

Are you spending a lot of time at home at the moment, during this difficult time and perhaps looking for things to do to keep busy?

Microvolunteering - This is a convenient and easy way to get involved if you have a computer. It can be done anytime, anywhere. The idea is that many people doing small actions can make a big impact. There are a wide range of activities involved including citizen science, letter writing, proof reading, photo-tagging, surveys etc. The causes supported are wide ranging and include the environment, communities, science and fighting poverty. Go to 'Do Something Great'

[www.bbc.co.uk/programmes/articles/3KWxHVHN6nTGjKLNWt4qW0v/microvolunteering](http://www.bbc.co.uk/programmes/articles/3KWxHVHN6nTGjKLNWt4qW0v/microvolunteering)

Help from Home [www.helpfromhome.org](http://www.helpfromhome.org) is also worth checking out. This group initiated 'Microvolunteering Day', which is on 15<sup>th</sup> April 2020. This group has been promoting microvolunteering since late 2008 and has been slowly building up a database of actions that anybody, anywhere can participate in.

If you enjoy knitting and have a stock of wool at hand you could consider doing some knitting for the Queen Mother's Clothing Guild. You can read about the Guild at [www.qmcg.org.uk](http://www.qmcg.org.uk) There are local groups in Malvern, Upton and Ledbury. Items made include scarves for homeless people and items for premature babies The local contact is Sheilagh Daughtree - [s.daughtree@hotmail.co.uk](mailto:s.daughtree@hotmail.co.uk) (01684 561872) Sheilagh would be delighted to hear from you if you would like to get involved.

**Age UK, Malvern & District are seeking volunteers who can shop for elderly people 'self isolating' at home and also to contact people. Anyone who can help, please ring Age UK on 01684 560666**

South Worcestershire Citizens Advice Service will be continuing to offer support to those in need in the coming weeks, but due to the Covid-19 virus and until restrictions are over, their offices will not be accessible in person. Access to their services and support will be offered via the telephone or e-mail. For further information please visit

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or call 01684 563611

Malvern Hills Volunteering will no longer be offering the Wednesday morning 'drop-in' sessions in Malvern Library. Any volunteer enquiries received will be answered by email or telephone - [malvernhillsvolunteering@gmail.com](mailto:malvernhillsvolunteering@gmail.com)  
075100012092

Any new volunteering roles received to help with the present situation will be put on the national volunteering website, [www.do-it.org](http://www.do-it.org) and on the MHV website [www.malvernhillsvolunteering.org](http://www.malvernhillsvolunteering.org)