

Microvolunteer Musts



- a few minutes



- a big heart



- a computer



- a love for pyjamas!



Volunteer your time in bite sized chunks, from your own home, on demand and on your own terms. Commit anywhere between 30 seconds and 30 minutes.

Whatever your cause, there's a microvolunteer opportunity for you. Find out more at HelpFromHome.org

CHANGE THE WORLD IN JUST YOUR PYJAMAS