

# CORPORATE VOLUNTEERING AT HARP



At HARP, volunteering is about people supporting people. Whether you have a specific skill, a bit of time to give, or want to get involved as a team, there are lots of meaningful ways to make a difference. There are plenty of opportunities to choose from!

## Regular Volunteering (Ongoing Commitment)

These roles suit individuals who are able to commit to a regular day and time, helping to provide consistency and build trusted relationships.

### Skilled Volunteering

If you have a particular skill or experience, you could support through:

- Sports & fitness – coaching or leading sessions such as fitness, boxing, football, rugby, or similar
- Arts & crafts – knitting, drawing, painting, or other creative activities
- THRIVE sessions – supporting wellbeing, confidence, and personal development
- ETE (Education, Training & Employment) – CV workshops, interview skills, and employability support

### General Volunteering

No specific experience needed – just reliability and a willingness to help:

- Shop volunteer – commit to one 4-hour shift per week
- Kitchen support – help provide meals at Bradbury
- Chaperone – support staff by accompanying service users to medical appointments, trips, or other essential visits

## Micro-Volunteering (Flexible & One-Off)

Micro-volunteering is ideal if you're short on time or prefer short projects and one-off opportunities when support is needed.

### Skilled Micro-Volunteering

- Project support for staff – help with specific systems or projects, such as GDPR, finance systems, or digital tools
- Skill-sharing with service users – Excel basics, budgeting workshops, or help setting up and using smartphones or laptops
- ETE opportunities – work experience, mentoring, or shadowing

### Unskilled Micro-Volunteering

- Events support – helping at events such as HARP24, challenge events, or art exhibitions.

### Team Volunteering

Team volunteering offers organisations the chance to come together for a few hours or a full day to support HARP services in a practical, hands-on way. These activities are collaborative and often involve working alongside staff and service users.



### DIY Projects (Full Day: 10am–4pm)

- Teams of 10–15 volunteers help improve communal spaces, such as painting a TV lounge or refreshing a garden
- Activities are coordinated with the fundraising and volunteer team, service staff, and residents
- Work is planned in collaboration with the maintenance team (e.g. avoiding ceilings and woodwork, touching up scuffs only)

### Building Care Packages (2–3 hours)

- Teams of up to 10 volunteers create essential care packages for people newly off the streets
- Packages may include toiletries, towels, t-shirts, joggers, or THRIVE-specific kits (hospital visits, sports, or art kits)

### Shop Challenge (4 hours, 10am–2pm)

- A team of 12 is split across four HARP shops
- Teams support shop staff and volunteers and take part in a friendly challenge to raise the most money

### Event Support (Up to 4 hours, in shifts)

- Teams help deliver large events such as HARP24 or THRIVE events like sports days

### Cooking Together (Up to 4 hours)

- With staff supervision, teams prepare food for services
- The company provides ingredients for a two-course meal

## Seasonal Team Volunteering

### Christmas Decorations (2–3 hours)

- Teams work with a named contact at a service to understand what's needed
- A theme is set, with an internal competition
- Volunteers decorate the service with staff and residents, including the Christmas tree

### Christmas Shop Window Displays (2–3 hours)

- Teams liaise with Sue at the shops for guidance
- A team of 12 is split into groups of four to decorate shop windows
- Displays are judged as part of a friendly competition

### Christmas Gifts & Wrapping (2 hours)

- Teams connect with a service to understand gift requests (up to £20 per person)
- Volunteers purchase, wrap, and include a Christmas card
- Gifts are delivered and placed under the tree at the service