

Our 2022 Volunteering Highlights

Our Parklife has been delivering the Park Champion Volunteer Programme on Queen Elizabeth Olympic Park since 2014. In its eighth year, the programme continued to evolve and develop with the Park into an extensive and inclusive programme, benefiting volunteers from all walks of life.

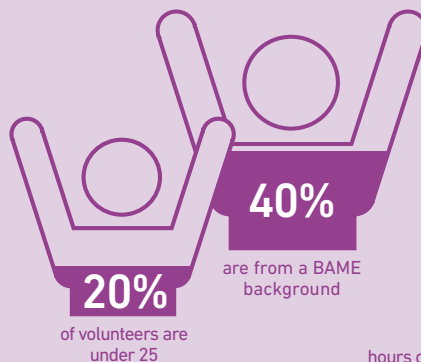
It has been a fantastic year, a very special one as it marked 10 years since the London 2012 Olympic and Paralympic Games took place and forever impacted East London!



volunteered



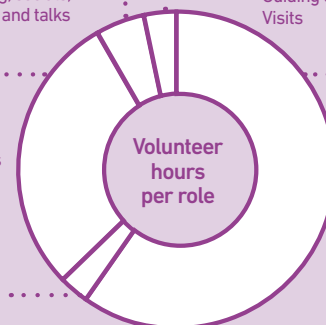
value created through volunteering²



522
hours on
training, socials,
walks and talks

3,068
hours on Events

308
hours on Conservation,
Gardening &
Biodiversity



334
hours on Community
Guiding & Education
Visits

6,317
hours on
Customer and
Mobility Service



through our Customer and
Mobility Services



..... 10 years Anniversary

Park Champions have played a major part in the legacy, being proud ambassadors of the Park, bringing energy and enthusiasm to everything they do.



of volunteering were dedicated
to support this Summer's '10
years on' events.

A new volunteer role was also created to deliver the Oral History Project that saw:



.... 'Welcoming Wellbeing Walks' project

2022 marked the beginning of the 'Welcoming Wellbeing Walks' project which invites local people living with the refugee status to come and join us on wellbeing walks and workshops around the Park.

SUCCESSFUL 1ST COHORT:



'Working with refugees' and 'Vicarious Trauma' training provided to volunteers and staff members:

improving their knowledge from

&

confidence from

Pre-training 1.7 > Post-training 5/5

Pre-training 2.5 > Post-training 3.5/5

The volunteers were asked about the reasons for volunteering for this opportunity, with individuals stating:

"I value being part of something much bigger than myself, having the opportunity to contribute to the excitement of global events, and participating in events that strengthen and connect local communities. I would love to play a part in this project to contribute in a small way to strengthening inclusion and diversity within our local areas."

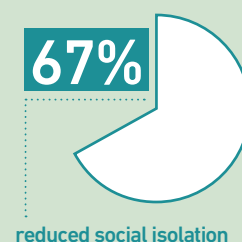
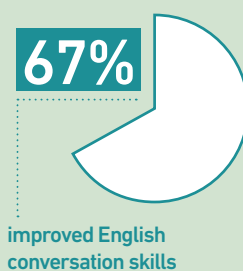
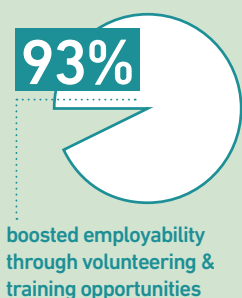
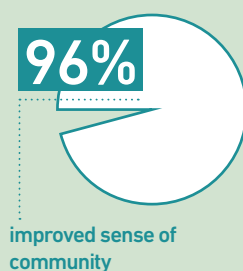
At the end of the 8 sessions, we've asked the volunteers:

How rewarding was this opportunity?

"I enjoyed meeting people from different background and circumstances, exchanging culturally and humanly and seeing some of them flourishing after a few sessions. I am 100% committed to be part of the second cohort."

"Very rewarding for myself and clearly for the participants."

What participants said:





Volunteers have gained many skills including:



Self-management 88%



Communication 88%



Teamwork 94%



82%

of the volunteers say that volunteering has improved their wellbeing, by doing something worthwhile

..... What our volunteers said

when we asked them about their 2022 highlights of being a Park Champion:

"Being able to represent the Park Champions in the 10th Anniversary celebrations of the Olympics by the BBC."
– Sue



"My 2022 highlights: Volunteering at The Celebrating 10 Years Festival Site."
– Janet

"The privilege and honour of looking after the Books of Remembrance for the late HM Queen Elizabeth II" – Jenny

"Taking part in the training to become a Community Guide." – Jude

"The Oral History Project - fascinating to hear people's stories and experiences." – Debra

"Every opportunity is a bonus. Lots of laughs." – Gillian



Footnotes

1. 91 volunteers have done over 20 hours in 2022 – 91 x £13,500 = £1,228,500
2. Total number of volunteering hours delivered x LLW (£11.95) = £126,061

OUR **PARKLIFE**

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Our Parklife CIC



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