



Guide to 12 week volunteering from home

More information about the activities below, and links, can be found on our social action page: <https://www.leonardcheshire.org/socialaction>. You can choose other activities on our social action page, or you can create your own ideas. The examples below are just a sample of what you can do.

If you're doing DofE, make sure that you keep your DofE leader informed about your plans. Keep a record of your volunteering in a diary and take photos and screen shots to show what you have been doing.

If you have any questions, email socialactionvolunteers@leonardcheshire.org

Week	Home-based
1	Join our Campaigns: Sign up for our campaigns and visit our campaigns page on the website. Read about our campaigns and add your name to campaigns you want to support. Share on social media.
2	Marketing to schools and youth groups – Speaker Network and activities, games, and resources: Make a list of emails of local schools and youth groups like Scouts and Guides to send them the link to our disability resources and a link to our speaker network page
3	Marketing to schools and youth groups – Speaker Network and activities, games, and resources: Write a cover email and send the schools and youth groups the link to our disability resources and a link for our speaker network page
4	Random Acts of Kindness: Make some cards, gifts, or letters and send them to people who live in our services who will be more isolated than usual now. You will find the link to find your closest service on our social action page.
5	Marketing to community groups – Speaker Network: Make a list of emails of local community groups that like to host speakers, such as Women's Institutes, Rotary, Probus, U3A, and other groups specific to your area to send them the link to our speaker network page
6	Marketing to community groups – Speaker Network: Write a cover email and send the community groups the link to our speaker network page
7	Changing Places Campaign: Visit the campaign page and choose some activities to support the campaign.
8	Random Acts of Kindness: Make some cards, gifts, or letters and send them to people who live in our services.
9	Fundraising: Use https://www.everyclick.com/ , choose Leonard Cheshire as your charity, and raise money when you search the web
10	Fundraising: Do cleaning and/or cooking in return for a donation to Leonard Cheshire. Here's how to donate: https://www.leonardcheshire.org/get-involved/donate/make-donation
11	Fundraising: Have a sort out and choose a few items to sell and give some or all of the proceeds to Leonard Cheshire. You may have to wait to sell/post until everyone can safely be around each other again, but you can do the sort out now. Here's how to donate: https://www.leonardcheshire.org/get-involved/donate/make-donation
12	Tell the world: Share all of your activities on social media and share your story with local newspapers. Encourage friends to volunteer for Leonard Cheshire by including a link to our volunteering page: https://www.leonardcheshire.org/get-involved/volunteer-us We'd love to see any pictures so please tag @LeonardCheshire into to your social media posts