

How to volunteer safely, and support yourself and your community during this time, or give your time remotely.

# **COVID-19 VOLUNTEERING**

## **NHS Volunteer Responders**

https://www.goodsamapp.org/nhs

Support the NHS and the care sector during the Covid-19 Outbreak.

The role will involve being called upon to do simple but vital tasks such as:

Delivering medicine from pharmacies, driving clients to appointments, bringing them home from hospital or making regular phone calls to check on people isolating at home.

## **Volunteer with the City of York**

https://www.vork.gov.uk/COVIDVolunteering

The City of York Council are looking for volunteers to operate remotely to help protect the emotional health and physical wellbeing of residents.

## **Support Local Food Banks**

https://www.trusselltrust.org/get-help/find-a-foodbank/

Donating, making an online food delivery or volunteering at a local food bank that may be receiving a decrease in donations.

## **Mutual Aid Groups**

https://covidmutualaid.org/local-groups/

Neighbourhood level groups have been developed and are being led by volunteers.





# A range of micro-volunteering and digital opportunities that can be done remotely.

#### **Amnesty International UK**

https://www.amnesty.org.uk/issues/pocketprotest

Contribute to defending free speech and stand up for human rights.

#### Be My Eyes

https://www.bemyeyes.com/

Support a blind or low-vision person for visual assistance through video calling.

## **Brightside Mentoring**

https://brightside.org.uk/volunteering/

Online mentoring for young people to achieve their potential.

## Catch a Fire

https://www.catchafire.org/volunteer/

Volunteer your skills virtually.

## **Definition Of**

https://www.definition-of.com/

Contribute by defining words to feed a hungry child.

#### **Dementia Friends**

https://www.dementiafriends.org.uk/

Become a Dementia Friend and learn about what it is like to live with dementia.

#### Free Rice

https://freerice.com/

Free quiz game, where each answer you get right, the World Food Programme donates 10 grains of Rice to help end Hunger.

## **Galaxy Zoo**

https://www.zooniverse.org/projects/zookee per/galaxy-zoo/

Assist professionals in classifying research on how galaxies are formed looking at telescopic images of distant galaxies.

# **Loving Hands**

http://www.lovinghands.org.uk/

Knitting, crocheting and crafting for various charities and causes.





#### **Missing Maps**

https://www.missingmaps.org/

Map areas where humanitarian organisations are trying to meet the needs of vulnerable people.

## **Phylo**

https://phylo.cs.mcgill.ca/play.php

Solve a puzzle and help genetic disease research.

## Postpals Postpals

https://www.postpals.co.uk/

Send a letter, card, email or gift to a seriously ill child and their siblings in the UK.

## **Princes Trust Mentoring**

https://www.princes-trust.org.uk/supportour-work/volunteer/becomean-online-mentor

Use an online platform to mentor young people and help them to get ahead in life.

## Surfify

https://surfaid.org/surfify/

Listen to music whilst raising money for communities in Indonesia for free.

#### The Mix

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

Peer to peer support in online communities or one to one support online.

# **Translators without Borders**

https://translatorswithoutborders.org/

Fluent in another language other than your native language? Translate medical texts and for crisis response.

# <u>United Nations Volunteers</u> <u>Programme</u>

https://www.onlinevolunteering.org/en

Team up to address sustainable development challenges anywhere in the world.

