

# BE A HERO FROM HOME

## COVID-19 OPPORTUNITIES

### MANCHESTER KINDNESS STORIES

Although things are hard at the moment there's some amazing stuff going on. Macc are gathering stories about positive things that are happening in Manchester's communities during this time. You can support by gathering and submitting stories from your local area.

[Click here to read more](#)



### ONLINE ADVOCATE VOLUNTEER

Use your social media for good! Become an online advocate and share messages of hope and help to support the voluntary organisations, charities and communities in Manchester.

[Click here to read more](#)



### ART FOR ELDERERS

'Send Joy' is inviting everyone in Manchester to create a piece of upbeat and positive artwork. They will arrange to send your artwork to care homes and community groups in Manchester - to brighten the day of older people who are having to isolate, without the visits they would normally enjoy.

[Click here to read more](#)



### COVID CALL

CovidCall provides a free phone service for volunteers to provide local people in self-isolation with local advice and social contact. As a local volunteer, you can sign up for shifts to take calls.

[Click here to read more](#)



### KARSHARE

If you have a car or van in your household that is less than 15 years old and not currently being used, why not consider donating it for a while? Your car can help NHS staff, NHS volunteers, food banks, charities and care workers to get to work safely, and deliver essential food and medicine to those who are vulnerable and isolated during this Covid-19 crisis.

[Click here to read more](#)

## FUNDRAISING IDEAS

Charities across the board are experiencing a [substantial drop in funding](#) from all sources: charity shops are closed, fundraising events cancelled, regular donor from direct debits down.

Small charities tend to have low levels of reserves so have less of a financial buffer to mitigate against sudden drops in income. Anything you can do safely from home to fundraise for small local charities will make a huge difference!

Here are some ideas about how you can get fundraising from home:

### #TWOPOINTSIXCHALLENGE

The 2.6 Challenge can be any activity you like - from running 2.6 miles to holding an online workout with 26 of your friends (remember to follow Government guidelines on how to exercise safely).

[Click here to read more](#)



### GAMING FOR GOOD

If you enjoy gaming and use platforms such as Twitch or Youtube, perhaps you could raise money for a charity of your choice whilst you play - inspired by the [Level Up for Shelter](#) and [Game Heroes for Macmillan](#) campaigns.



### DONATE YOUR COMMUTE/LUNCH

If you are working from home and can afford to spare the cost of your commute or your weekly lunches, consider donating what you have saved to a local charity.



### VIRTUAL QUIZ

Consider hosting a virtual quiz online (such as on Zoom or Facetime) with your family and friends to raise money for charity. Make up your own questions or have a look at the many resources online for some ideas.



# VIRTUAL VOLUNTEERING

## COVID-19 OPPORTUNITIES

### FURLONTEER

Have you been furloughed from work? You can sign up to share your professional skills with charities and get supporting organisations from home.

[Click here to read more](#)

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### DIY MASK VOLUNTEERS

The DIY Covid Mask project have designed a basic mask that anyone can make, to help supply key workers in your area with vital PPE to keep them safe. They are looking for volunteers to help find key workers in need of PPE, request a free pack of materials and to make the masks.

[Click here to read more](#)

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### CARDS & POSTCARDS FOR CARE HOMES

Leonard Cheshire's residential homes are closed to all but essential visitors and staff. Many residents are feeling lonely and are really missing having outside visitors. They are asking people to volunteer by sending a postcard or card to residents. It can be anything you like - a picture, a postcard or a message of support.

If you would like to get involved, please email [supporter@leonardcheshire.org](mailto:supporter@leonardcheshire.org) with your postcode and they will give you the address of the home closest to you.

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### SHOUT

Shout are looking for crisis volunteers - volunteers answer the Shout text line and text back and forth until the person experiencing problems is feeling calmer. This role requires 25 hours of online training over a six-week period before you can volunteer.

[Click here to read more](#)

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### PHONE A FRIEND VOLUNTEER

Manchester Cares connects people with their older neighbours, keeping them active and supported. Their Phone A Friend programme connects older and younger neighbours who enjoy a few calls per week.

[Click here to read more](#)

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### TELEPHONE BEFRIENDERS

Volunteers who speak Polish, Romanian or Lithuanian are required to support a telephone befriending service for isolated community members over 50 living in Manchester.

[Click here to read more](#)

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### THANK YOU CARDS

Hallmark and Royal Mail have teamed up to give away free greeting cards for you to show your gratitude and appreciation for the heroes in your lives. Whether it's your local supermarket cashier, your teacher or someone you think could you use a pick-me-up, you can receive a pack of three cards to give away.

[Click here to read more](#)

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### #THROUGHMCRWINDOW

Manchester Cultural Education Partnership are asking Manchester residents to share their view from their window. You can submit a drawing, an illustration, sing a song, write a poem... the possibilities are endless!

[Click here to read more](#)

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### LOCAL HELPERS

Local Helpers was set up to connect people in affected communities to support one another with essential tasks. You can sign up to be connected with vulnerable residents of your local community when they reach out for support with tasks such as telephone befriending and online tutoring.

[Click here to read more](#)

# VIRTUAL VOLUNTEERING

## GENERAL OPPORTUNITIES

### ZOONIEVERSE

Zooniverse is a platform for people-powered research, more than a million volunteers assist professional researchers accelerating important work and making a real difference. All you need is access to a computer, you don't need qualifications or a set amount of time. Projects cover a multitude of fields and roles can be anything from classifying galaxies to counting penguins to transcribing manuscripts.

[Click here to read more](#)



### CITIZEN SCIENCE

Citizen science is the involvement of the public in research and is a great way to use your time at home, supporting research projects on topics you are interested in or care about most.

[Click here to read more](#)



### MISSING MAPS

Help make maps to inform the relief efforts of organisations such as the Red Cross with Missing Maps. Volunteers use satellite images and a drawing tool to mark up buildings, rivers and roads in remote areas that may not have been mapped before. This helps organisations who are first to respond make more informed decisions about disaster relief.

[Click here to read more](#)



### HELP FROM HOME

Want to volunteer in bitesize chunks without committing to anything regular? Then 'micro volunteering' could be for you. Check out the micro-volunteering website Help From Home, which lists hundreds of quick and easy ways for people to volunteer without leaving the house.

[Click here to read more](#)



### THE MIX

If you are aged 18-25, you can get involved with online volunteering opportunities with The Mix. Roles include moderating online forums and supporting helplines.

[Click here to read more](#)

## ARTS AND CULTURE

### IWM VOLUNTEER

As this year we are celebrating the 75th anniversary of VE day you may want to take a look at the Imperial War Museum's remote volunteer opportunities. You can help them remember and reveal the stories of those who fought through transcribing war diaries and recording the names on war memorials.

[Click here to read more](#)



### READING NATURE'S LIBRARY

Manchester Museum has a massive collection of over 4.5 million objects and they need your help recording the information. The labels and objects contain a treasure trove of information that can help answer the fundamental questions about our world and the people that live in it.

[Click here to read more](#)



### NORTH WEST FILM ARCHIVE

The North West Film Archive want to create as wide-ranging a picture as possible of what life was really like in the North West of England during the 2020 Coronavirus pandemic. Wherever you are in the North West, if you have any video showing life at home or at work – the empty streets, the experiences of key workers, the Zoom parties, the weekly applause for the NHS on your street, etc – they would love to hear from you!

[Click here to read more](#)

# VIRTUAL VOLUNTEERING

## MORE OPPORTUNITIES

### AMNESTY

Amnesty are looking for decoders - a global group of volunteers helping Amnesty International researchers sift through pictures, information and documents using their computers and phones, with an aim to expose human rights violations.

[Click here to read more](#)



### BE MY EYES

Be My Eyes is an app that connects blind and low-vision people with sighted volunteers to support with them with a range of tasks.

[Click here to read more](#)



### UNITED NATIONS

The United Nations Online Volunteering programme allows organisations and volunteers from around the world to team up to address sustainable development challenges. You get involved in opportunities in fields such as research, project management, translation, technology and much more.

[Click here to read more](#)



### VERIFIED SHARED - UNITED NATIONS

The world can only contain the virus and its impacts if every person has access to accurate, reliable information. Become an Information Volunteer. Get daily verified briefing. Share life- saving information with your networks.

[Click here to read more](#)



### FUNDRAISING RESEARCH VOLUNTEER

Are you involved in fundraising? Researchers in Fundraising are looking for working group volunteers to support with their Prospect Research Handbook.

[Click here to read more](#)

## NATURE AND ANIMALS

### RSBP

The Royal Society for the Protection of Birds are uploading opportunities daily of how you can support from home, including feeding wildlife in your garden.

[Click here to read more](#)



### ZOOLOGICAL SOCIETY OF LONDON

ZSL's Instant Wild empowers you to take part in vital conservation work by bringing you live images and videos from amazing locations all around the world for you to identify. You don't need any special expertise to take part, simply sign up and start tagging the animals in the images!

[Click here to read more](#)



### FOREST RESEARCH

You can help build an urban canopy cover map for Britain to guide tree planting at this time of climate emergency.

[Click here to read more](#)



### GARDEN BIRD WATCH

Stay connected to nature, learn about your garden wildlife and contribute to important scientific research without leaving your home.

[Click here to read more](#)



# ONLINE TRAINING OPPORTUNITIES

## TRAINING

### SUICIDE AWARENESS

Zero Suicide Alliance offer have two different types of awareness training, which provide a better understanding of the signs to look out for and the skills required to approach someone who is struggling. They give you tips on how to approach someone if you are worried they are considering taking their own life, and help you gain the skills and confidence to help someone through this.

[Click here to read more](#)

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### THE LAB PROJECT

Designed for unemployed adults aged 19+, the LAB Project is a course combining team working, confidence building and communication skills. They are running weekly sessions online for all past LAB participants and those wanting to try it out.

[Click here to read more](#)

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### ANSWER CANCER

Answer Cancer GM are delivering online sessions aimed at anyone living within Greater Manchester with an interest in promoting cancer awareness. Why not top up your knowledge and confidence so that you can help yourself, your family members, community leaders and staff.

[Click here to read more](#)

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### PRIDE IN PRACTICE

The Pride in Practice Training Academy is for anyone who wants to increase their knowledge and confidence of LGBT inclusion at home, at work and in the community. Modules include 'Being an LGBT ally at home, at work and in the community', 'Multiply Marginalised: Intersectionality in practice' and 'LGBT inclusive workplaces'.

[Click here to read more](#)

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