

Volunteering ideas for your Queen's Award during COVID-19

Shout 85258

giveusashout.org/volunteer-shout

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. They launched publicly in May 2019 and have had more than 450,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since COVID-19, being one of the few mental health support services able to operate as normal at this time. You have to be over 18 and need to be able to commit to 25 hours of training and at least 200 hours of volunteering.

The Crisis Project

www.thecrisisproject.com

The Crisis Project is a campaign aimed to raise awareness and take action, harnessing the power of social media. Founded in 2020, The Crisis Project is fueled entirely by emotion, compassion, kindness and courage. We're living in the midst of a loneliness epidemic and the global pandemic has made this worse. Their campaign is to write letters to elderly people in care homes.

CHD Living – Adopt a grandparent

chdliving.co.uk/adopt-grandparent

Follow the link to fill in the form and one of the team will be in touch to pair you with your new 'grandma' or 'grandpa'. After that, these are some of the ways in which you can help:

- Having phone calls/video calls with your new friend
- Sending cheerful pictures/stories/poems (post or email) for them to enjoy
- Sharing stories from different generations
- Sending letters/postcards to your new friend, much like a penpal!

Under 16s will need parental permission to take part.

Online mentoring

As schools across the UK were closed for a long period of time, parents/carers/guardians are now looking for ways in which they can help their children to 'catch up' with schoolwork and homework. A helping hand with schoolwork will be greatly appreciated. Choose a subject you know lots about and talk to your family to see if any of their friends' children need online mentoring and support. If you do set something up, please remember to follow GB's safeguarding policy about using online video conference calls such as Zoom, like you can see at www.girlsbrigadeministries.org.uk/resource/gbhome-9-july-2020/

Kissing it better

kissingitbetter.co.uk/get-involved/volunteer

kissingitbetter.co.uk/news/volunteering-from-home-virtual-visits-to-care-homes-now-part-of-our-vf-h-programme/

Whatever your talent, you can help to make a difference. Can you sing? Create imaginative art projects? Or share stories in a way that makes older people feel special? There are lots of ways you can help.

Missing Maps - putting the world's vulnerable people on the map

www.missingmaps.org/#contribute

Each year disasters around the world kill nearly 100,000 people and affect or displace 200 million people. Many of the places where these disasters occur are literally 'missing' from any map and first responders lack the information to make valuable decisions regarding relief efforts. Missing Maps is an open, collaborative project in which you can help to map areas where humanitarian organisations are trying to meet the needs of vulnerable people.

Energy Envoys

www.energyenvoys.org.uk/content/about-scheme

Using your skills and interests, you'll help to capture people's imagination and inspire them to take action. You'll get to set up exciting projects that get the messages about energy across to people in your community, helping them use energy more wisely, save money and helping to save the planet!

St John Ambulance

www.sja.org.uk/globalassets/documents/dofe/dofe-virtual-fundraising-aap.pdf

Follow this suggested fundraising activity plan to help raise money for St John Ambulance. This plan is tailored to people doing it on a DofE timescale, but it could also be used if you complete the 48 hours required for Queen's Award.

British Heart Foundation

www.bhf.org.uk/how-you-can-help/fundraise/do-your-own-thing-at-home/fundraising-ideas/a-z-of-fundraising-ideas

Use one of the ideas listed at the link above to raise money for the British Heart Foundation.

Helping those in need during the pandemic

Prepare some meal parcels, go shopping or walk the dog of people who are affected by the current COVID-19 restrictions. Make sure to follow the latest government guidelines in relation to social distancing etc.

Online fundraising event

Organise or help at an online event to fundraise e.g. an online gig, exercise class, craft afternoon or a quiz. Alternatively make something to sell which can raise money for a worthwhile cause.

Keeping in touch

Skype/FaceTime/WhatsApp call an elderly neighbour to keep them from being isolated.

Social media

Contact a local charity or group and offer to maintain their Facebook, Instagram page or website.

Homework help

Mentor a younger sibling and help them with their schoolwork or homework.

Household skill building

Coach a sibling or another family member to learn an instrument or develop another skill.

Activity sessions

Organise a regular sports session or arts and crafts session for someone you live with to participate in. You could also run this online or as a socially distanced outdoor activity once restrictions permit.