**Microvolunteering guidance**

**What is microvolunteering?**

Microvolunteering is short actions/activities (ideally less than an hour and certainly

less than a day) that make a different to a cause or people.

**What are the benefits of microvolunteering to volunteers?**

* Microvolunteering is accessible, low effort and low commitment.
* Volunteers feel like they are making a difference and supporting a cause.
* Flexible so fits in with a busy lifestyle.
* Good if you want to volunteer but have disability or health issues which would

make a regular role difficult.

* Volunteers can register their interest in a charity – and sign up to be contacted

about further roles.

* Can often be online or done from home.
* It is fun and enjoyable!

**What are the benefits to organisations?**

* Meet campaigning goals.
* If you have no roles or have to reject a volunteer, you can still get them involved

and keep them connected.

* Spread of awareness of your cause.
* Help with fundraising.
* Raise awareness of your charity.
* Good for involving young people and children.
* Good for involving people with busy schedules.
* Might lead to people wanting to do more volunteering in your organisation.

**Ideas for microvolunteering projects**

Not all of these ideas will work for all organisations and groups, but here are some

suggestions you might want to consider:

* Writing cards to people who use your service for festivals (e.g. Christmas,

Passover, Eid) and seasons.

* Writing letters or emails to MPs about an issue that affects your service users.
* Quick litter picking.
* Quick research tasks (e.g. researching funders or stock images to go with a

campaign).

* Completing surveys on a particular topic.
* Attending an event to raise awareness or money.
* Contributing to a bake sale.
* Post messages on social media to promote your campaigns or raise awareness

of your charity.

* Sort through and transcribe data (e.g. transcribing historical records or

interviews).

* Drawing a picture or writing about a campaign of yours or your charity (great

for children and young people).

* Simple craft activities.
* Citizen Science activities.
* CV /Job interview support

**Next steps**

* Brainstorm microvolunteering ideas – we’re happy to support with this at

Volunteering Kingston.

* If you’ve got a couple of microvolunteering ideas, you can create a page on your

website to list them.

* Reach out to people who might be interested such as schools, places of

worships, libraries, youth groups, community centres, older people’s groups and

let them know about your opportunities