Want to volunteer to help COVID 19?

Thank you for looking for ways to help your community at this time of increasing need.

HEALTH FIRST

Anyone can volunteer but in the current circumstances if you are in one of the 'at risk' groups (pregnant, over 70 or have underlying health conditions) you should not take on volunteering roles that could raise the risk of infection, or of passing it onto others who might be at risk.

If you are in self-isolation with possible signs of Covid-19 infection, or at risk of infection, there may be something that you could do from your home which involves no person to person contact, such as telephone support for someone who is vulnerable or isolated. These roles are vital too.

VOLUNTEERING OPTIONS

On the www.volunteering-wales.net platform you can search for opportunities Those related to the current crisis have been categorised 'Covid 19' and can be found using this link:

https://volunteering-wales.net/vk/volunteers/search.htm?searchString=&categories=3042

Alternatively you can contact your local volunteer centre to find out how you can help in your area.

Informal groups are being set up to help their local communities – you may find details on social media such as Facebook or Nextdoor. See WCVA guidance: Community response to Covid 19 – enabling safe and effective practice, which includes tips for good practice including important advice on safeguarding.

And remember to be a good neighbour – keeping a check on those in your street who are vulnerable, perhaps with a regular phone call or a chat over the fence remembering that social distancing now as a prerequisite.

KEEP YOUR DISTANCE

All volunteers **must** follow the latest guidance on social distancing issued by Public Health Wales Guidance on social distancing for everyone in Wales and protecting older people and vulnerable adults.

The situation is changing quickly, so check this guidance regularly. See also the daily updates from Public Health Wales to ensure you have the latest information.

FINALLY, LET US KNOW HOW YOU GET ON

We value the time thousands of individuals are giving to their communities across Wales and would love to hear about what you do as a volunteer and about the difference you make with this valuable act of kindness. If you would like to share your story about your volunteering, drop us an email at volunteering@wcva.cymru and use 'COVID19 VOLUNTEERING, MY STORY' as the subject line.