

ERAUK Volunteers' Policy

ERAUK run and managed by unpaid volunteers. They all make a significant contribution to the work of ERA UK since its inception in 1976. In numerous ways, the volunteers are contributing to the delivery of projects in health, education and social care, and helping people with disability to live healthier and independent lives.

This remains one of the greatest challenges to thinking strategically about the role of volunteering in the work of ERAUK. We need to know exactly how many volunteers are engaged and in which area or project of ERAUK's priorities.

There is good evidence that volunteering can have a positive impact on the volunteer in terms of improved self-esteem, wellbeing and social engagement (Farrell and Bryant 2009; Brodie et al 2011; Paylor 2011; Casiday et al 2008). The

Benefits for older volunteers have been particularly well researched; older volunteers appear to experience less depression, better cognitive functioning and improved mental wellbeing relative to those who do not volunteer, although in some studies it is not clear whether health benefits flow from volunteering or if healthier people choose

To volunteer (Morrow-Howell 2010; Schwingel et al 2009; von Bonsdorff and Rantanen 2011; Morrow-Howell et al 2009; McMunn 2009; Nazroo and Matthews 2012).

The good practice examples set out below contain some common themes illustrating why some schemes work well.

The diversity of volunteering programmes means that no single set of guidelines is universally applicable. However, it is suggested that many of the most successful schemes often do the following:

- build connections between volunteers and trustees, and between the voluntary and charity work
- specify how volunteers can add value and from this identify what sorts of volunteers need to be recruited
- clearly define the boundaries between different kinds of volunteers' roles and include this in induction processes.
- provide adequate funding for volunteer co-ordination and management
- involve volunteers in organisational governance as well as project delivery, fundraising, etc.
- measure the outcomes from volunteering and assure the quality of the services that volunteers provide.

- Updated database? (Name, contact, address, status i.e. volunteers, donator, skills, what are they interested in, availability) – send questionnaire/call
- Update list with volunteers activities so we know who is most active etc- give recognition
- Regular contact procedure? Annual thank you? Or report for runners as to what their money was spent on e.g. video message
- Allocate key coordinator
- Text alerts? Possible means of communicating in future
- Recruitment plan to be created
- Maybe ask who has what available to use e.g. camera, video etc

█ Possible key volunteers: