



Helping young
patients understand
their healthcare





Are you looking for a rewarding way to give back to young patients?

Harvey's Lab Tours help children feel more confident about their healthcare by showing how lab teams support diagnosis and treatment. Could you and your team get involved?

Visiting a lab can ease children's fears and offer reassurance, while giving staff a chance to meet the young patients whose samples they work with.

Through this unique experience, patients can see first-hand how lab work supports their diagnosis and treatment.

What are Harvey's Lab Tours?

Harvey's Lab Tours are behind-the-scenes visits to hospital laboratories for young patients who are undergoing treatment, feeling anxious about their health, or have siblings with medical conditions.



These tours help children understand what happens to their blood and other samples, reduce fear around hospital visits and giving samples, and make the clinical environment feel more friendly and familiar.

Why get involved?

Volunteering to run Harvey's Lab Tours is a meaningful way to:

- Support children and families facing difficult medical journeys
- Promote understanding and trust in biomedical science
- Showcase the vital role of the lab in diagnosis and treatment
- Build connections and strengthen collaboration across teams
- Develop your own communication and public engagement skills



Reflections on running Harvey's Lab Tours

“I find it rewarding to help remove the fear of hospitals and see children relax and enjoy themselves. Bringing young patients into the department helps the team connect with the people behind the samples, a powerful reminder of the real impact our work has on treatment and care.”

**Ricky Figgins, Biochemistry
Automated Sections Manager,
Southampton General Hospital**

“Joining Harvey's Lab Tours is one of the highlights of my job. It builds real connections not just with the children and families we care for, but also between ward and lab teams. Staff who've taken part come away with a deeper understanding of lab processes, and that insight has made a genuinely positive difference to how we work together.”

**Sharron McGarva, Paediatric
Staff Nurse, Dumfries and
Galloway Royal Infirmary**

What's involved in running a tour?

Tours typically last around an hour and may include:

- A walk through your lab
- Introductions to the scientists and lab teams
- Simple, hands-on science activities and demonstrations
- Giving out Harvey's goodie bags
- Time for questions from children and their families

You decide what works for your team – whether that's a one-off tour or a regular programme. Every visit makes a difference.

What families say

“ We used to dread blood test days. Now Finn walks in calmly and confidently. It's made such a difference – not just for Finn, but for all of us. ”

Amy, Finn's mum, after a tour at Dumfries and Galloway Royal Infirmary

“ Oscar got up at our school assembly and told everyone about his Harvey's Lab Tour adventure, something he's never done before. It just shows what a positive impact these sessions can have, even outside the lab. ”

Oscar's teacher

“ I think this is a super experience for any child. Both James and Neo have complex needs, and Neo is quite anxious about having blood samples taken. I hope being part of this experience and creating his own visual story within a lab will help him understand the process better. ”

Sarah, Mum to James and Neo

What to find out more or get involved?

To learn more or sign up to host a tour, scan the QR code or contact the Harvey's Lab Tours team at harveylabtours@ibms.org



harveylabtours.com
[@harveylabtours](https://www.instagram.com/harveylabtours)



Harvey's Lab Tours are proudly run and supported by the Institute of Biomedical Science

