

Change the world in just your pyjamas!

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

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www.HelpFromHome.org

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



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!

Has influenced UK national volunteering organisations to promote microvolunteering

Included in UK Government's Green Paper, 'Giving'

Instrumental in persuading numerous UK high street Volunteer Centres to promote microvolunteering to their 'customers'

Microvolunteering

'Easy, quick, low commitment actions that benefit a worthy cause'

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!

DELIVERY OF ACTIONS

- To people at home
- To office workers
- To senior citizens
- To students
- To responsible tourists
- Consultancy service

ACTION EXAMPLES

- Help classify galaxies
- Make a very ill child smile
- Play a game, plant a tree
- Knit clothes for the homeless
- Sign online petitions
- Etc, etc, etc

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