



# HARRY'S RAINBOW VOLUNTEER IMPACT REPORT

2022

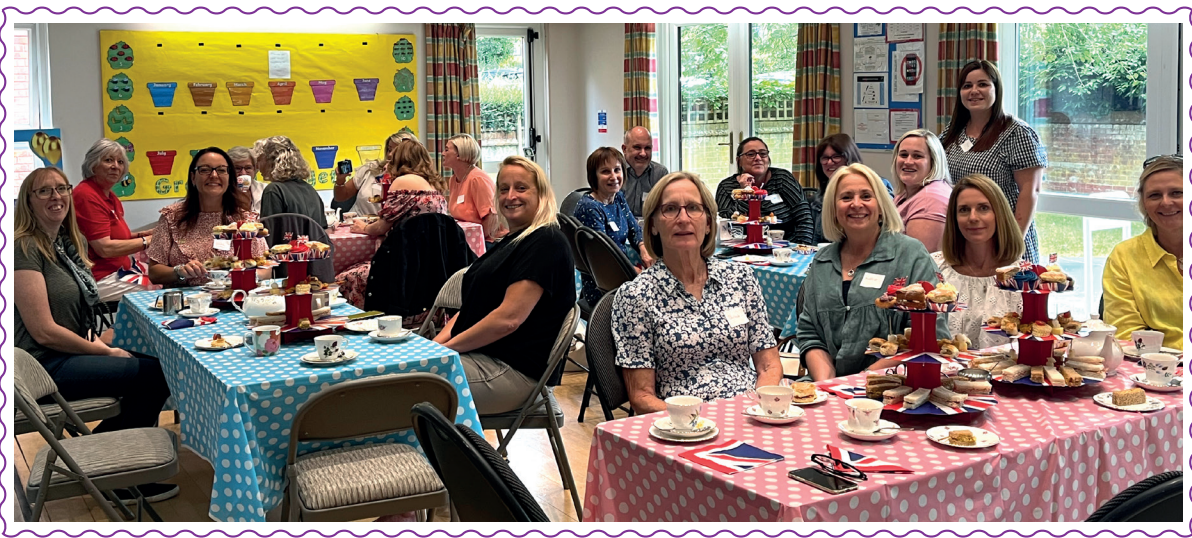
*Harry's Rainbow is a charity dedicated to supporting children and young people who have been bereaved of a parent or sibling.*

Harry's Rainbow provides various services to ensure that bereaved children are supported in the grieving process, from provision of books and resources to activities that promote wellbeing and facilitated contact with others who have also suffered bereavement to reduce feelings of isolation and loneliness.

Volunteering is at the heart of the important work we do at Harry's Rainbow. We call our volunteers Harry's Heroes as they give up their precious time to help the charity in so many different ways. From fundraising through to facilitating our Rainbow Groups, Harry's Rainbow wouldn't be able to operate without our volunteers.



**WE AIM TO GIVE BEREAVED CHILDREN  
A BRIGHTER TOMORROW**



All our volunteers are heroes for giving up their precious time to help us.

## OUR RESEARCH

Volunteering has been proven to be beneficial to individuals on a number of levels. Research by the National Council for Voluntary Organisations (NCVO) found that volunteering can improve people's social connections and is positively associated with improved mental health and wellbeing.

We asked a group of 24 current and previous volunteers about their experience of volunteering with Harry's Rainbow. This report documents the findings and aims to make meaning from them.

### Interesting Statistics

73 volunteers supported us

On average volunteers stay with us for 3 years

Our volunteers rate our communication as 9.1/10

Our volunteers rate our volunteer support as 9.3/10

### Benefits of Volunteering

We asked our volunteers what benefits they felt they received for volunteering. Here were some of the responses:

*"To see all the families who just come to have someone to talk to really opens my eyes and shows how many people just need someone to sit there and listen"*

*"It's motivating and enjoyable to work with a charity working so hard to better the life of children going through something immensely difficult"*

*"It helps me personally develop my skills around (and my understanding of) other people and families who have had very different experiences in life and makes me grateful to be able to volunteer and help."*

*"I enjoy seeing the children enjoy themselves as they become more confident in the groups. I enjoy the camaraderie with the other volunteers. I feel happy that I am doing something for others and feel that my efforts are appreciated by the charity. I feel proud to be involved with a charity that is so well run."*



# VOLUNTEER MOTIVATION

87%



## COMMUNITY

Wanted to do something good in the community

54%



## WORD OF MOUTH

Knew someone within the charity

66%



## WORTHY CAUSE

Felt the charity was a worthy cause

37%



## BEREAVEMENT

Experienced bereavement themselves as a child or adult

*We currently have around 40 regular volunteers that support our work and in 2022 a total of 73 volunteers supported us across fundraising and beneficiary activities.*

# VOLUNTEERING & BEREAVEMENT

We found that more than a third of the volunteers we surveyed were motivated to volunteer for Harry's Rainbow as the result of experiencing bereavement as a child or adult.

We wanted to understand the relationship between volunteering, bereavement and feelings of grief. We asked survey participants to rate the intensity of their grief at the start and end of their volunteering journey with Harry's Rainbow.

We found that intensity of grief in bereaved volunteers reduced by 25% across the period of volunteering for Harry's Rainbow.



### Beth's Story:

"I experienced my first overwhelming grief only a few years ago as an adult and I had no support through it, I don't want anyone else to be in that position so I volunteer in Harry's Rainbow to raise awareness"



# VOLUNTEER PROVISIONS



OUT OF  
POCKET  
EXPENSES



UNIFORM



TRAINING



SUPPORT



ANNUAL  
CELEBRATION  
EVENING

## SUMMARY

Our research showed us that the impact of our work goes far beyond the children and families who access Harry's Rainbow support services. Our volunteering enables people to become part of something that helps others, that provides a space to meet other like-minded people, and in some cases channel their grief into a project. We are delighted that our volunteers feel supported and receive good communication. We recognise that our volunteers would like further training particularly in supporting bereaved families and so are committed to increase our training provision this year.

We are looking for volunteers to support all areas of our provision including our Rainbow Groups where we require support for a minimum of 3-4 hours per month.

Volunteers are asked to undergo formal training courses online to include safeguarding of children. Depending on the role to fulfil, volunteers may also be asked to have a DBS check.

*Volunteering can help you meet  
new friends, learn new skills and  
have fun!!!*



## JOIN OUR VOLUNTEER TEAM

☎ 01908 061676

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