



Opening hours:

All day, every day!

'Help From Home' promotes and encourages people to participate in microvolunteer actions that help to make the world a better place to live in.

*Change the world in
just your pyjamas!*

Microvolunteer actions:

- are easy to participate in
- involve little or no commitment
- cost nothing or very little, to accomplish
- take no more than 30 minutes to complete
- and can be performed in just your pyjamas, if you want to!

We know your time's precious. We know you're a busy person.

But did you know that you could make this world a better place with just a few spare moments of your day.

Bite sized actions include feeding people in poverty, making a sick child smile, planting a tree etc - all in the space of a couple of minutes and all at no cost to you!

Do something precious - change the world in just a few meaningful moments of goodness!



help
from
home

Change
the world in
just your pyjamas

www.HelpFromHome.org

*See what you can do for the
world in just your pyjamas!*

Little actions x Many people

Big Impact!

Microvolunteering

'Easy, quick, low commitment actions that benefit worthy causes'

The actions might be a task that could be completed as a whole unit by one person or they could be broken down into their component parts where an individual is just one of many people performing the same task to achieve an end result. 10 seconds to 30 minutes is all you need to help out a worthy cause!

Some of the worlds best ideas are the ones which break away from the norm and offer the unexpected. I was genuinely surprised to see how much good can be done for people via your site.

Tony Smith, Havant, UK

Your site is such a rich mine of information I sometimes think I fell down the mineshaft!

Amina Marix Evans, Borderline Books

We really like the concept of this site - getting people in to volunteering can be difficult and the 'help from home' angle is a nice hook!

4iP



Help From Home has been at the forefront of the microvolunteering arena since late 2008 and is an award winning platform that acts as an intermediary between the general public and initiatives that offer microvolunteering actions.

Micro effort, Macro impact!

DELIVERY OF ACTIONS

- >> Primarily to people at home, in their pyjamas!
- >> To office workers, during their lunchbreak!
- >> To senior citizens, from their own armchair!
- >> To students, without leaving their classroom!
- >> To responsible tourists, before, during or after their holiday!
- >> Via our free microvolunteering consultancy service!

ACHIEVEMENTS

- >> Influenced UK national volunteering organisations like Volunteering England, vinspired.com and ivo.org to create new microvolunteering categories on their databases
- >> Included in UK Government's 2011 Green Paper, 'Giving' as an example of a platform that delivers non-traditional volunteering opportunities as part of their Big Society vision
- >> Instrumental in persuading numerous UK high street Volunteer Centres to promote microvolunteering to their 'customers'

ACTION EXAMPLES



Feed a starving person for free with a simple mouse click

Make a very seriously ill child smile with just a letter or email

Donate your hair to people with hair loss related diseases



Install free software to help fight cancer with your pc

Play games to feed the hungry for free

Help classify galaxies

Plant a tree for free using a search engine



Donate flower and fruit seeds to worthy causes

Take action by signing online petitions

Fill in surveys that donate money to charity for free



We've helped so many people find a microvolunteering opportunity

Join us to make the world a better place to live in

www.HelpFromHome.org