



Action Medics

GBC Medics' emphasis is to provide a solid basis for first aid and self-care.

We are volunteers with varying levels of training, skills, and experience – ranging from basic first aid to full time practice in acute medicine across different specialities.

If you want to learn more, a good starting point is our guide to [Looking after your Health on Actions](#).

[Contact Us](#) if you would like to get involved in the Medics working group of Green & Black Cross.