



Volunteer Update

It has now been 7 weeks since hospitals began to suspend voluntary services across the country. We know that you are all missing going in to the hospitals for play, and certainly, the hospitals, children and families are missing the support you provide. Rest assured that we have been in frequent contact with staff in every hospital in order to see what supports are needed, what we can provide and how things are evolving each week. We are planning for how we might be able to begin volunteer play services again, with creative alternatives or adjustments as possibilities. We know this is a frustrating period, and we will continue to provide as much support to the children and families in hospital, and to yourselves, as we can. While we may have needed to pause our own play services, we have no doubt that many of you are supporting your communities in new and creative ways. For those of you who are interested in finding ways of supporting your communities during COVID19 we have included some website links below that you may find interesting.

ISOLATION PLAY PACKS DURING COVID-19

As you are not able to provide your much needed and badly missed play services at this time we aim to ensure that every hospital is supplied with isolation play packs. We ran a campaign on Facebook and Instagram (thank you for donating and sharing) and we have raised €1,800. This has enabled us already to post almost 40 boxes full of items for children in isolation or without access to the usual playrooms. We will continue to send packs as needed. Playing cards, craft kits, play-doh, crayons and toys for babies were the most requested resources.



VIRTUAL VOLUNTEERING



Following our call out for "virtual volunteers" we have some really great inputs from some of you from **reading stories** (pictured here - volunteer Dee Coffey reading for children), **recording music**, **quilling tutorials** and more - keep an eye on our facebook page as we share these initiatives. A big thank you to those of you who have made videos to share with children and families at home or in hospital. Please email maura@childreninhospital.ie if you would like to share some ideas. **We have included the links to these videos at on last page of this newsletter and we are sharing the videos with the Play Specialists and CNM's to share with parents of children in hospital.**

MEETING WITH CHILDREN'S HEALTH IRELAND

Our chairperson, Margaret Burns and CEO, Anna Gunning met with Eilish Hardiman and Grainne Bauer in Children's Health Ireland in February to update on developments. Among the items discussed was the issue of confusion since Children's Health Ireland re-branded and are now using 'CHI' in their name. Children in Hospital Ireland made a very strong argument and highlighted the significant association which we have with the acronym CHI. In addition, the confusion in the public and with other professional organisations is causing significant issues. Children's Health Ireland took the comments seriously and said that they would get back in contact with us in the early Summer.

VOLUNTEER TEAM BUILDING AND WORKSHOP DAY, JUNE – CANCELLED

Unfortunately it is becoming a reality that any easing of restrictions will be gradual and will happen on a phased basis so we know that a gathering in June (as planned) would not be possible and as such **we are cancelling our June Volunteer Get Together**. We are still hopeful that our AGM on September 5th will be able to go ahead, and with this an opportunity to gather for a volunteer event.



INVESTING IN VOLUNTEERS

Our Investing in Volunteers assessment has also been impacted by the COVID19 restrictions. We have had to pause the final assessment including interviews as many of these were to be done in person, and some directly in the hospital environment. We are currently looking at options for the assessor to do some of her interviews via zoom or video call. We will return to the process as soon as possible, and will be in touch again with those volunteers who were randomly selected for interview.

HANDY RESOURCES FOR CREATIVITY AND MENTAL WELLBEING



The Cork Volunteer Centre has shared with us CIT Crawford College of Art and Design's large collection on online resources from all over the world for creativity and nurturing our mental health. Dive in, and we hope you enjoy these!

<http://creativitytonic.ie/links/>

CHILDREN IN HOSPITAL IRELAND ANNUAL REPORT 2019



We have recently published our 2019 Annual Report and you can find the full report on our website at:

<https://www.childreninhospital.ie/governance/>

FINDING OR GIVING SUPPORT

The government put out a Community Call for engagement and support at the beginning of April. We all know that there is an incredible dedication and spirit of volunteerism here in Ireland. For those of you who are interested in finding ways of supporting your communities during COVID19 these websites will offer guidance:

The Wheel and Irish Rural link – coordinating a network of Community Champions in every country. These Community Champions can connect you to support if you need support yourself, or help channel your offer of support to where it is needed most. <https://www.wheel.ie/covid-19-community-outreach>

Volunteer Ireland – using their I-Vol volunteer role advertising website to help community organisations find volunteers for COVID19 roles. You can register your interest in volunteering and search for roles. <https://www.volunteer.ie/about-us/covid-19/>

HSE – for healthcare professionals not currently employed in healthcare services. Register your interest and ability to work during the COVID19 crisis in direct healthcare services. <https://hbsrecruitmentservices.ie/>

Getting through Covid-19 together - <https://www.gov.ie/en/campaigns/together/?referrer=/together/>

NATIONAL VOLUNTEER WEEK 2020 - 18TH TO 24TH MAY

As you think about wishing you were in meeting children and providing play, perhaps this pause is a good time for a bit of reflection. National Volunteer Week is coming at the end of May, and we would love **volunteers to share your stories!** We will do a social media post each day of a volunteer from different parts of the country – sharing why you love it and the fun you have in brief “Meet the Volunteers” posts. Below are a few prompters to get started if you would like to share your story:

- Include a picture in your uniform
- Which hospital do you volunteer in?
- What made you want to become a volunteer?
- What is the best part of volunteering?
- Do you have a favourite memory? Funniest moment?
- What is the team of volunteers, your partner or the hospital like?



Please get in touch with Maura if you would like to share a story - maura@childreninhospital.ie

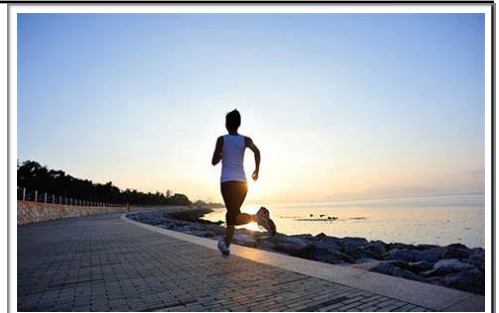
The Run 5 Donate 5 Nominate 5 challenge

has swept across Instagram in recent weeks as people encourage physical activity and support the battle with Covid-19.

The trend started in the UK last month with people running 5km, posting their recorded times and donating £5 to the NHS.

The social media challenge has now spread to Ireland around the world, with people nominating various charities and causes.

Participants post pictures to their Instagram story, showing that they've run the 5km and donated money, before tagging a further five friends. - have you heard about it and would you be interested? Please get in touch with Maura if you would like to participate.



Denise has finished in her role as JustAsk co-ordinator - however she is still the Children in Hospital Ireland Trainer so we are not saying goodbye thankfully. She will be missed by both the team and all of our JustAsk volunteers.

Interviews for this role are underway and we will keep you updated when we have a new person starting.

At the end of 2019 we asked you again to participate in our annual volunteer survey. Thank you so much to the 151 volunteers who engaged and provided valuable feedback. 23% of those were new volunteers beginning their journey, 19% completing their first year, 43% between 1 year and 5 years, and 15% have been volunteering for more than 5 years.



80% of volunteers who responded say they are currently able to volunteer weekly, 11% every 2 to 3 weeks, and 9% 'irregularly at the moment'. However, there were a significant number of volunteers who noted challenges around times they or their partner were not available and therefore volunteering could not go ahead for that week or a number of weeks. This is an ongoing challenge that we will continue to work on and find ways to enable volunteers to have a partner more regularly and have more consistent play services available in hospitals. Other challenges included needing further resources for play, and quiet periods with few kids in hospital able to engage in play.

Play with children with additional needs continues to be one of the most requested further training opportunities. A hands on play or craft module, and an opportunity for an overall Volunteer Training Refresher were also very popular options. We are revising our current volunteer initial training (with lots of engaging activities and scenarios), and volunteer induction. As well, we will be looking at ways of refreshing training with all volunteers.

We added a new section of questions to see what you as volunteers are gaining personally as a result of being a volunteer. We know from research that volunteering holds many positives, and you agreed. 65% say volunteering "increased" or "greatly increased" your personal development including things such as confidence and self-esteem. 74% of volunteers noted an "increase" or "great increase" in their range of friendships, 78% have "increased" or "greatly increased" their sense of being part of their community. And 54% have also said volunteering has helped to increase their understanding of different cultures.

We are delighted that an incredible 95% of volunteers who responded felt supported in their volunteer work by Children in Hospital. Please continue to come to Elizabeth with your questions, concerns, needs for resources and ideas. We will always do our best to work with you towards solutions. We will continue to share more of your feedback in future newsletters.

UPDATED POLICIES

We have been updating policies in line with governance guidelines and you can access them here:

1. [Child Safeguarding Statement](#)

2. [Volunteer Policy](#)

Quilling Tutorial with Tracey & Isabelle Fingleton

https://www.youtube.com/watch?v=rzP7L_6_gUc



Rapunzel https://youtu.be/kGP_6L7Qpp4

Night of the Horned Women <https://youtu.be/caHGWm8uU1g>

Rumplestiltskin <https://youtu.be/hk2Fa3cX2mM>



The Snail and the Whale <https://>

The Selfish Giant <https://www.youtube.com/watch?v=-Qvn07FjUVU&t=2s>

BRAIN TEASERS:

SUDOKU

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Kids Corner - there are lots of activities on our website that may come in useful.<https://www.childreninhospital.ie/fun-stuff/>

Name: _____

Spring Word Search

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o	u	e	n	i	h	s	n	u	s	t	y
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s	a	a	s	e	s	d	r	i	b	e	n

tulip
showers
holiday
blooms
season
splash

daffodil
umbrella
mud
Easter
flowers

spring
weather
birds
eggs

rain
sunshine
butterflies
puddle

http://worksheetsplace.com