

ISSUE 21 JAN. - MAR. 2025

# QUARTERLY MAGAZINE



HELLENIC RED CROSS



WHEREVER THERE'S A NEED  
#hellenicredcross



## Message from the President of the HRC

Dear Red Cross Women,  
Dear Red Cross Men,

The constantly accelerating pace of life of the Human community, with successive changes and modifications, create conditions that make it necessary for the Hellenic Red Cross (H.R.C.) to be vigilant and fully prepared. Our presence must cover the distance between our fixed principles and human needs. We are ethically inspired by an idea and a vision, to translate the HRC's presence into action, strengthening its historical course and perspective in the current dire international context. With innovative social interventions and innovative actions of preventive and therapeutic importance, we support people in need of immediate help and endemic to urban and peri-urban marginalized environments, providing a framework for protection and living.

The volume of the actions, being excessive and oversized, does not allow me to present it in more detail. From the Searches of the Hellenic Red Cross to the encouragement of children and young people to participate in its activities, climate change and ecology, we have turned our attention focusing on the essence of extremely unfavorable social conditions. Conditions that make collective voluntary action necessary, expressed by a homogeneity of beliefs and values that take place within the Hellenic Red Cross.



With self-awareness and self-awareness, we proceed to highlight the essential role of the HRC, through the management and treatment of the problems of human society.

With Red Cross greetings,

**Dr. Antonios Avgerinos**

*Dr. Antonios Avgerinos*

**Pharmacist, Retired Major General  
President of the C.E.B./H.R.C.**

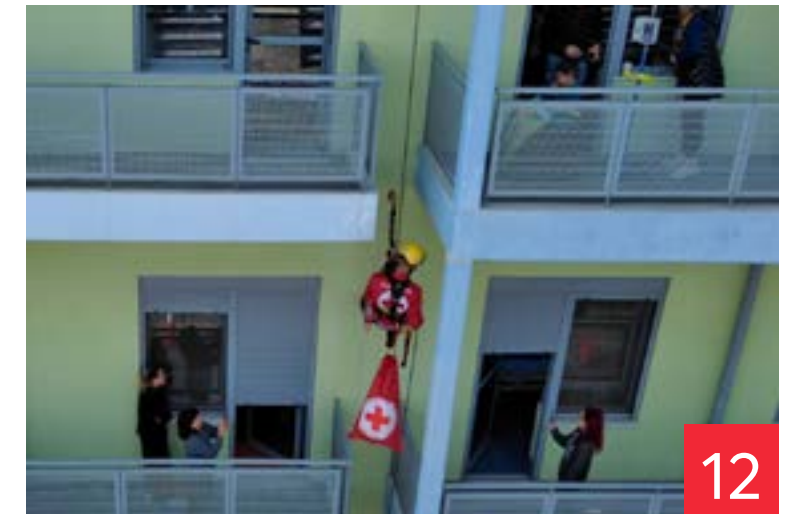
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# Teams of volunteer Samaritans-Rescuers and social workers – psychologists in Santorini and Amorgos due to the successive seismic tremors

The Hellenic Red Cross (H.R.C.), recognizing the criticality of the situation due to the continuous seismic tremors that hit the Cyclades islands, sent teams of volunteer Samaritans-Rescuers and Social Workers to Santorini and Amorgos.

The volunteer Samaritans-Rescuers of the Hellenic Rescue Service, having at their disposal two (2) rescue dogs and state-of-the-art operational equipment (cutting machines, rescue ropes, etc.), created an Operations

Center of the Hellenic Rescue Service at the closed municipal gymnasium in Fira. At the same time, they were informed by the Authorities about the preventive measures that have been taken and remained in constant operational readiness, carrying out continuous patrols in order to offer where they are asked.

At the same time, the Psychosocial Support team of the HRC, with experienced social workers and Social Welfare volunteers, offered its

valuable services to support the residents, with special emphasis on the elderly, the chronically ill and children. Similar actions were carried out by the teams of the HRC in Amorgos by installing a temporary Operations Center in the Aegiali area.

During their stay on the Aegean islands, they conducted numerous trainings in First Aid and Psychological First Aid, as well as on how citizens should react in the event of a strong seismic phenomenon.







## The Hellenic Red Cross sent a large humanitarian aid (40 tons) to Sudan

The Hellenic Red Cross sent (27/1) a large humanitarian aid to Sudan, because due to the prolonged civil conflict, there are huge needs for both everyday items and basic medicines, in the presence of the President of the Hellenic Red

Cross. Dr. Antonios Avgerinos, the Secretary General, Mr. Georgios Skoumas, as well as the Chargé d'Affaires of the Embassy of Sudan, Dr. Amjd Elyas.

The humanitarian mission of

the HRC (40 tons) includes, among others, long-lasting food (canned food, spaghetti, etc.) Personal hygiene items (antiseptics, hand soaps, baby diapers, etc.) blankets, a large amount of bottled water, as well as pharmaceuticals.







## The Hellenic Red Cross was the first to parade in the military parade in Athens to celebrate the anniversary of March 25th

The Hellenic Red Cross (H.R.C.) opened the magnificent military parade in Athens again this year for the celebration of the anniversary of March 25, 1821, filling with emotion and pride the Red Crossers everywhere who fight daily with all their strength to offer help to their suffering fellow

human beings. The parade was attended by the President of the Hellenic Red Cross, Dr. Antonios Avgerinos and the Secretary General of the HRC, Mr. Georgios Skoumas.

The Hellenic Red Cross, the oldest humanitarian organization in the country,

paraded with executives and volunteers from all three of its sectors (Health, Social Welfare, Samaritan Rescuers and Lifeguards), winning the warm applause of the officials and the people who came to Syntagma to commemorate the National Anniversary.







## The HRC inaugurated the First Aid Station at the Court of Appeal of Piraeus

The inauguration of the new First Aid Station of the Hellenic Red Cross (HRC) at the Court of Appeal of Piraeus, on Monday, February 3, 2025, took place with great success, in the presence of the Secretary General of Justice, Mr. Pelops Laskos, the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, the President of the Court of Appeals and President of the Three-Member Board of Directors of the Court of Appeal of Piraeus, Mrs. Fevronia Tserkezoglou and the President of the Piraeus Bar

Association, Mr. Ilias Klappas. The First Aid Station of the HRC is located on the 3rd floor of the Court of Appeal and is open from Monday to Friday, from 09:00 – 15:00.

The new First Aid Station is equipped with modern medical equipment and is staffed by specialized nursing staff from the Health Sector of the HRC. The aim of its operation is to provide immediate assistance and ensure the health and safety of all those who visit or work in the area of the Court of

Appeal. The President of the Hellenic Red Cross, Dr. Antonios Avgerinos, stressed that the creation of the First Aid Station at the Piraeus Court of Appeal, following the already active First Aid Station at the Athens Court of Appeal and the Athens Court of First Instance, proves in practice the commitment of the Hellenic Red Cross, for the immediate and quality provision of First Aid to the hundreds of visitors to the Court of Appeal.

## Hellenic Red Cross and Ministry of Health organized a large voluntary blood donation

The Hellenic Red Cross organized a large voluntary blood donation on Friday, January 10, 2025 at the emblematic building of the Hellenic Red Cross on September 3rd Street, in collaboration with the Ministry of Health, aiming to support our fellow citizens

who need immediate help. The blood donation took place in the presence of the Deputy Minister of Health, Mr. Marios Themistocleous, the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, as well as the Head of the Pharmaceutical Directorate of the Ministry of Health, Dr.

Stavros Evangelatos.

The staff of the Health Sector with the help of volunteers of the Sector collected 27 blood bottles as well as 10 compatibility samples for bone marrow donation.







## The Hellenic Red Cross offered smiles and hope to the children of the "Marianna V. Vardinoyannis -ELPIDA" Children's Oncology Unit

On the occasion of the World Day Against Childhood and Adolescent Cancer, the Hellenic Red Cross (HRC) organized an impressive action of support and solidarity with the children of the «Marianna V. Vardinoyannis-ELPIDA» Children's Oncology Unit on Friday, February 14, 2025, in collaboration with the Association of Friends of Children with Cancer «Elpida», in the presence of the President of the HRC, Dr. Antonios Avgerinos and the Secretary General, Mr. Georgios Skoumas.

The aim of this major action of the Social Welfare Sector of the HRC was to offer hope, joy and optimism to the little heroes who are fighting the disease on a daily basis. The program of the event included a series of activities specially designed for children. The impressive descent by the Special Team of Volunteer Samaritans-Rescuers and Lifeguards of the Patras Regional Department of the Hellenic Red Cross offered

unforgettable moments to the children hosted in the Unit. At the same time, the creative workshops and theatrical games implemented by the Theatre Group and the Animation Team of the Social Welfare Sector of the HRC enhanced the creativity and imagination of the children. The magical performance of the famous magician «Toto» offered plenty of laughter to our little friends, while the action was accompanied by musical choices by the DJ of the HRC.

At the same time, in a modest ceremony, the expansion of the excellent cooperation between the HRC and the Association of Friends of Children with Cancer «Elpida» was sealed, with the ultimate goal and purpose of strengthening the presence of the volunteers of the HRC for the benefit of children in need. The event was attended and addressed by the President of the Hellenic Red Cross, Dr. Antonios Avgerinos,

the Governor of the Children's Hospitals «Agia Sophia» and «P. & A. Kyriakou», Mr. Manolis Papasavvas, the Secretary General of the Association of Friends of Children with Cancer «Elpida», Mrs. Georgina Ellina and the Director of the Association's Hostel, Mrs. Anna Panagopoulou.

A special moment of the action was the welcome of the cyclist Sotiris Barbarosos, under the sounds of the Philharmonic Orchestra of the City of Athens. The cyclist completed a particularly demanding route of 1,200 km. to raise public awareness about childhood cancer, with the HRC actively supporting him throughout the journey, providing health tests in every city they visited. The President of the HRC, accompanied by the Secretary General of the HRC, offered an honorary medal to the cyclist and thanked him for this particularly important initiative.





## The President of the Hellenic Red Cross was honored by the Athens Court of Appeal

At a special award ceremony, which took place in the ceremonial hall of the Athens Court of Appeal on Sunday, January 12, 2025, the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, was honored for the long-standing contribution of the Hellenic Red Cross to the Greek society, as well as the training of citizens, associations, institutions and companies in First Aid.

Specifically, the Deputy Minister of Justice, Mr. Ioannis Bougas,

handed over an honorary plaque to the President of the HRC. Dr. Antonios Avgerinos, stressing in his speech the value of volunteerism and social contribution, timeless values that the Hellenic Red Cross stands for and defends, while making special mention of the new First Aid Station operated by the Hellenic Red Cross within the building of the Athens Court of Appeal.

It is reminded that the First Aid Station of the Hellenic Red

Cross is located on the 3rd floor of the Court of Appeal and operates from Monday to Friday, from 08:30 – 14:30. The new First Aid Station is equipped with modern medical equipment and is staffed by specialized nursing staff from the Health Sector of the HRC. The aim of its operation is to provide immediate assistance and ensure the health and safety of all those who visit or work in the area of the Court of Appeal.

## The Hellenic Red Cross honored the Day of Sacrifice of the Rescuer with great action at Syntagma Square

The Hellenic Red Cross (H.R.C.) honored the Day of Sacrifice of the Rescuer (January 14th) by organizing a big action at Syntagma Square (near the Metro), on Wednesday, January 15th, 2025, in the presence of the President of the Hellenic Red Cross, Dr. Antonios Avgerinos.

Hundreds of citizens who were at Syntagma on Wednesday morning had the opportunity to get to know the «Heroes

next door», the volunteer Samaritans-Rescuers and Lifeguards of the Hellenic Red Cross, to be informed about their multifaceted humanitarian work, as well as the actions implemented by the Sector throughout Greece. At the same time, they performed First Aid demonstrations (cases of drowning, cardiopulmonary resuscitation, etc.) for babies, children, adults and four-legged friends by First Aid instructors of the Samaritan-

Rescue Sector.

Volunteers from all the Sectors of the HRC (Health, Social Welfare, Samaritans-Rescuers and Youth) participated in the great action of the HRC, who informed the citizens about the work and actions of the Organization as well as the First Aid seminars implemented throughout Greece by the HRC, while distributing relevant information material.







The Hellenic Red Cross and Olympiacos BC joined forces by implementing a large solidarity action «TEDDY BEAR TOSS», in the match between Olympiacos and Fenerbahce (24/1), in order to offer smiles, joy and hope to hundreds of children hosted in social structures throughout Greece.

Thousands of teddy bears were collected by the Olympiacos fans who filled the Peace and Friendship Stadium, which were collected and baled by volunteers of the Hellenic Red Cross and will then be offered to children who are hosted and supported by the social structures of the Hellenic Red Cross as well as structures and institutions throughout Greece that the Organization has

supported over time.

On Tuesday, February 11, 2025, at the historic building of the Hellenic Red Cross (H.R.C.) on September 3rd Street, a great solidarity action was held by the Hellenic Red Cross and Olympiacos BC for 150 children supported by the social structures of the Organization, as part of their cooperation for the implementation of the great action «Teddy Bear Toss». The children had the opportunity to chat and be photographed with the famous Olympiacos basketball player, Moses Wright, who said he was impressed by the huge humanitarian work that the HRC produces to our little friends.

**The Hellenic  
Red Cross and  
Olympiacos BC  
joined forces  
to offer smiles  
to hundreds of  
children**



## The ACCREF program supported over 49,000 refugees/ migrants with accompanied interpreting and health mediation services

The Hellenic Red Cross (HRC), faithful to its humanitarian duty, continues its innovative and unique offer to support refugees/migrants through the ACCREF (Accompanied Referrals) Program, which has been operating continuously for seven years, since May 2017, having offered its valuable services to 49,972 vulnerable fellow human beings.

The ACCREF Program provides health interpreting and mediation services with the physical presence of specialized health interpreters-mediators in public hospitals and primary health care stations throughout Attica. The project's dedicated team facilitates equal access for refugees and migrants to health services by providing

services in the following languages: Arabic, Farsi/ Dari, French, Turkish, Urdu, Ukrainian, Russian, Czech and English.

At the same time, the ACCREF Program offers two training programs in the thematic units: «Cultural Mediation & Interpreting Services», addressed to interpreters, and «Intercultural Communication & Professional Diversity Management», addressed to health professionals and professionals providing services to refugees and migrants.

The impressive results of the program up to December 2024 are briefly mentioned:

- 49,972 people have been served through the

services of accompanied interpreting and health mediation, in 13 different languages.

- 4,205 people have been served through telephone interpretation and feedback.
- 2,826 adults have been trained in the topics of cultural mediation and intercultural communication.

The Hellenic Red Cross remains committed to ensuring unhindered and equitable access to health services for all, while contributing to the creation of an inclusive society.



## The Hellenic Red Cross welcomed the President of the Albanian Red Cross

The official visit of the President of the Albanian Red Cross, Ylli Alushi, accompanied by the Secretary General, Artur Katuci and the Deputy Secretary General, Elvetina Stillo, to the Headquarters and facilities of the Hellenic Red Cross (11/3), in Athens, was completed in a very warm atmosphere, where he was warmly welcomed by the President of the Hellenic Red Cross, Dr. Antonios Avgerinos and the Head of International Relations and Partnerships, Ms. Thalia Fonazaki.

The visit took place in the context of strengthening

the cooperation between the two National Societies, with the aim of promoting humanitarian work and strengthening the skills of the volunteers of the two National Societies, by conducting joint trainings. During the meeting at the HRC Headquarters, issues of common interest were discussed, with emphasis on strengthening actions related to the support of vulnerable populations, the response to natural disasters, as well as the development of volunteer training programs. Afterwards, a guided tour of the historic building of the HRC followed on the 3rd of

September Street, where they attended a demonstration of the operation of the state-of-the-art National Center for Coordination and Crisis Management of the HRC but also detailed information on the work and programs of each Sector (Health, Social Welfare, Samaritans-Rescuers & Youth) by HRC executives. Finally, they visited the Multifunctional Refugee Center of HRC, where they were informed about the actions of the HRC providing support to our vulnerable fellow human beings.







## Visit of the President of the HRC to the Turkish Red Crescent

The official visit of the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, accompanied by the Head of International Relations and Partnerships, Ms. Thalia Fonazaki, to the Turkish Red Crescent Headquarters, in Ankara (12/2), was completed with great success. The President of the Hellenic Red Cross was welcomed by the

President of the Turkish Red Crescent, Dr. Fatma Meriç Yılmaz.

The visit took place in the context of strengthening the cooperation between the two National Societies, with the aim of promoting humanitarian work and strengthening the skills of the volunteers of the two National

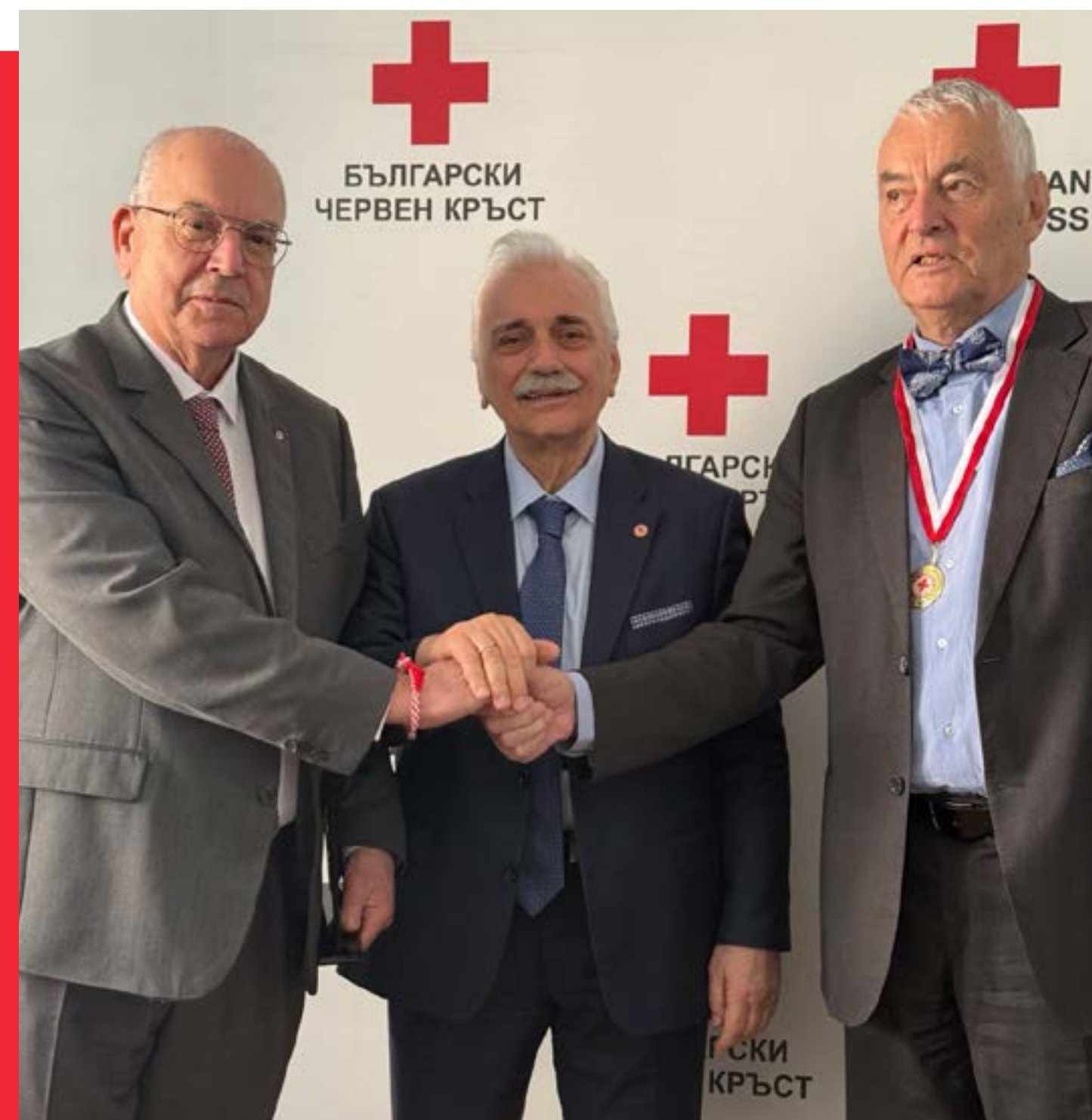
Societies, by conducting joint trainings. During the meeting, issues of common interest were discussed, with emphasis on strengthening actions related to the support of vulnerable populations, the response to natural disasters, as well as the development of volunteer training programs.

## The President of the Hellenic Red Cross at the Bulgarian Red Cross, by kind invitation

The official visit of the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, accompanied by the Head of International Relations and Partnerships, Ms. Thalia Fonazaki, to the Headquarters

of the Bulgarian Red Cross, in Sofia, was completed with great success, where he was warmly welcomed by the President of the Bulgarian Red Cross, Dr. h. c. Acad. Hristo Grigorov, the Director General

Prof. Dr. Krasimir Gigov and the Director of International Relations, Preslava Lilova, in the presence of the Greek Ambassador to Bulgaria, Mr. Alexios Marios Liberopoulou.







**Dynamic  
presence of the  
Hellenic Red  
Cross at the  
13th Athens  
International  
Half Marathon**

The presence of the Hellenic Red Cross at the 13th Athens International Half Marathon, which was attended by thousands of citizens of all ages, was impressive once again.

A total of 81 volunteer Samaritans-Rescuers, Health volunteers and permanent nursing staff participated in the health coverage of the great sports celebration, in the center of Athens, successfully dealing with dozens of emergencies that occurred during the race. It is noted that the Hellenic Red Cross Health Sector participated for the fifth consecutive year with a force of eight nurses in the staffing of the two Emergency Pre-Hospital Care Clinics.

At the same time, the National Center for Coordination and Crisis Management of the Hellenic Red Cross at the Hellenic Red Cross building on September 3rd Street, staffed by experienced Samaritan Volunteers-Rescuers of the Athens Department of the Hellenic Red Cross, was in constant communication with the Half Marathon Operations Center at GADA, in order to immediately inform the teams of Volunteer Samaritans-Rescuers about emergencies that occurred during the route.

At the same time, the cycling team of the HRC was by the side of the participants throughout the route.





# Major actions against school bullying

The Hellenic Red Cross, on the occasion of the celebration of the Panhellenic Day Against School Bullying, implemented a major action to inform and raise awareness among citizens on the Management and Treatment of School Bullying, at Syntagma Square, in the presence of the President of the Hellenic Red Cross, Dr. Antonios Avgerinos.

The great action of the Social Welfare Sector of the HRC 50 students of the First Elementary School of

Arsakeio of Tositio Ekali, who attended an interactive awareness event on bullying by psychologists – social workers with the support of Social Welfare and Youth volunteers of the HRC. At the same time, information material on the management and treatment of school bullying was distributed to the public, on the management and treatment of School Bullying.

A strong message against bullying was sent by the

Hellenic Red Cross during Atromitos’ match against Panathinaikos for the Super League, on Sunday (9/3), at the packed Municipal Stadium of Peristeri. The players of the two teams participated in the awareness and information campaign of the Hellenic Red Cross, by posting banners at the presentation of the teams, with the message: «STOP BULLYING - SAY NO TO BULLYING - HELLENIC RED CROSS»







## Volunteers of the Hellenic Red Cross assisted a woman who gave birth in a car in Spata

On February 1, 2025, volunteer Samaritans-Rescuers of the Hellenic Red Cross were called to offer their valuable services to a woman about to give birth on a main road in Spata, when the vehicle she was riding in

encountered a technical failure, resulting in the woman giving birth inside the vehicle.

The experienced volunteers of the Hellenic Red Cross, who happened to pass by the scene,

immediately responded to the call of the police who asked for their assistance, offering First Aid to the mother and the newborn child, remaining at the scene until they were transported by an ambulance.



## The Hellenic Red Cross awarded a cash prize - scholarship to a student from Kalavrita who excelled in the Panhellenic exams

On Wednesday, January 15, at the HRC Headquarters in Athens, the President of the Hellenic Red Cross, Dr. Antonios Avgerinos, accompanied by the Secretary General of the HRC, Mr. Georgios Skoumas, presented

a generous monetary donation to a student from Kalavryta who excelled in the Panhellenic exams, according to the terms of the «Andriani Makridou» Endowment. It is noted that the first-year student of the Law School of

Athens, received the cheque for 6,000 euros, as she met the conditions and conditions of the «Andrianis Makridou» endowment, including the high score for admission to a Higher Education Institution (HEI).



# **Εκπαίδευση πολιτών στις Πρώτες Βοήθειες Ψυχικής Υγείας**

από έμπειρους  
ψυχολόγους και κοινωνικούς λειτουργούς του Ε.Ε.Σ.



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