

Volunteering Activities

During a Lockdown

Supporting people during the crisis

Friends Against Scams

"As people stay indoors to prevent the spread of COVID-19, criminals are preying on people in vulnerable situations who are isolated and living alone. There's never been a more important time for neighbours to look out for each other – particularly as we self-isolate – which is why we're encouraging communities to prevent scams in their local area by using the free Friends Against Scams resources.

If you would like to be a Friend Against Scams you can attend a short awareness session in person or complete the online training.

After this session you will be asked to start taking action to take a stand against scams. This could be by talking to your neighbours, friends or family about scams or writing to your local MP asking them to promote scams awareness."

<https://www.friendsagainstscams.org.uk/become-a-friend>

Shout: For Support in a Crisis

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you are struggling to cope and you need immediate help.

Training to become a volunteer to support those in crisis

Shout are seeking volunteers, who feel mentally robust and willing to commit to 25 hours of online training, who can then offer text support to others in crisis. You will also receive ongoing support from the start of your training and throughout from the Shout team.

Sign up to volunteer here:

<https://www.giveushout.org/volunteer-with-us/>

Reengage: Supporting older people

Reengage are seeking volunteers to become befrienders to the elderly and at risk of becoming even more isolated due to quarantine.

Call companions make regular calls to lonely and isolated older people, providing a lifeline of friendship. The regular chat and companionship offers a vital link with the outside world.

<https://www.reengage.org.uk/>

The Mix: Supporting Young People

The Mix provides a range of support to under 25s and you can find a few virtual roles here:

<https://www.themix.org.uk/get-involved/volunteering>

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Environment and Conservation

Keep Britain Tidy: Love Where you Live Challenge

Whether it's cleaning up outside our own front door – imagine if everyone just did that one thing – making sure you don't waste any food and getting creative with left-overs or decluttering your home and putting aside anything you no longer want to give to a charity shop.

<https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-where-you-live>

Record Biodiversity Bank: My Patch Project

Help support conservation through biological recording during the lockdown. Download iNaturalist App and get started!

http://www.record-lrc.co.uk/c2.aspx?Mod=Article&ArticleID=MyPatch_Home

Cheshire Wildlife Trust: Wild About Gardens

With lots of ideas on how you can make your garden a haven for wildlife:

<https://www.cheshirewildlifetrust.org.uk/garden-nature>

<https://www.cheshirewildlifetrust.org.uk/take-action-insects>

<https://www.cheshirewildlifetrust.org.uk/speak-to-your-mp>

Campaigning

Campaigning is something you can do remotely in all sorts of ways, from writing an email to an MP or raising awareness via social media. Decide which cause you feel you would like to support and take a look at various charity websites. There will be information on there (through get involved/ volunteer) and further information on how you can become a campaigner. There are other ideas here for researching the right role for you:

<https://www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer>

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Supporting NHS staff

For the Love of Scrubs:

<https://www.facebook.com/groups/1500699350098765>

This Facebook group is a platform to enable those who are able to, and would like to contribute towards supplying hospitals local to themselves with scrubs for front line workers. Some hospitals in the UK are facing shortfall in scrubs and PPE, this means our nurses are not as safe as they should be. We are aiming to produce 100+ sets of adult nursing scrubs.

There is a Facebook Group for Wirral and Chester based people called "Sewing for Wirral and Chester NHS"

Sewing for Wirral and Chester NHS

<https://www.facebook.com/groups/sewingforwirralchesternhs/>

Woolly Hugs:

Woolly Hugs is a friendly, busy online community making special blankets, and is run entirely on a voluntary basis. It is hoped that through our work, babies, children and their families will feel support, comfort and the sense of being loved and looked after.

<https://www.woollyhugs.org/>

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Virtual Fundraising

There are lots of ways you can help charities during these tumultuous times, whilst having fun during a lockdown:

Here are just a few charities and their ideas for fundraising at home:

There are some great ideas on the links below. You will find ideas and support to run some fun virtual events including bake-offs, fitness challenges, quiz nights, comedy nights and even teaching others, to raise money for your chosen charity.

Webinars and ideas on virtual fundraising

<https://pages.justgiving.com/fundraising-virtual-world.html>

<https://blog.justgiving.com/virtual-fundraising-moving-offline-to-online/>

Gaming- raise funds whilst gaming!

<https://gaming.justgiving.com/charities>

What some charities are doing:

<https://www.anthonynolan.org/8-ways-you-could-save-life/take-part-fundraising-event/hero-home>

<https://www.mind.org.uk/get-involved/donate-or-fundraise/do-your-own-fundraising/virtual-fundraising-ideas/>

<https://www.mariecurie.org.uk/get-involved/fundraise/fundraising-ideas/fundraising-from-home>

<https://www.childrentoday.org.uk/children-today-launches-the-workout-from-home-challenge/>

Salvaging your cancelled fundraising event:

<https://getfullyfunded.com/salvage-your-fundraising-event/>

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Celebrating your birthday

Consider setting up a birthday fundraiser for your chosen charity on Facebook. Although many will be financially hit by this, there will be many, whose jobs are not affected, who have more cash due to shops, restaurants and gyms being closed.

Guilt-free shopping with Give as you Live

We are doing more online shopping than ever. Make your purchases via Give as you Live and a percentage goes to your chosen charity. Choose the charity you wish to donate to and shop via: <https://www.giveasyoulive.com/>

You will find many online stores there, including eBay, Amazon, ASOS and many more.

Simply download the app on your phone and shop via the app and start raising money for your chosen charity. Or go onto the Give as You Live website and access your favourite online stores there.

Things to consider

Finally, it is important to remember that 80% of charities registered in the UK have an income of under £200,000. Smaller charities are less likely to have the reserves to weather the storm. Maybe take this into account when deciding which charity you would like to support.