

Module seven: taking action

Learn a skill that will help you act as a humanitarian citizen

The Red Cross is changing the world by providing therapeutic care to people who are unwell or in crisis. By learning how to give therapeutic massage, you could help others in crisis too.

**You can change the world by
providing therapeutic massage**



Introducing the Power of Humanity

The Power of Humanity programme forms part of the Girlguiding UK: Changing the World project. The British Red Cross is working together with Girlguiding UK to demonstrate how everyone can contribute to changing the world.

The objective of the Power of Humanity project is to mobilise people to become humanitarian citizens – people who are prepared to help others, able and willing to respond in an emergency. If everyone was a humanitarian citizen then we would be more able to cope when disasters strike. The Red Cross works alongside communities in the UK and across the world to help them prepare and recover from emergencies.

To take part in this project, all you have to do is download the four core learning modules and complete the activities; you can record your progress on your downloadable passport. When you have completed the core modules, you can celebrate with your very own award ceremony. You can then go on to choose from four further optional modules, which involve hands-on activities that enable you to act as a humanitarian citizen and show how you can do something practical to change the world.

By completing the first four modules and one optional module you will be eligible to register for one of our exciting regional events: a 'real life' emergency response workshop designed to help you demonstrate and explore your new-found humanitarianism with Red Cross employees and volunteers. Find out what they do and experience a day in their life!

See our website to register for the regional challenge events:
redcross.org.uk/powerofhumanity

Don't forget to tell Girlguiding UK that you are participating in the British Red Cross 'Power of Humanity' project by registering at www.girlguiding.org.uk/changingtheworld/tellus

When you have finished the project you will be a humanitarian citizen and you will be able to change the world every day by your actions, which could include:

- > saving lives through first aid
- > providing therapeutic care
- > fundraising
- > providing peer education.

Now that you are a humanitarian citizen you can learn how to help others using the British Red Cross' therapeutic care service, which provides arm, shoulder and back massage to soothe and calm people in distress.

Change the world for someone in a crisis by learning therapeutic care!



Activity one: whole group

10 minutes

The power of touch

This activity involves using your imagination and listening skills, so everyone must close their eyes and listen to the story. Try not to fidget or disturb anyone else – just relax and focus on the story. Try to picture yourself featuring in the story and imagine how you would feel.

Scenario to read out:

Imagine you are in school with your friends and have just had a really busy day. It has been very hot and the classrooms have been really stuffy. Everyone just wants the bell to ring so they can get outside and go home or go and play in the park and eat an ice cream.

Towards the end of the day, you leave your class to go to the toilet. While you are washing your hands, you hear someone crying in the end cubicle. Pushing the door open, you see your best friend standing with her head in her hands, crying really hard. She looks so upset and, because you've been friends such a long time, you hate to see her sad. Tears are running down her face then, as she opens her eyes, she seems so relieved to see you.

Leaders' note

Wait a few moments while everyone settles down to listen, then slowly read the scenario.

Discussion

Discuss with the group how they would feel and what would they do.

For most of us, our natural reaction when someone is upset is to ask what is wrong, then listen patiently to their answer. Sometimes, if the person seems very upset – and particularly if they are a friend – it would seem natural to put a comforting arm around the person while they talk about their problem.

A more sophisticated way of helping to calm someone who is distressed could be by offering to provide a therapeutic massage. The Red Cross' therapeutic care service reaches out to vulnerable people by providing gentle massage that can help to relieve pain, stress and anxiety. Our therapeutic care volunteers use basic massage techniques to help people relax when they are tense, worried or ill. The service also gives people a chance to talk and share their concerns, as Red Cross volunteers are trained to listen and support people.

Every year, our therapeutic care volunteers are changing the world by helping more than 60,000 people in hospitals, hospices and community settings around the UK. If you learn some of the basic therapeutic care skills then you might be able to help one of your friends or family who is upset, stressed or anxious by giving them a gentle massage.



Activity two: pairs

25 minutes

Learning the basics of therapeutic care

This activity is done in pairs. Everybody needs a partner that they feel comfortable working with and letting touch their hand.

Some basics

- > Always check that the person has no cuts or injuries on their hands or fingers before beginning the massage – do not work on the hand if they have.
- > Always ask if there is any reason why the hand massage should not be done. If you have any doubts, do not do the massage.
- > Always wash your hands before and after doing the massage.
- > Always ask your partner if you are pressing too hard or not hard enough – be more gentle or firm if necessary.
- > This massage is meant to help people relax so the pressure should be on the light/gentle side.



British Red Cross hand massage – guidance sheet:

Move 1 – to start

Begin by spreading some hand cream onto the palms and fingers of both your hands. Your hand should mould gently to the person's hand and arm as it lightly slides up and returns. First sweep up with your right hand then left hand and move up from the fingers of the person's hand to their elbow. Do this about six times and always check that the pressure you are applying is okay.

This flowing movement helps to warm the area and in turn helps the person to relax.



Move 3 – fingers and thumbs

Support the person's hand in one of your hands, and then using the thumb of your other hand, massage the top of their fingers and thumbs in small circular movements. Work from the base to the tip of each finger and thumb and massage around the nails to work in the hand cream – do this twice to each finger.

This warms and increases the blood supply to the fingers and that helps with movement.



Move 4 – palm rub

Turn the person's hand over and, using the heel of your hand, gently knead the hollow of their palm in a circular movement. Do this a minimum of six times.

This warms the area, soothes and relaxes the person and aids movement of the hand.



Move 2 – back of the hand

Keeping your elbows close to your body, support the person's hand by keeping both your own hands under theirs.

Using the whole length of your thumbs, start with thumbs together and slide from centre of the hand upwards and outwards.

Circle back and start again working from the knuckles to the wrist.

Do this movement about six times.

As well as being soothing and relaxing, this movement helps increase the blood supply to the area.



Move 5 – to finish

Put your hands on either side of the person's hand and hold for a few seconds, then gently slide your hands away.

The whole sequence should then be repeated on the other hand.

Practise the movements with your partner and then swap over so that they can practise too.



Activity three: individual

5 minutes

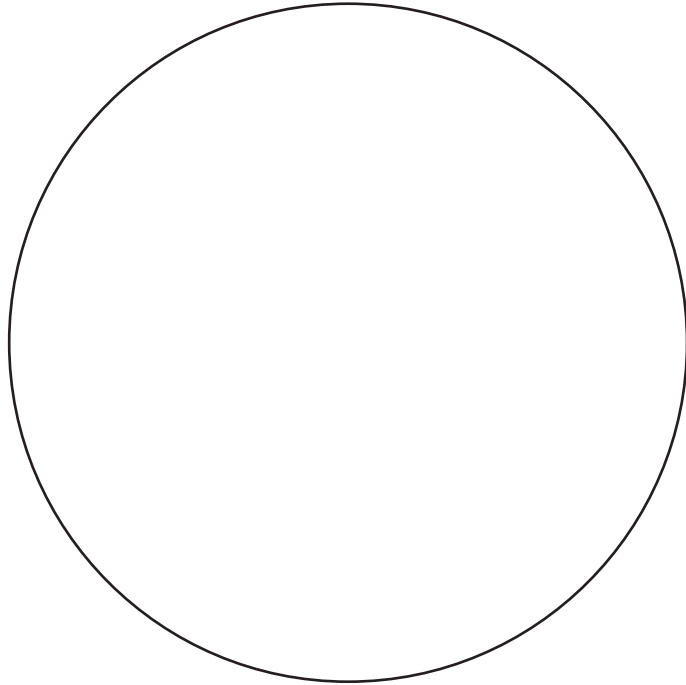
What was it like?

Use the diagrams on page 6. Draw your face in both of the circles. In the first one, imagine that you have been involved in a major emergency – such as a rail crash, fire or flood. In the second one, draw your face after you have received a calming massage from a Red Cross therapeutic care volunteer. In the box underneath, write a little description of what each experience felt like and how it changed the expression on your face.

Take it further

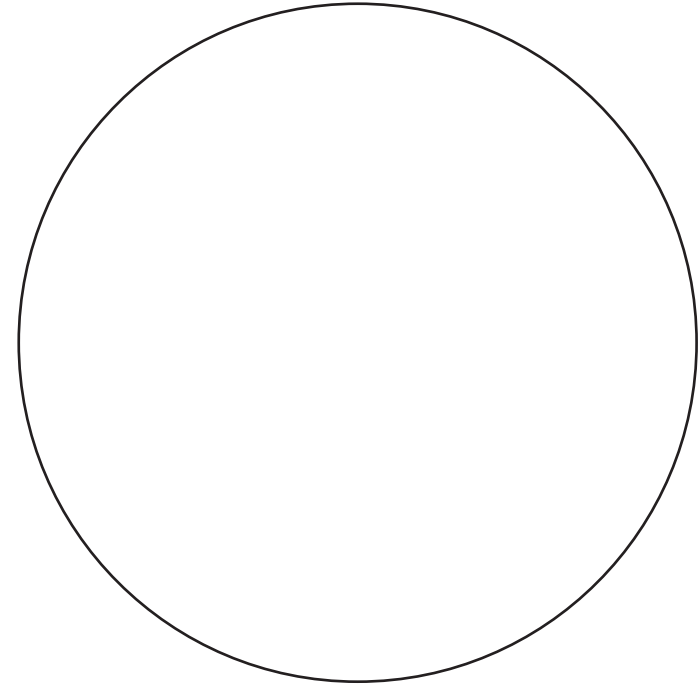
1. Keep practising the massage movements and look on our website redcross.org.uk at the video which explains more about therapeutic care and shows the movements in detail.
2. Try giving a therapeutic massage to someone at home or a friend at school – ask them how it felt and if it helped them to relax.
3. You might know someone who is in hospital or a hospice or in an old people's home. Ask them if they would like to receive a massage.

My face after a major emergency (rail crash, fire or flood)



I feel...

My face after a massage (from a Red Cross volunteer)



I feel...

completed!

Module seven: taking action

Well done on completing module seven on therapeutic care

Why not think about giving a friend or member of your family therapeutic care next time they are stressed or anxious and changing their world?

You now also qualify to register for one of our regional events so speak to your Leader or visit our website. And don't forget there are still more optional modules you can do to activate your power of humanity!