

Annual Report

2025

FAST - First aid support Team



MESSAGE FROM THE BOARD

As in previous years, 2025 was marked by forced evictions, harsh living conditions, and the consequences of policies designed to deter rather than protect. In and around Calais, people on the move continued to live in a reality shaped by constant displacement and uncertainty. Access to shelter, healthcare, and safety remained deliberately fragile.

The work of FAST in 2025 cannot be separated from the wider global context in which displacement continues to increase. Ongoing mass violence and war — including the genocide in Palestine and the devastating conflict in Sudan — have forced people to flee, often with little prospect of protection or long-term safety.

At the same time, across Europe, political discourse has continued to shift towards exclusion, deterrence, and repression. Far-right narratives increasingly shape migration policy, and solidarity itself is more often questioned or framed as a problem rather than a responsibility. This trend is visible not only at Europe's external borders, but also closer to home, including in the Netherlands, where proposals to further restrict or criminalise assistance to people on the move have become part of mainstream political debate. These developments directly affect the people we support, the volunteers who provide care, and the space in which humanitarian organisations are able to operate.

Throughout the year, FAST remained present. In an environment shaped by constant displacement, our volunteers provided consistent, mobile medical care six days a week. People sought care for wounds, infections, respiratory illnesses, pain, and the cumulative effects of cold, exhaustion, and prolonged stress. Just as often, they sought care because FAST was a place where they could be seen, listened to, and treated with dignity.

There are moments when working in this context affects more than physical capacity. Moments when the scale of suffering, the repetition of harm, and the absence of political accountability make it difficult to hold on to hope — hope in systems, in decision-makers, and at times even in humanity itself. And yet, again and again, that hope is restored. It is restored through the people on the move themselves, whose solidarity, generosity, and care for one another persist even under relentless pressure. It is restored through our volunteers, who continue to show up with professionalism, solidarity and care.

We are deeply grateful for the continued and growing trust of our donors and partner foundations. Many of them support FAST not only financially, but also by using their voices and networks to speak out about what is happening at Europe's borders. In a humanitarian landscape under increasing political and financial pressure, this form of solidarity is both rare and essential.

This annual report is dedicated to the people on the move who continue to endure life at the border, and to the volunteers who refuse to accept that this situation is inevitable. Your persistence, integrity, and refusal to look away shape everything FAST does.

In solidarity,

The FAST Board



FAST & THE BOARD

FAST is led by a dedicated and entirely volunteer-based board. Each board member gives their time without financial compensation. The board is responsible for defining the long-term vision, making strategic decisions, supporting our volunteers in Northern France, and ensuring the financial sustainability of the organisation.

Our board members continue to work closely with field coordinators, volunteers, and partner organisations to ensure that FAST remains effective and responsive to the ever-changing humanitarian landscape. Despite the increasing difficulties posed by political and financial constraints, the board remains committed to standing in solidarity with those who need it most.

Board Members 2025:

- **Alice Beal**
- **Jackie Wood**
- **Marjon Middeljans**
- **Mark Baker**
- **Nynke van Dijck**
- **Rosie Watts**

| | |
|-------------------------|--|
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| BIC/SWIFT | BUNQNL2AXXX |

In January 2019 the Dutch Tax Office recognised that FAST is a Public Benefit Organisation or Charitable Organisation (Dutch: ANBI).

FINANCIAL SUMMARY

Financial Overview 2025

In 2025, FAST continued its activities in a financially challenging environment. While demand for medical care and volunteer support increased, funding opportunities were increasingly competitive, and administrative costs associated with running a volunteer-led organisation continued to rise.

The difference between income and expenditure in 2025 was covered through existing reserves and previously secured funding, ensuring continuity of activities throughout the year.

| Category | Amount |
|-----------------------------------|--------------------|
| Haella Foundation | € 16,000.00 |
| Janivo Foundation | € 5,000.00 |
| Mundo Crastino Meliori Foundation | € 1,500.00 |
| Individual donations | € 10.108,03 |
| Total | € 32,608.03 |

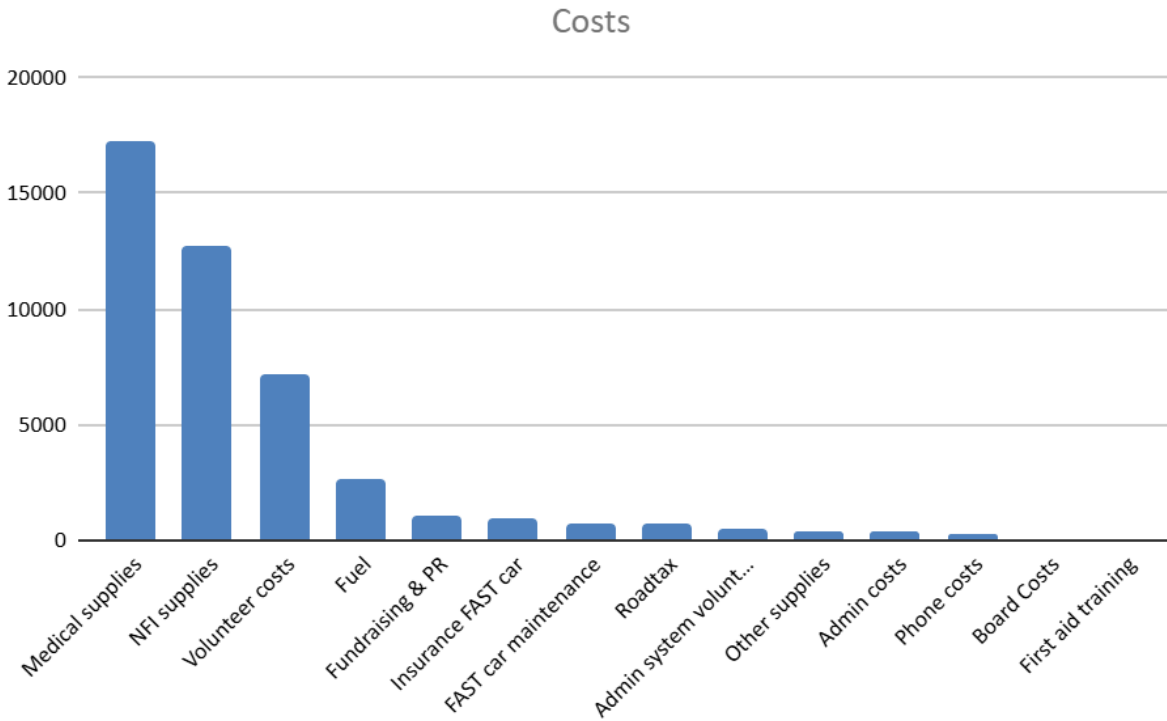


| Category | Amount |
|----------------------|------------|
| Medical supplies | €17,240.32 |
| NFI supplies | €12,717.81 |
| Volunteer costs | €7,214.92 |
| Fuel | €2,613.15 |
| Fundraising & PR | €1,096.70 |
| Insurance FAST car | €957.90 |
| FAST car maintenance | €787.43 |



| | |
|-------------------------|-------------------|
| Roadtax | €767.00 |
| Admin system volunteers | €488.48 |
| Other supplies | €417.50 |
| Admin costs | €412.31 |
| Phone costs | €225.98 |
| Board Costs | €48.00 |
| First aid training | €16.86 |
| Total | €45,004.36 |

Note: In 2025, first aid training was not financed through a dedicated budget. Trainings were organised alongside medical distributions and made use of existing or surplus materials that could not be provided directly to people on the move, ensuring resources were used responsibly and waste was minimised.



TREATMENTS

FAST's medical work in 2025 focused on practical, consistent support: treating injuries and illness, preventing complications, and providing referrals when people required more specialised care. In addition to consultations, we distributed basic items that protect health and dignity — from wound care supplies to hygiene materials and seasonal support such as handwarmers and emergency blankets.

FAST understands that providing medical care goes beyond treatment—it also means addressing basic needs in a way that respects the dignity and cultural preferences of the people we support. Examples include miswaks and alcohol-free hygiene products.

Additionally, throughout the year we responded to thousands of hygiene-related requests, supporting basic standards of cleanliness in a setting where access to clean water is often limited. This included providing soap, tissues and wet wipes, skin creams to prevent infections in untreated injuries, as well as multivitamins to help mitigate deficiencies arising from poor access to food and cooking supplies.

“The police evict camps every 48 hours in Calais. They take belongings, destroy tents and scare many people who are already facing a lot of stress. There will not be any cleanup after this eviction. The remains of the camp and destroyed belongings resemble rubbish. A few understated items that symbolise how this area was once a temporary home for many people. People who were unlucky to be born into different circumstances than you and I.” - Rosa, Field Coordinator

Across 2025, FAST volunteers treated a broad range of health complaints. The most common issues included wound infections, skin problems, respiratory complaints, musculoskeletal pain, and foot-related conditions (such as blisters and trench foot). Many of these complaints were linked to prolonged exposure to cold, damp environments, limited opportunities to rest, and repeated physical strain. Volunteers provided wound cleaning and dressing, monitored healing where possible, and offered follow-up care when people returned for repeat consultations.

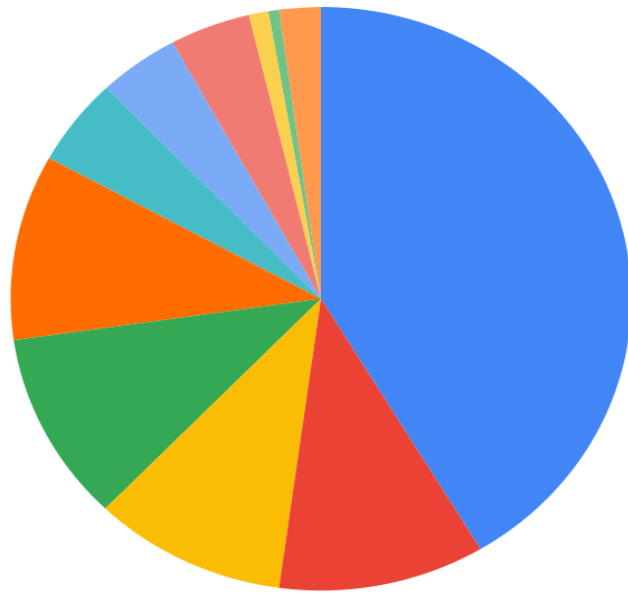
Cold-related conditions became increasingly visible during the colder months of 2025. Volunteers regularly treated people for hypothermia-related complaints, chilblains, worsening respiratory infections, and skin damage caused by prolonged exposure to cold and wet conditions. In the final days of the year, FAST treated multiple people with signs of frostbite. These cases were severe, painful, and entirely preventable. That

people developed frostbite at the external border of the European Union in 2025 highlights the extent to which basic protection and shelter continue to be denied, with direct and serious consequences for health.

When medical needs exceeded what could safely be treated on site, FAST referred patients to other healthcare providers. Referrals included hospital emergency departments, general practitioners, dental services, and specialised care when available. Volunteers supported patients in understanding where to go and what to expect, and where possible coordinated with partner organisations to facilitate access and follow-up.

Referrals were an essential part of FAST's medical work, particularly for infections requiring antibiotics, fractures or suspected internal injuries, severe burns, and complex or chronic conditions. However, referrals were not always straightforward. Interrupted follow-up due to displacement, loss of belongings, or changing locations meant that continuity of care could not be guaranteed. Despite these challenges, referrals remained a critical mechanism to reduce medical risk and to connect people to higher levels of care when needed.

| | |
|-----------------------------|--------|
| Working days FAST | 289 |
| Average volunteers per day | 3.43 |
| Total people seen | 44,427 |
| Average people seen per day | 153.73 |
| Total treatments | 17,886 |
| Total requests | 24,717 |
| Total referrals | 1,824 |



- Respiratory (cough / cold / flu) ● Headache ● Allergy / dermatology / fungal ● Wound care
- Locomotor (muscle & joint) ● Feet-related problems ● Gastrointestinal ● Dental pain
- Trauma ● Mental health ● Other

Taken together, the treatments provided in 2025 reflect both individual medical needs and the structural conditions in which these needs arise. Many of the health problems FAST addressed were preventable in a context where basic shelter, protection, and access to care would be guaranteed. That they persist — and in some cases worsen — illustrates how health at the border is shaped not only by personal circumstances, but by policy choices. FAST’s medical work responds to these realities by providing care where possible, preventing deterioration, and bearing witness to the health consequences of the border.

It is important to note that due to high workload, we were not always able to record data consistently. As a result, we expect that the actual numbers are higher than those reported here.



TRAINING & CAPACITY BUILDING

Alongside direct medical care, training remained an important part of FAST's contribution in 2025. In a context where access to healthcare is inconsistent and humanitarian presence is frequently disrupted, the ability of other organisations and volunteers to provide basic first aid can make a critical difference.

Throughout the year, FAST provided first aid training to volunteers from partner organisations supporting people on the move. These sessions focused on practical first aid skills that could be applied safely in the field, including wound care, management of minor infections, burns and bleeding, as well as recognising when referral to higher levels of care is necessary. Training was adapted to the realities of the context and the resources available on the ground.

Capacity building was not limited to training alone. FAST also distributed first aid kits and burn care materials to partner organisations, enabling them to apply skills learned during training and to respond more effectively to medical needs when FAST was not on site. This combination of training and material support helped reinforce shared responsibility for medical care in an increasingly constrained environment.

Looking ahead to 2026, FAST plans to further strengthen its internal training structure. These plans reflect a broader commitment to quality, safety, and sustainability — ensuring that volunteers are well prepared to work in a demanding context, and that medical care remains consistent despite turnover and changing conditions.



VOLUNTEERS

FAST's work in 2025 was made possible entirely by volunteers. Medical care, coordination, logistics, training, and organisational support were all carried out by people who chose to commit their time and skills in a challenging and often unstable environment.

Throughout the year, FAST worked with a rotating team of field volunteers in Calais, supported by a smaller number of field coordinators who ensured continuity, safety, and coordination on the ground. In total, FAST was supported by an average of 3 volunteers per day in 2025, alongside 6 wonderful Field Coordinators who each took responsibility for longer-term presence and structured handover between teams. Volunteers came from a wide range of professional backgrounds, including doctors, nurses, paramedics, first aiders, and medical students, bringing diverse experience into the field.

"I learnt that these riot police are funded by the British government, using taxpayers money. I learnt how to say car, table and toothbrush in Arabic. I learnt what humanity means - connecting over games of dominos, talking about how many brothers and sisters we have. I saw the friends who stick around the first aid van just to help translate for others about headaches from dehydration or a backache from sleeping on cardboard again." - Lizzie, volunteer

In addition to field teams, FAST relied on a dedicated group of remote volunteers. These volunteers supported logistics, fundraising, recruitment, training development, social media, and advocacy. While less visible, their contribution was essential to ensuring that medical work on the ground could continue safely and consistently.

Working in Calais is physically and emotionally demanding. Volunteers are exposed to repeated displacement, visible suffering, and a hostile operating environment. In response to this, FAST continued to strengthen its approach to volunteer wellbeing throughout 2025, recognising that sustained medical care is only possible when those providing it are adequately supported.

In May 2025, FAST introduced a dedicated wellbeing programme by welcoming two Wellbeing Volunteers to the team. This role was created to support volunteers working in challenging conditions and to reduce the risk of burnout, compassion fatigue, and secondary trauma.

Since the volunteers began, 11 confidential debriefs were held (out of 38 offered), including both in-field and post-volunteering sessions. These conversations provided volunteers with a safe space for reflection, processing experiences, and recognising emotional impact.

All FAST volunteers are now automatically offered a wellbeing debrief on an opt-out basis, ensuring that support is accessible to everyone without requiring individuals to actively seek it out. This approach reflects a shift towards a more proactive approach to supporting volunteer wellbeing.

Field coordinators played a key role in supporting this structure. Through regular check-ins, clearer role definitions, and improved handover processes, coordinators helped distribute responsibility more evenly and reduce pressure on individual volunteers. This strengthened both volunteer safety and continuity of care. Volunteer involvement did not end when field placements concluded. Many former field volunteers and coordinators remained engaged with FAST in advisory, training, and support roles. Our Bank Field Coordinators who step in last minute to maintain our service, ensured we had no gaps in our regular clinics. We have 8 highly qualified volunteers on our bank at the moment. This growing network contributed to knowledge transfer, mentoring, and organisational memory, helping FAST remain resilient despite turnover.

Looking ahead, the wellbeing programme will continue to develop in 2026. Plans include field visits by the Wellbeing Volunteers to deepen their understanding of day-to-day realities, strengthen links with partner organisations, and ensure that wellbeing support remains closely aligned with volunteer needs.

This year, the FAST advocacy team organised an exhibition at Liverpool NHS Trust to display photographs of FAST's work. This builds on the work we completed in 2024 where we held exhibitions in various locations aiming to raise awareness of the situation in Calais with a visible display. We received great feedback from both staff and patients who saw the display. We hope to continue this in 2026 and also organise exhibitions in the Netherlands and France.

The strength of FAST in 2025 lay not in scale, but in commitment. Volunteers continued to show up with professionalism, critical awareness, and care — often in circumstances that tested personal limits. Their willingness to remain present, to support one another, and to reflect on the impact of this work made FAST's activities possible throughout the year.



THANK YOU

FAST's work in 2025 would not have been possible without the trust, commitment, and solidarity of many individuals and organisations. In a year marked by increasing political pressure and shrinking space for humanitarian action, this support carried both practical and symbolic weight.

We are deeply grateful to the foundations and donors who supported FAST financially throughout 2025. Your contributions enabled us to remain present, respond to medical needs as they arose, and invest in the people and structures that make this work sustainable.

We would like to extend particular thanks to the Haella Foundation, whose support went beyond financial contribution. Through ongoing engagement, and a willingness to speak openly about the realities at Europe's borders, this partnership significantly strengthened FAST's work. Such forms of solidarity — attentive, informed, and outspoken — are invaluable.

Our thanks also go to all the organisations and informal networks we worked alongside in 2025. Collaboration, information sharing, and mutual trust remain essential in a context where continuity is fragile and needs are constantly shifting.

Above all, we want to thank the people on the move who trusted FAST with their care. Your openness, resilience, humour, and generosity continue to shape our understanding of what solidarity means in practice. We are grateful for the trust placed in us, often under the most difficult circumstances.

Finally, we thank every volunteer who contributed their time, skills, and energy to FAST in 2025 — in the field, remotely, and behind the scenes. Your commitment made it possible to remain present in a year when looking away would have been easier. This report is, in many ways, a reflection of your work.

Most photographs used in this report were taken by @mattiaflip. We are grateful for his work and for the care taken to document life at the border with dignity and respect.



HAELLA
stichting

Hofstee  stichting


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STICHTING


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