

Flourish & Flow: Volunteer Information Sheet

Event: Flourish & Flow – A Black Joy Beach Party

Date: Sunday, October 26, 2025

Location: Goleta Beach Area A

General Volunteer Arrival: See role-specific times below



What this is

A free, intergenerational gathering centered on Black wellness, joy, rest, and connection. Offerings include movement, expressive arts, beach walk, storytelling, music/guided rest, and reflection.

Volunteer roles (time, skills, participation)

1) Welcome & Orientation (rotating shifts)

- **What you'll do:** Greet arrivals, staff check-in, answer questions, direct to stations; hand resource lists to early leavers.
- **Skills:** Warm presence; we'll train you on talking points.
- **Shifts** (pick one):
 - **Shift 1:** 12:00–2:00 (opening + early meal arrivals)
 - **Shift 2:** 2:00–4:00 (start of rotations + mid-event arrivals)
 - **Shift 3:** 4:00–6:30 (later arrivals + closing/farewells)
- **Vols needed:** 2 per shift (6 total)
- **Participation:** You'll be on duty during your shift; free to enjoy the event when off-shift.

2) Food & Refreshments (rotating shifts)

- **What you'll do:** Help with line flow; restock water/fruit/snacks; basic wipe-downs.
- **Skills:** None required; orientation provided.
- **Shifts:**
 - **Shift 1:** 1:15–3:00

- **Shift 2:** 3:00–5:00

- **Vols needed:** 3 per shift (6 total)
- **Participation:** Welcome to enjoy the event outside your shift.

3) Reflection Station Support (two blocks)

- **What you'll do:** Staff reflection boxes/table, hand out cards, offer a one-line explanation of optional, anonymous contributions.
- **Skills:** None required; orientation provided.
- **Blocks:**
 - **Meal Block:** 1:30–3:30
 - **Closing Block:** 5:30–6:30
- **Vols needed:** 2 per block (4 total)
- **Participation:** Yes, outside your block.

4) Activity Support (rotations)

- **What you'll do:** Help lay out/roll up mats and chairs; hand out/collect art supplies; help gather the beach walk group.
- **Skills:** None required; light lifting helpful.
- **Time:** 2:15–5:00
- **Vols needed:** 3
- **Participation:** Limited (you'll be assisting rather than participating in the rotations).

5) Accessibility Support (floating)

- **What you'll do:** Offer chairs/shade/water; assist elders/families; help people navigate transitions.
- **Skills:** Attentiveness and kindness; brief orientation provided.

- **Time:** 1:00–5:30
- **Vols needed:** 2
- **Participation:** Limited.

6) Setup Crew (pre-event)

- **What you'll do:** Unload and set up tents/tables/chairs/signage; place supplies; basic cable/tape management.
- **Skills:** Comfortable with lifting/carrying; we'll show you where things go.
- **Time:** 10:30–12:30
- **Vols needed:** 6
- **Participation:** You're free to enjoy the event afterward.

7) Cleanup Crew (post-event)

- **What you'll do:** Pack supplies; tear down tents/tables/signage; load vehicles; trash/recycling sweep.
- **Skills:** Comfortable with lifting/carrying.
- **Time:** 6:15–7:30
- **Vols needed:** 6
- **Participation:** You can enjoy the event beforehand.

Volunteer Orientation (via Zoom)

All volunteers are asked to attend one **30-minute orientation session** to prepare for *Flourish & Flow: A Black Joy Beach Party*. We'll review event logistics, station roles, accessibility and safety, community agreements, and flow of the day.

Session 1: Tuesday, Oct 21 • 12:00 - 12:30 p.m. (PST)

<https://ucsb.zoom.us/j/8058933464>

Session 2: Thursday, Oct 23 • 7:00 – 7:30 p.m. (PST)

<https://ucsb.zoom.us/j/8058933464>

Attendance at one session is sufficient, though you're welcome to join both.

If you can't make either, please email **Nolan** (nkrueger@ucsb.edu).

What to bring / wear

- Comfortable clothing/shoes suitable for beach conditions; sunscreen/hat; light layer for evening breeze.
- Water bottle (we'll have refill water + light snacks; feel free to bring your own snacks/lunch if you're on a longer shift).
- Setup/cleanup: optional gloves (we'll have some on hand), comfortable closed-toe shoes.

Participation

- **Full-event roles** (e.g., Welcome Shift 3 runs late into closing) mean you'll hear pieces but won't fully join activities while on shift.
- **Shifted roles** let you participate when not on duty.
- If you want maximum participation, consider **Setup** or **Cleanup** (you can enjoy most of the event outside those windows).

Volunteer Appreciation: All confirmed volunteers will receive a complimentary meal plate from Chef Guidance Moon (Momma's Soul Food) and may also receive a Flourish & Flow t-shirt (limited availability).

How to sign up

Scan the QR code below to pick your role and time slot in our live Google Sheet. You'll add your name and email directly. We'll confirm and send orientation details.

