

► Other activities

First aid group

First Aid groups make it easy for you to learn skills when you need to help in an emergency. Practice is for free. Contact: rina.oksanen@redcross.fi



LäksyHelppi

is a Red Cross activity where volunteer instructors help school children with their homework. The clubs aim to support in particular children and young people who have immigrated to Finland but it is also open to other pupils. Contact: doinita.negruti@redcross.fi or 0400 723985

Help and care activities

Would you like to join us in bringing delight into a lonely person's everyday life? The Red Cross acts as an intermediary between volunteer friend visitors and those looking for human contact. As a volunteer, the only thing you have to do is to give some of your time. Contact: janni.koivisto@redcross.fi

Youth activities

We offer various activities for young people under 29-years. As a Red Cross volunteer, you can take on the following tasks, for example: youth groups, Reddie kids clubs and International activities. Contact: hup.neuvonta@redcross.fi

► Join us in the internet punainenristi.fi

A small donation can make a huge difference.

Become a member now!

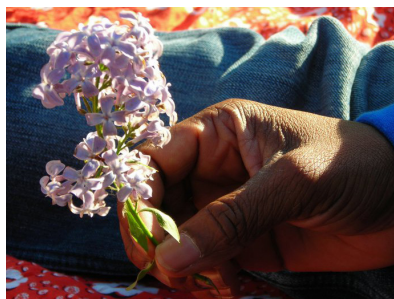
Annual membership is €20, under 29-years-old €10 and life membership €300.

Finnish Red Cross

punainenristi.fi

Our fundamental principles

humanity
impartiality
neutrality
independence
voluntary service
unity
universality



For more information:

Finnish Red Cross

Helsinki and Uusimaa District

Doinita Negruti 020 701 2371 or 0400 723 985

Vesa Kukkamaa 020 701 2364 or 040 541 6359

Email: firstname.surname@punainenristi.fi

Finnish Red Cross

HELSINKI AND UUSIMAA DISTRICT

Are you interested in meeting new people?

Would you like to do something which benefits others and yourself?

Get involved in our international activities!



Multicultural Red Cross Activities In The Capital Region

▶ Activities in reception centres and institutions

Activity Thursday

Volunteers visit Kaarlenkatu Reception Centre on Thursdays, every second even week of the month, at 6–8pm. Contact: spr.kaarlenkatu@gmail.com

Pulinapaja

Finnish language discussion group at Punavuoren Reception Centre on Thurs-days at 6-7.30pm. Contact:pulinapaja.ks@gmail.com

Punahillkat

Activities for ladies Punavuoren Reception Centre on every second Wednesday at 6-7.30pm. Contact: punahillkat@gmail.com

Metsälä Detention Center

Volunteers offer recreation activities and a break from the daily routines in every Thursday evening, at 6-8pm. Contact: spr.dcvolunteers@gmail.com

Children's group in reception centers:

Punaketut:

Punavuori and Kaarlenkatu Reception Centers, Sundays at 1.30– 3.30pm. Contact: punavuoren.lastenryhma@gmail.com

Children club:

Metsälä reception centre. Every second Tuesday from 5.30-8 pm. Contact: spr.metsalchildren@gmail.com

LäksyHelppi

Kaarlenkatu Reception Centre volunteer instructors help school children and adults with their home work in every Monday, at 6.30-8pm. Contact: laksyhelppi@gmail.com



▶ International club – a multicultural meeting place

Clubs aim to promote integration and intercultural encounters, prevent social exclusion and to increase tolerance of those from different backgrounds. Get-togethers are informal and open to everyone irrespective of age, gender, nationality or religion.

Betania International Club

Meets on Mondays every even week at 6.30–8.30pm in Perämiehenkatu 13, Helsinki. Contact: betaniaclub@gmail.com

East Helsinki International Club

Meets on Tuesdays at 5.30– 7pm in Korsholmantie 9 G Helsinki . Contact: monikulttuurisuus.info@saunalahti.fi

West Helsinki International Club

organises yearly events for all the International clubs in the capital region. New volunteers welcome! Contact: kansainvalinenklubi@gmail.com

Leppävaara International Club

International Club enable interaction and mutual learning across cultural boundaries. Club nights are based on various themes and activities. Contact: espoonkansainvalinenklubi@gmail.

Join us on Facebook:

Red Cross's International Clubs in Helsinki

▶ Finnish language clubs

Let's read together!

Finnish learning group for immigrant women gathers in Pasila Resident House, Topparikuja 2,Helsinki on Wednesdays at 10–12am. Contact person: Maija-Liisa Mäkeläinen 050 514 2387

Papupata

is a Finnish language discussion group for anybody struggling with the Finnish language. Meetings in Familia Club, every Tuesday and Thursday at 6–7.30pm in Yrjönkatu 29. krs. 4. Helsinki. Contact: papupata.kerho@gmail.com

Clubs for the whole family

Finnish for adults, homework support for school kids and children's club for the youngest in the family on Mondays and Thursday 6–7.30pm in Metsäpuronkatu 2, Helsinki. Contact: maunulan.perhekerhot@gmail.com

Finnish discussion club

meets Wednesdays, 2–3pm in Kannelmaki Library, Klaneettitie 5, Helsinki. Topics relate to everyday matters. Contact: Ritva Rieckmann ritva.rieckmann@kolumbus.fi

Juttukolo

Finnish language discussion group in Porvoo. Meetings every Monday at 3-6pm in Jokikatu 25, Porvoo. Contact: Veli-Matti Salo: masa.salo@pp.inet.fi

