

Celtic Burn Welfare Volunteers – Quick Guide

Your Role as a Welfaerie: Holding Safe, Sober, Supportive Space

What is Welfare?

Welfare (aka “Welfaerie” work!) is about offering a **sober, welcoming, and non-judgmental space** for people who may feel overwhelmed, emotional, or need a quiet moment.

We are **not** doctors, therapists, or conflict mediators – we simply hold space with kindness, compassion, and good boundaries.

During Your Shift, You Must:

- **Be sober** – no alcohol or substances before or during your shift.
 - **Stay awake** – the Welfare yurt is a cosy space but to reduce barriers to seeking support welfare volunteers are to stay awake. Please come well-rested.
 - **Always have one welfaerie in the Welfare Yurt** – someone must remain inside at all times and the other(s) can ‘roam’ with their radio if they wish.
 - **Use radios if needed** – to escalate to Helm or share info with other
 - **Be kind, calm, and listen well** – you don’t need to “fix” anything. Just be present.
 - **Respect confidentiality** – what’s shared in welfare stays in welfare (unless it’s a serious safety issue).
 - **Record interactions** briefly in the Welfare Log (no names).
 - **Look out for your co-welfaerie** – you’re never alone on shift. Support each other.
 - **Escalate when needed** to Helm or to local services.
 - **Stay for a handover** at the end of your shift
-

Welfare Offers:

- A listening ear
 - Emotional support
 - Grounding items (tea, art stuff, earplugs, etc.)
 - Basic self-serve first aid items (plasters, bandages, ice packs)
 - Support for bad trips or overwhelming moments
 - Resources like condoms, sanitary pads, essential oils
 - Informational assistance about the site (don't forget to radio for support when needed)
-

Welfare Is *Not* For:

- Sleeping or getting warm
 - Conflict mediation... but we can offer a listening ear and advise of post-burn conflict resilience resources
 - Medical treatment (but we help escalate if needed)
 - Hanging out - please redirect friends or folks looking to chat to other cosy spaces on site
-

Final Tips:

- If you can't do your shift anymore, please find someone to swap with you!
- Take care of yourself – breathe, hydrate, snack!
- You are part of the magic that helps make this burn safer and softer ✨
- If you're ever unsure, ask your shift buddy or call on Helm via radio.

Thank you for being a welfaerie!   