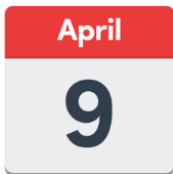


Ways to volunteer



Mencap knows it is hard to get out to your usual activities in the community, including continuing on your Round the World Challenge journey.



The Government's advice and information around the Corona Virus does continue to change, this was written on 09/04/20 and can change. Please keep up to date with government [guidelines](#).



To reduce the spread of Corona Virus the Government are limiting exercise outside of your home to **once a day**. If you are outside of your home you must stay **2 metres** apart from other people.



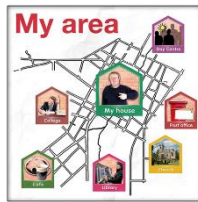
Lots of people are trying to help other people in their communities during lockdown. Here are a few free and safe suggestions for you to volunteer as long as you are feeling well enough.

Ways to volunteer for Round the World Challenge



Plan and lead an exercise or dance session, for people in your house or over an online video. .

mencap **ROUND THE WORLD CHALLENGE**



Plan and share walking routes that other people can follow at another time.



Make a plan for activities you are going to do and share this with other people. Don't forget to ask how they are getting on.



Start to plan a sports event or session you would like to do for when lockdown has ended.



Help others to log their activity in their Round the World Challenge Passport or on the Round the World Challenge Website

Ways to volunteer at home



Do some fundraising for a local charity, this could be sharing links online or planning an event for when the lockdown is over.

mencap **ROUND THE WORLD CHALLENGE**



Pick up some shopping for a vulnerable neighbour



Sort through clothing, books and unwanted items at home. Donate these to your local charity shop when it reopens.



Make cards, crafts or write letters that can be sent to people who might be experiencing isolation



Volunteer to become a telephone befriender. This means calling someone who might be experiencing loneliness, on a regular basis to see how they are doing.



Join or set up an e-campaign on [Change.org](https://www.change.org) or [38 Degrees](https://www.38degrees.org) or using social media (**Facebook, Twitter, Instagram**)

Other ways to volunteer



You can contact your local **volunteer centre** or organisation for other ways to volunteer during lockdown.

Website: <https://www.ncvo.org.uk/ncvo-volunteering/i-want-to-volunteer/volunteering-coronavirus>

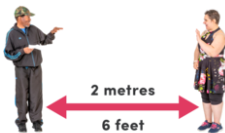
Document reviewed: 09/04/20

COVID-19 MUTUAL AID UK

Local organising to support the most vulnerable in our communities

Covid-19 Mutual Aid UK has a list of local community groups that you may be able to help with.

Website: <https://covidmutualaid.org/>



* Remember to follow Government advice about social distancing

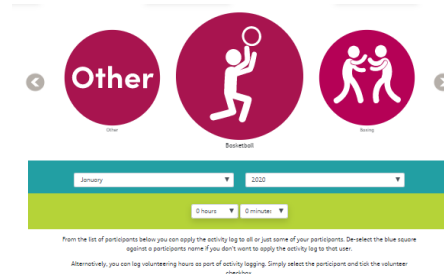


Remember to wash your hands as soon as you get back home.

Keep track

Don't forget to keep counting how long you volunteer for, your journey can continue!

If you can try to record what you did and how long for. You can do this in a notebook, in your Round the World Challenge passport or on the Round the World website.



Any questions?



You can email Mencap Sport on:
sport@mencap.org.uk