have had a wonderful job, excellent team and lots of different friends and new opportunities."



Restoring Family Links

PRC has employees and volunteers trained in searching for relatives and family reunification.

In the first weeks of the conflict PRC volunteers were present at the border crossing-points, enabling migrants to contact their families who stayed in Ukraine.

PRC is conducting tracing activities trying to connect those who lost contact with each other. The biggest number of cases are military searches. Among those there are people who may be in captivity. Currently, the PRC is also taking care of civilians arrested and they lost contact with family members, while the reason of the arrest is not clear. Cases of deaths and unknown place of burial are noticed too. .

From the very beginning of an armed conflict in Ukraine, activities of the Tracing Office in Poland are supported by the ICRC.



3 803 cases were submitted to the Tracing Office of the Polish Red Cross which is conducting **152 searching procedures**. **23 people** have been found.

HEALTH

Polish Red Cross undertakes activities aimed at medical and psychological support.

PRC joined a group of non-governmental donors' project Health4Ukraine.

The contribution of the PRC is **3 500 000 zł** which enabled to distribute electronic vouchers for the purchase of medication in pharmacies all over Poland.

In 4 months 24 000 of people benefited from the program, with 65% being women



Medical transports

One of the tasks done by the PRC' Rescue Teams was to support medical evacuations of patients suffering from cancer. It was carried out in cooperation with central government and local governments, as well as other rescue services. Rescuers from Kielce supported transports of little patients from Ukrainian hospitals six times. They came to Kielce by special sanitary trains.



Helpline

Together with IFRC and with support from the American Red Cross, the PRC launched a helpline for Ukrainian refugees, in order to easily get information about the assistance activities we provide for them.

So far, the helpline responded to over **31 672 calls**. On average, the helpline receives **180 calls daily**.

Most common questions are regarding financial support, Restoring Family Links, and humanitarian aid.

The PRC also launched an information service for refugees in 4 languages (PL, UA, RU, EN), link: www.napomocUkrainie.pck.pl. On the website then can find out what kind of assistance they can receive in Poland. stronie potrzebujący mogą się dowiedzieć, jaką pomoc mogą uzyskać w Polsce.



Toll-free number for people calling from a Polish number

+48 800 088 136



Toll-free number for people calling from a foreign number

+48 221 520 620

Since January 2023, PRC Helpline callers can receive psychological support. Specialists provide assistance to anyone, who feels stress, long-term anxiety or other disorders resulting from their experiences caused by the conflict in Ukraine.

The Special Needs Fund for Migrants

In Lublin, the Special Needs Fund was launched, under which PRC helps refugees with special needs. Among other things, the fund has been used to purchase orthopaedic equipment and aids, small rehabilitation equipment, medical equipment, prosthetic limbs, hearing aids, a special wheelchair for a child with cerebral palsy or small household appliances, desks for children.

Throughout the Lubelskie Voivodeship, approximately 300 people have benefited from the Fund in 2022.

The project is implemented with the support of the Province of Gelderland in the Netherlands.



The story of Olha

Olha is from Kharkiv, came to Poland with her mother and has three siblings. She was evacuated from the hospice. Olha is a disabled child who requires constant care. As part of her support, Olha received an orthopaedic corset and custom-made orthopaedic shoes from PRC.

 "There are no words to express our gratitude."

Mental health and therapeutic support.

Migrants in need of psychological support can benefit from the help of psychologists at the Helpline, but also from free meetings with psychologists, which take place at the branches in Łódź, Białystok, Wrocław, Mazana Dolna or Warsaw.

In Warsaw only, 111 people have benefited from psychological support in 3 months.

In order to recover mentally, migrants from Ukraine can benefit from therapeutic activities, i.e. play therapy, movement therapy, art therapy or chess therapy. This form of support is often used by children and young people who find it most difficult to cope with difficult experiences.



PRC in Chorzów together with the Social Welfare Centre, runs a PRC Home for migrants. There are 50 people in the home; all of them are women with children. PRC staff provide care for children whose mothers have taken up employment. Stay at the PCK Home is free of charge.



The story of Valentyna and Oksana

Ms. Valentyna and Ms. Oksana are the two foster families for 17 children aged 3-17. Most children are disabled, including mental disabilities. When an armed conflict started, they dressed the children up in the warmest clothes and moved towards Germany, where Ms. Oksana's daughter lives. They had only a bottle of water and a bag with a few loaves of bread with them. Soon after crossing the Ukrainian-Polish border they stopped at a roadside inn to rest for a night. Unfortunately, like all facilities of this type at that time, this one was also overcrowded, so there was no possibility to accommodate such a big group. The owner of the inn suggested his single-family house in Lublin. They live in this house until now without any payment

PRC in Lublin have taken care of these families. The house has been equipped in furniture and necessary household items: desks, wardrobes, plastic boxes for storing clothes, bookcase and lamps. Although several months have passed since that events, PRC has been in touch with Ms. Valentyna, Ms. Oksana and the children. Families are invited to integration events. The children participated in a summer camp and received school equipment. PRC volunteers make sure of their well-being therefore the children and their mums are very grateful for the support.

The story of Ulitenko family

Ulitenko family came to the PRC Center in Mszana Dolna at the beginning of March. Unfortunately, a month later Mr. Ulitenko got a stroke and was hospitalized staying in a very serious health condition. After a hospital treatment, he came back to the PRC where his wife and mother-in-law were taking care of him. In order to help the family, District Branch of the Polish Red Cross in Małopolska provided a special rehabilitation bed, covered the costs of medicines, special hygiene products and the physiotherapy. Thanks to medical help and the one offered to the family, Mr. Oleksandr has been recovering although still needs to be supported in everyday activities

INTEGRATION

Polish Red Cross, monitoring current needs of migrants, launched projects supported their integration into local communities.

PRC organizes meeting places, various workshops and trainings to integrate Ukrainian migrants with Poles. **So far, over 100,000 people have taken part in integration programmes.**

Children from Ukraine participate in classes in integration clubs. Almost **2,000 of them** took part in summer camps or participated in Polish classes during summer season, and in September they received school items.

In 2022, the PRC prepared 87,000 backpacks with school items, with a total value of PLN 11,000,000 of which more than 60% were given to children from Ukraine.



Among the people in need from Ukraine 90 % are women, who are looking for a job to ensure stable living conditions for their families.

PRC supports migrants organizing vocational courses and Polish classes.

It develops professional qualifications and skills of migrants, i.e.: in Kraków, on so called **"Red Cross sister"** training, which allows to work in the future as an elder care worker. PRC staff and volunteers also help with the translation of documents necessary for employment.

Seniors can benefit from the activities offered by the PCK's Senior Clubs, where they learn new skills, learn the Polish language and, as part of generational bonding, involve their grandchildren.



“Among you I feel like home”

- said one of the migrant, who took part in a Christmas meeting organised by the PRC in Lublin.

In December and January, the PRC organised **160 inclusive Christmas meetings**. Some were held in small groups, others were accompanied by a nativity play, meetings with Santa Claus and the singing of Christmas carols.

During this year's unique Red Cross Christmas, the following were prepared **85,000 parcels with food products and sweets**, with a total value of more than **13,500,000 PLN**, which were received by our wards both from Ukraine and Poland.



Olga

became a volunteer in the Polish Red Cross in Bydgoszcz immediately after the outbreak of war in Ukraine. She is originally from Kiev, but has been living and working in Poland for several years. Olga herself volunteered to help at a time when most refugees were arriving in Poland and the Polish Red Cross needed every working hand. Above all, her knowledge of the Ukrainian language was very useful.

Stephen

is a senior citizen from Australia who spent three months helping at the Mazovia branch of the Polish Red Cross, where every day he supported refugees waiting for help. On cold days, he handed out scarves and hats to those standing in the queue, and gifted the youngest with mascots.

Maria

is an energetic resident of Warsaw who has been a volunteer at the Mazovian branch of the Polish Red Cross for several months. Maria's son, Andrzej, is a war correspondent. He travels to areas affected by military action to report accurately on events. In order not to sit at home and wait for his return in uncertainty, Maria decided to join the PRC and help migrants from Ukraine. Every day she helps to compile parcels for the people in need and makes sure that everything goes smoothly during distribution. She is an indispensable help to new volunteers, who she helps to find their way through the multitude of tasks.

PRC Integration Centres

NS has set up **6** specialised PRC Integration Centres, which are attended by **20,000** migrants.

Children and senior citizens benefit from integration activities, while women take vocational courses to re-enter the labour market.

The centre also provides refugees with assistance translation services, assistance with medical appointments, legal assistance, psychological support and Polish language lessons.

Integration Centres are located in the Zachodniopomorskie, Dolnośląskie, Małopolskie, Kujawsko-Pomorskie, Podlaskie and Lubelskie Voivodeships.

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Vocational activation

With the support of the Spanish Red Cross in 4 voivodeships: Łódź, Mazowieckie, Podlaskie and Pomorskie, the Polish Red Cross is implementing the project: "Vocational activation", which aims to help refugees become independent.

The programme includes vocational training (e.g. manicure, hairdressing, driving lessons, basics of accounting, childcare), as well as first aid courses, learning the Polish language, assistance in writing a CV and motivation letter, and general assistance in finding their way on the labour market in Poland.

More than 1 500 people will participate in the project.



Support for the Roma community from Ukraine



In autumn 2022, the Polish Red Cross distributed **1,066 hygiene packages**, funded by the EEA Norwegian Funds, to Roma families staying at the Humanitarian Aid Centre in Nadarzyn.

Support for Roma families displaced as a result of the armed conflict in Ukraine was possible thanks to cooperation with the Office of the Mazovian Voivode and the Roma Foundation Centrum for Dialogue and the Central Council of Roma in Poland.



Packages included **food, hygiene products, children's items and warm blankets.**



SHELTER Programme

Thanks to the support of the IFRC and in cooperation with the Foundation for Rebuilding Resilience, the Polish Red Cross is implementing a programme of financial support to rent housing for refugees who are currently staying at the Humanitarian Aid Centre in Nadarzyn.

More than **150 families** will be supported, including Roma families.

The aim of the programme is to enable the families to become independent. The amount of support depends on the size of the family and the size of the rented flat. Each family will receive support that will allow them to rent a flat for six months.

The value of the programme is nearly **3,000,000 PLN.**



The SHELTER pilot programme was successfully launched in Łódź, where **30 families** benefited from it. The total funds allocated to the SHELTER programme in Łódź is **552,000 PLN.**

The story of Natalia

Natalia is mother who came to Poland with her baby. Her husband has been fighting at the front. Natalia was travelling hundreds of kilometer to escape the falling bombs to protect her child and herself. Wielkopolski Branch of the PRC gave her necessary child care products, including diapers, as well as a stroller. Natalia is very brave and, while waiting for her husband, she tries to cope on her own.

”I love the atmosphere and the spirit of the Red Cross. They help everyone and this is what I also want to do. When I came to Poland, immediately I realized I cannot just stay at my friend’s apartment, I also have to help”

Daria



The story of Daria

Daria is 24 years old and is an Ukrainian migrant who became a volunteer in the Polish Red Cross. She speaks Ukrainian, Polish and English, supports interpretations, as well as helps in packing and distributing relief aid. She fled the city of Dnieper in Ukraine shortly after the outbreak of an armed conflict.

Humanitarian aid transports for Ukraine

One of the humanitarian aid forms the PRC has been providing since the beginning of the conflict are humanitarian convoys to Ukraine.

Ukrainian Red Cross is the main partner who knows the current needs, relocates and distributes the PRC's delivery. There are mainly: food (including for children), water, medical kits (first aid kits, special bandages), hygiene kits, blankets and sleeping bags, as well as professional medical equipment for hospitals.

In order to support humanitarian aid operation, PRC expanded its logistic infrastructure to ensure regular transports to Ukraine and effective distribution of relief items in Poland.

In the peak of operation, the PRC had 16 multi-functional warehouses with a total area of 25 000 sq m. and 67 additional warehouses.



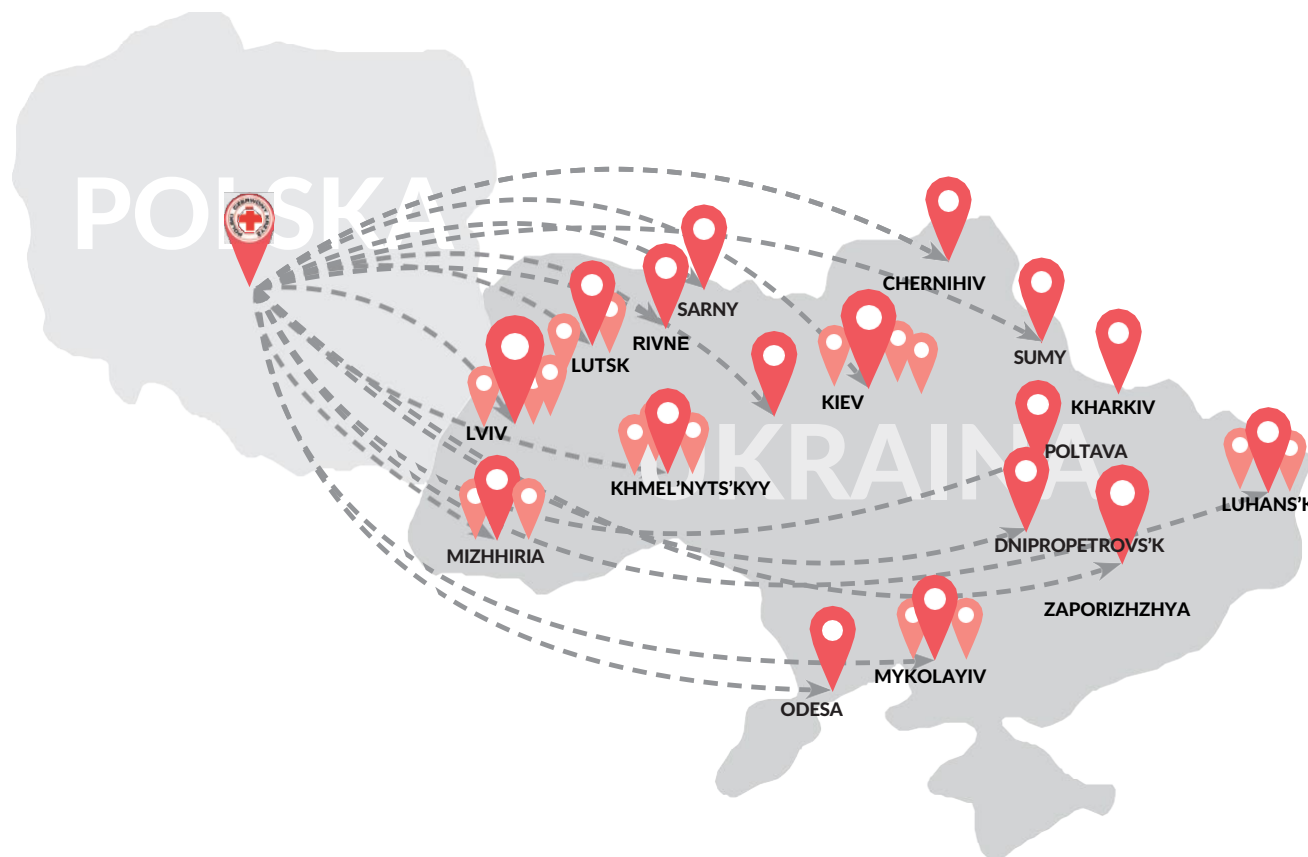
Thanks to cooperation with business partners Polish Red Cross sent over 750 transports to Ukraine, which is about 5, 600 tons of humanitarian aid.



Countries from which PRC received humanitarian aid to transport it to Ukraine:

- ® Andorra
- ® Belgium
- ® Croatia
- ® Denmark
- ® Estonia
- ® Finland
- ® France
- ® Spain
- ® Netherlands
- ® Canada
- ® South Korea
- ® Kuwait
- ® Germany
- ® Norway
- ® Portugal
- ® United States of America
- ® Switzerland
- ® United Kingdom
- ® Italy
- ® United Arab Emirates

Locations in Ukraine where humanitarian aid from the PRC was directed:



Polski Czerwony Krzyż



250,000,000 PLN

The value of humanitarian aid to those affected by the armed conflict in Ukraine



1,200,000

people in Poland received:



8,839 tons

humanitarian aid, including :



1,280,930

food parcels



555,000

hygiene kits



750

Transports to
Ukraine

5,600 ton



87,000

School starter kits of a total
value of 11 000 000 PLN



80,000 families

has already received financial aid
128 200 000 value of vouchers

We look into the future and develop long-term projects

We do not know how long an armed conflict in Ukraine will last and what new needs will arise in the near or distant future. What is certain is that this protracted crisis will cause effects felt over the years. This situation requires from humanitarian organizations, states, as well as donors to support the suffering people for days, months and years.

The humanitarian crisis in Ukraine has shown how important are local actions based on experience and knowledge of people involved in helping the others.

Thanks to the fact that the Red Cross and Red Crescent Movement acts globally and locally, it can efficiently and quickly respond to the current needs of people affected in different crisis.

PCK in the following months will continue long-term projects integrating and preparing families for self-reliance.

Polish Red Cross will be continuing its activities for affected population in an armed conflict in Ukraine in coming days, months, years.

Thanks to generosity of the donors, as well as the work of hundreds of volunteers and employees, the PRC will be there wherever is needed.

**Thank you
that you help
us to help!**

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