Could YOU help a grieving child look to a brighter future?

Holding On Letting Go

Registered Charity No: 1191016

Grief is one of the hardest things to go through, at any age, but for children & young people especially it can be a very confusing experience. **Holding On Letting Go** strives to help children manage their grief in a healthy, constructive, and open way. We aim to impart healthy coping strategies, work through complex feelings, and provide a safe space for a child to share openly - without shame, or fear of being judged.

The core service we offer is our therapeutic bereavement support weekends. These events allow bereaved children and young people the opportunity to be creative in their expression of grief, gives them a chance to be open with their emotions, and offers the opportunity to meet other bereaved young people. Ultimately we aim to help these children and young people **Hold On** to the precious memories of their special person, while **Letting Go** of the painful ones.

Throughout our service one thing remains the same—the value and appreciation of our **Wonderful Volunteers**; they are the foundation of **Holding On Letting Go** and enable us to continue to provide care and support for bereaved children and their families.

If you have a passion for helping those in need, an interest in improving the lives of children and young people, or just want to make a positive impact then we would love for you to join us as a volunteer!

To register your interest in joining us as a volunteer scan the QR code, or contact us on the details below.

info@holg.org.uk www.HoldingOnLettingGo.org.uk 03445 611 511

Join Holding On Letting Go as a

Children's Bereavement Support Volunteer

What our Children's Bereavement Support volunteers do:

⇒ Work alongside, therapeutically assist, and emotionally support a child/young person at our Bereavement Support weekends, on a 1-to-1 basis.

⇒ Establish trust and a healthy bond with the child, assisting them in their journey of **Holding On** to the good memories of the person that has died, but **Letting Go** of the negative emotions associated with the loss.

⇒ Encourage the children & young people to express their grief and emotions openly and honestly through effective communication, arts and crafts, music, and play – amongst many other fun activities and exercises!

⇒ Keep detailed documentation on the child's progress, or any concerns to report back to the clinical team.

The qualities our Children's Bereavement Support volunteers have:

⇒ Effective and calm communication.

⇒ Experience of working with children.

⇒ Works well under pressure.

⇒ Kind, friendly, and approachable.

⇒ Able to commit to a minimum of 3 events a year.

"A day in the life" of a Children's Bereavement Support Volunteer...

Our Volunteer, Caroline, shares what it's like to volunteer at one of **Holding On Letting Go***'s therapeutic Bereavement Support weekends…*

8:30am – When I arrive I meet the team, help set up the venue, and enjoy a cup of tea while we are briefed on the schedule for the day. I have read the pen picture of the child I will be working with so feel prepared to welcome them to the weekend, calm any nerves, and look forward to building a strong bond with them.

9:15am – Once the children arrive we ease them in gently and set the scene for the coming weekend. Coming to an event can be a daunting experience for the young people and we want to make sure they know this is a safe space to open up and be themselves. During the morning we may have a sharing circle where the child can share memories of their loved ones, if they wish. After a break it's time for some team building exercises and fun activities!

12:30pm – At lunch our Catering Volunteers provide a tasty buffet style meal for the volunteers and children. There is a chance for some free time while the children relax and play, time to get to know the other volunteers, and time to prepare for a fun filled afternoon!

1:15pm – Afternoons are filled with more fun activities, more chances to share, and opportunities to develop coping strategies that the children can use in their day-to-day life when they are struggling with any negative emotions. At this point a level of trust has been established with the child I am supporting and I can see them opening up more, feeling more comfortable, and starting to progress on their grief journey.

3:30pm – At the end of the first day we gather to reflect and build excitement for the next day, while addressing any anxieties the children have about returning. On the second day we hold a closing ceremony where candles are lit, teddies and certificates are given out, and we have a special moment with the group to say goodbye and thank you.

4:00pm – At the end of each day we tidy up the venue, feedback to the team about how the day went and go home feeling like we have had a positive impact on the children we have supported over the weekend!

Being a Children's Support Volunteer can be hard and emotional work, however knowing that I can have a positive, long lasting impact on the children I help keeps me coming back as a volunteer!

Join Holding On Letting Go as a

General Duties Volunteer

What our General Duties volunteers do:

⇒ Prepare and set up the areas/equipment for the weekend activities — cutting up clay, washing up paint pots and tools, making anger batons etc.

⇒ Set up chairs/tables for lunch, and general tidying up after lunch.

⇒ Supervise and play with the children during free time.

⇒ Laminate certificates/photocopying.

The qualities our General duties volunteers have:

⇒ Practical, flexible, and able to think on their feet.

⇒ Personable and approachable.

⇒ Comfortable in a fast paced environment.

⇒ Available between 10-4.30pm (Sat/Sun) for a minimum of 5 days per year.

Join Holding On Letting Go as a

Volunteer Driver

What our volunteer drivers do:

⇒ When a family are unable to get to the bereavement support weekends themselves we rely on our volunteer drivers to help them attend.

⇒ Our transport volunteers provide transport to the child/young person and parent/carer, collecting them from their home and dropping them off at the weekend venue. They may also require to be taken home.

The qualities our volunteer drivers have:

⇒ 'Business Use' cover on vehicle insurance. (Insurance certificate must be provided.)

⇒ A well maintained vehicle.

⇒ Safe and careful driver.

⇒ Friendly and reliable.

⇒ Available between 8-9am & 4-5pm Saturday and Sunday.

Join Holding On Letting Go as a
Catering Volunteer

What our Catering volunteers do:

⇒ Prepare, cook, and serve food and refreshments for staff, volunteers, and children. This includes a buffet style lunch and snacks at break times.

⇒ Clean the kitchen after lunch, breaks, and at the end of each day.

⇒ Monitor stock of food and refreshments.

⇒ Working alongside another catering volunteer between 10am and 4pm on Saturday and/or Sunday.

The qualities our Catering volunteers have:

⇒ Good standard of food hygiene and cleanliness.

⇒ Good time keeping and organisational skills.

⇒ Comfortable in a fast paced environment, and being on your feet for longer periods of time.

⇒ Mindful of allergies and intolerances.

Join Holding On Letting Go as a

Parent/Carer Support Volunteer

When a child is offered a place on one of our bereavement support weekends we give the parents/carers of that child(ren) the opportunity to attend our Parent/Carer support group, which runs parallel to the children's sessions. This group aims to support those who have found themselves supporting a grieving child, often whilst also trying to navigate their own grief and emotions too.

What our Parent/Carer Support volunteers do:

⇒ Work alongside our Parent/Carer facilitator to ensure the smooth running and effectiveness of the support group.

⇒ Engage with the parents/carers to pinpoint support they may require, and ensuring this is met as much as possible, with great compassion.

⇒ Set up the venue, assist with the creative activities, and facilitate an atmosphere of openness and growth.

The qualities our Parent/Carer Support volunteers have:

⇒ Empathetic and intuitive.

⇒ Good listener.

⇒ Confident and approachable.

⇒ Calm and collected around difficult emotions.

"The sessions helped me understand the grieving process my child was going through, and the practical and emotional ways I could help them through it."

"The group gave me a safe environment to be able to talk with others who had been through similar experiences."

Join Holding On Letting Go as a

Fundraising Volunteer

What our Fundraising volunteers do:

⇒ Our fundraisers raise the essential funds needed to maintain, and expand the work of **Holding On Letting Go**, allowing us to continue our support to bereaved children, young people, and families across Kent -and beyond.

⇒ Additionally, raising awareness of **Holding On Letting Go** is an important part of a fundraisers' role as more awareness can lead to more donors and supporters.

⇒ As a heavily community focused position our fundraisers are the face of our charity to the wider public and are responsible for representing **Holding On Letting Go** in the best light possible.

The qualities our Fundraisers have:

⇒ Dedicated and supportive of the work **Holding On Letting Go** undertakes.

⇒ Knowledgeable about the services we offer and what we do as a charity.

⇒ Fun, creative, and determined.

⇒ Approachable and personable!

The roles listed are some of the most important volunteer positions we have available, however if you feel you can offer support in any other way then we would still love to hear from you!

What do our volunteers get in return?

While we understand our volunteers dedicate their time to **Holding On Letting Go** primarily to support our work and cause, we also want to ensure volunteers feel cared for and appreciated while they are donating their valuable time to the children and young people we support. Here are a few ways in which we do this:

⇒ Full, bespoke training—all volunteers are comprehensively trained in any area they will be volunteering.

⇒ Additional opportunities for specialised training (up to 15 hours).

⇒ Travel expenses/mileage reimbursed.

⇒ Lunch & refreshments at weekend events.

⇒ Funded DBS check.

⇒ HOLG branded uniform.

⇒ Social events for volunteers.

To register your interest in becoming a volunteer with us please scan the QR code, or visit our website!

Holding On Letting Go

info@holg.org.uk www.HoldingOnLettingGo.org.uk 03445 611 511