Action At Home inspiration!

- This A-Z guide is for Raleigh ICS Return Volunteers looking for inspiration and advice on what and how to complete their action at home projects.

- It’s important to choose a cause that you really care about – that way your project will be more effective and more fun!

- Remember your Action at Home Coordinator, Pippa, is available to answer any questions you may have…

Email: PDavies@raleighinternational.org
Call: 0203 384 1850
Text/WhatsApp: 07568 430 993

Once you have completed your action at home project submit your report here.
Active Citizen Goals

Before you can graduate as Raleigh Alumni your action at home project will need to relate to two or more of the following active citizen goals:

**Youth Led** - For Example: Involve peers in creating a campaign addressing the UK government to end homelessness

**Engages Others** - For Example: Hold a food waste dinner party and ask guests to pledge to minimise their carbon footprint

**Creates a Positive Long-Lasting Change** - For Example: Volunteer as a mentor to support someone’s educational needs

**Involves UK Community** - For Example: Hold a litter pick event in your local area and give a workshop on how items can be upcycled

Keep an eye out throughout the guide for the info graphics above to see how they relate to real case studies.

Become Raleigh’s Leader of Change! If your project achieves every active citizen goal then you will be featured on Raleigh’s website as a Leader of Change.
What motivates you?

**Passions**
What do you really care about?

**Actions**
How are you going to help?

**Impact**
What do you hope to achieve?

**Organisations**
Who can you help?
Who can help you?
A – Awareness Raising

When you are embarking on your action at home project, it’s important to spread the word so people know what you are doing. It may help to maximise the effect of your activity, as well as raising awareness of your chosen cause.

Social media is a great place to start spreading the word. Once you have come up with an idea, share it with all your friends on Facebook, Twitter or Instagram. You will be surprised at the support you get just from posting on social media. Don’t forget to tag us on Twitter @Raleigh_ and Facebook at Raleigh International or Instagram @raleighinternational.

Getting an article in your local paper or giving an interview to a local radio station is great free advertising and they love to hear stories of what local people have been getting up to. If this is something you would like to consider, get in touch with us so we can provide any support you may need.

Return Volunteer Grace Mbrou spreads the word about FGM with charity AFRUCA:

“I chose this Action at Home because I believe that everyone should have full rights over their body. I couldn’t imagine being denied that basic human right therefore saw it as my duty to ensure that no females in my community are denied of this also.”
B – Blog

Never has there been an easier time to get your voice out there. You can choose from a variety of different blog platforms and a number of different streams to post them to. A good old-fashioned article is also a very effective way to get your message across, especially if it’s featured in a popular magazine or newspaper.

Return volunteer Jesus Falcon Perez writes a monthly article for his local newspaper:

“My main objective is to make people aware of the international development sector, trying to make people feel more interested in the sector and encouraging them to engage in projects in their cities or internationally.”

Click links below to start your blog:
- Wordpress
- Weebly
- Blogger
C – Campaign

Do you feel passionate about an issue and want to make a change? Get your voice heard and momentum rolling by starting a campaign directed towards a decision maker, asking them to do something. To show that others feel strongly about this issue, follow these steps to create a successful petition:

- Write a short and simple, yet compelling petition
- Use either online platforms for your campaign or you could have a paper petition where you collect signatures in person
- Once you’ve started, it’s all about getting the word out there! Make sure it reaches as many people as possible by sharing the petition online, contact the media, Invite charities, bloggers and websites sympathetic to your issue to link to your petition and contact related groups and organisations

Submit your petition! Reaching – or exceeding – your target amount of signatures is a fantastic feeling and a great achievement. Once you have collected the signatures it’s time to send them off to the person or organisation you are petitioning.

Click links below to start your blog:
- Avaaz
- 38 Degrees
- Change.org
- Petition Buzz
- Do Nation
D – Demonstration

Make a bold statement and get involved in a local demonstration. You can usually find details of these over social media events or through the cause you support. Ensure it is a peaceful protest and organised with the right permits.

Ryan Day took part in a demonstration against racism on International Refugee Day:

“I chose this action at home due to my understanding of particular issues affecting my local community and the global community. This was chosen particularly because of my experiences in Tanzania and the people I encountered.”
E – Exhibition

A photo exhibition can be an excellent way of sharing your experience and what you learned with others.

- Identify a unique location – coffee shops, retail shops, community centres, schools, university
- Let your local paper know and find out if your political representative is in the area that day
- Think about the issue you want your audience to engage with when choosing which photographs to display. Try and select a set of photos that follow a theme or tell a story and include descriptors
- Try to use shots of people wearing Raleigh t-shirts, convey a sense of adventure or personal challenge through un-posed, spontaneous shots and make sure your photos capture expression, intensity and enjoyment

- One of the unique elements of your Raleigh group is the diversity of volunteers, try and get your images to reflect this
- Please try and ensure that the images you choose portray the correct safety procedures being followed
F – Film Screening

Hosting a film screening is one of the simplest yet effective ways to raise awareness and inspire others to take action. So put on a film and start a debate.

- Decide when to screen your film. Make sure you have enough time to arrange and think about whether it could tie in with a significant day of commemoration.

- Find a venue which is accessible for your audience. It could be your University lecture theatre, an art house cinema or café. Don’t forget to consider community centres, church halls or your own living room. If it’s summer you could have an outside cinema!

- Check that the venue has all the electrical equipment you require, such as a projector, DVD player/laptop, adequate sound amplification, microphone, enough seating, tables for refreshments.

- Promote your event as far in advance as possible, the more people who see your film, the more you’ll inspire.

- Organise a post-screening event by inviting a speaker to do a short talk following the film. You could set up a Q&A or a panel discussion.

And finally, what to screen...?

There are no shortages of films to choose from, but please make sure you check the licensing rights to screening the film publicly – the film distributors often require a fee. If you’re screening at a cinema, inform them that you’re Raleigh alumni, cinemas will often happily pay the fee if you’re working on behalf of a charity.

- Screen an awareness raising film such as John Pilger’s Utopia.

- Raise awareness about worldwide animal cruelty by showing Black Fish.

- Take action for girl’s education with Girl Rising and Malala.

Raleigh ICS encourages diversity and inclusivity on all programmes and a wide range of medical conditions can be supported throughout the journey. If you feel that you had overcome personal obstacles to go on placement, and feel comfortable reaching out to other volunteers who might be going through the same experience, you could create a guide book to support someone going through the ICS journey.

It would be a really useful way of sharing your thoughts and feelings when you came across situations that you weren’t used to and how you coped with them.

“Action at home has helped me realise the connection between my placement and life here in the UK by developing my skills and giving me direction for the future”

– Nancy, Nicaragua Volunteer
In 2015 Government statistics showed that 3,569 people slept rough on any one night across England - this is over double the number counted in 2010.

There are many charities you can get involved with to help, such as Crisis, Centrepoint and Shelter, as well as setting up your own initiatives.

Jamie Robinson organised an event to help the homeless and raise awareness in Manchester City Centre. He worked together with a primary school, local wholesaler, homeless charity & fellow ICS volunteers. They provided clothes collection points, sleeping bags, ruck sacks, meat and veg stew, and Christmas cards.

“I plan on doing this form of activity every year. The people seem to appreciate the 1-2-1 connections between the volunteers and themselves.”
I – Incorporate Recycling

In the UK alone, we use over half a million tonnes of metal packaging and nearly 2 million tonnes of glass packaging per year. A lot is now being recycled but there’s still a lot more to do. Here are some ways you can inspire others to reduce, re-use and recycle:

- Incorporate a recycling initiative at work
- Give experiences for presents instead of packaged gifts
- Give your belongings a new lease of life by up-cycling
- Repair instead of throwing out
- Donate your old clothes, or give them to re-use organisations
- If you believe a product has too much packaging, write to the retailer encouraging to reduce or use more sustainable materials

- Choose products with less packaging
- Check and make sure you are recycling everything you can

To find out more information visit recycle now.
J – Join the Micro-Volunteering Movement!

“Volunteers do not necessarily have the time; they just have the heart.”

Have you started a full time job and struggling to find the time to volunteer? Join the Micro-volunteering movement and spend 10 minutes of your day making a difference! This can be anything from donating pet food to describing images to blind people.

Click on the links below for more information:
Help from Home
Skills for Change
Know How Non Profit
Full of ideas after volunteering with Raleigh? Get your project off the ground and make an impact by applying for funding.

- **Vinspired** cashpoint funds 14 – 25 year olds who have an idea for a project that will help solve a problem in their community. By submitting a simple application, you could be offered up to £500 to turn your ideas into reality and get your project off the ground.

- **UnLtd** is the Foundation for Social Entrepreneurs. It runs competitive awards programmes for young social entrepreneurs which awards grants of £500 - £20,000, alongside training and support programmes.

- **The Alec Dickson Trust** provides grants of up to £500 to help people under 30 years old to run projects in their community. Applicants must show that their project will use local volunteers.

- **Youth Bank** awards money at local level to young people in Northern Ireland and the Republic of Ireland to support activities that help their local community.

- **Think big with o2** awards up to £300 for digital projects that will solve a problem in your community by harnessing technology as a power for good.

“Identify what you believe is a real problem in your community and try as hard as you can to make a difference towards that problem”

– Heleena, Tanzania Team Leader & DOM
L – Lobby MP

UK politicians can have a great influence on redressing inequality and poverty, both in the UK and on the international stage. There are lots of effective ways to lobby them; from writing and emailing to speaking to them in person.

- Identify your MP - type in your postcode on TheyWorkForYou
- Choose your change – what do you want to lobby your MP about? How can they help make an impact?
- Write calmly and rationally, detailing why you believe a particular policy or campaign is necessary to achieve positive change
- Keep your letter concise (one page maximum)

You can attend your MP’s surgery to speak with them directly. Following the meeting, write a follow-up letter to thank them for their time, state what you understood to be the outcomes of the meeting and remind them of the actions which they have agreed to take on your behalf.

- Invite your MP to awareness raising events that you organise, such as presentations or screenings. This is a great way to get them engaged with an issue, and encourage them to take positive action

Paul decided to write to his local MP and the Secretary of State for the Department of Environment, Food and Rural Affairs (DEFRA). He chose to highlight the issue of food waste in the UK, in particular that from supermarkets.

“Seeing how precious food and water is in rural Tanzania, I thought this would be a good area to focus on as here in the UK we are so wasteful and take these things for granted.”
M – Meaningful Munch

Strapped for time outside of work to inspire others? Use the lunch break to get people away from their desks and engaged with the issues you care about.

There’s no pressure to attend, no debrief following the screening, just an opportunity to find out more about a variety of global issues. So give it a go at your place of work. It’s one of the simplest actions you can take. And you’ll be surprised how many of your colleagues will attend.

Remember:

- Make sure you run the concept past management
- Find a suitable space where you can set up a projector and screen that will also accommodate the number of people who’ll attend
- Launch Meaningful Munch with an email to colleagues with a calendar request. And don’t forget to use traditional methods, get some posters up in the communal areas
Do you have a wild imagination and want to delve outside of the box? Get creative! Making an exciting product is a really powerful way to grab people’s attention and spread awareness for an important cause. It also has a scope for raising money for charity for an added bonus.

- Firstly, identify the aim for why you are making it. What cause do you want to raise awareness for? Maybe it could link in to the theme of your product?
- Then figure out what you need to make it, and calculate the selling price including the producing cost. Remember to do a bit of market research – people aren’t going to buy it if they can get something similar for cheaper. Have a unique selling point!
- Think about how you’re going to sell it – via the web, in a shop, at a market?
- Get the idea out there – the more coverage on your product you get, the more you draw in

Alexandra Strouts designed and created t-shirts that celebrated women’s contribution in history. She sells them online and at a high street shop to raise money for Plan International’s Girl Fund.

“This project appealed to me because it was not clear cut. I wanted to benefit a cause that would not only contribute globally but would also make those at home think more about their role as global citizens. It also enabled me to utilise several skills that I had discovered or developed whilst on placement, for example, public engagement and creative disciplines.”
O – Organise an Event

On returning from volunteering are you inspired to hold a fundraising event to continue supporting the life-changing work Raleigh is doing overseas? You can combine your fundraising with awareness raising – a fantastic way to engage people and help support the continuation of Raleigh’s work!

- Choose your event - There are lots of different types of event that you can hold to raise funds for Raleigh, for example; hold a bake sale, host a music night, quiz
- Arrange your venue - Think about where would be the best setting for your event
- Hold your event - People will be interested in why you’re holding your event, so make sure you talk about your volunteering experiences and why you think the issue you’re raising awareness of is so important

- Invite your guests - Get word out about your event as early as possible! If you’re holding an event that’s open to the public, make posters advertising it and ask to display them in local libraries, cafes and arts centres. Create a Facebook event and send out a press release

- Set a date - Make sure that you have enough time to prepare and to get the word out about your event

- Make sure that your guests are aware of where the money you are fundraising will go. Let them know that in supporting Raleigh International they are helping the continuation of our work, challenging and inspiring young people around the world to work with communities living in poverty.

“Call radio stations/contact newspapers and get in touch with as many local businesses as possible creating an event so they can spread the word”

– Ruth, Nicaragua Volunteer
P – Public Speaking

After volunteering with Raleigh you’ll have a lot to say about your experience, your projects and the impact of sustainable development. Giving a talk can be a fantastic way of raising awareness of development issues and engaging people with Raleigh’s work.

- **Choose your topic** - Alongside talking about your experience volunteering with Raleigh, you may also like to incorporate a development issue

- **Choose your audience** and arrange your talk - Knowing who your audience are is important, as they will have an impact on the content of your presentation

- To get you started, you can download our template presentation slides [here](#).

- **Prepare your presentation** - Preparing your presentation is really important as it will help you give a professional talk and to engage your audience. Using a PowerPoint presentation can be a good way to illustrate your talk and draw attention to key facts. Remember; don’t put too much text, use relevant photos and stick with a style
Q – Quiz on Sustainable Development

Try hosting a quiz at your local pub, community hall or school to raise awareness on sustainable development. After the quiz is finished present the answers in an interactive way so the audience will remember it. We can provide you with a letter identifying you as a Raleigh return volunteer to help you in approaching venues. You can also incorporate fundraising activities on the night, such as a raffle or charity auction.

You could also develop an online quiz as an awareness raising campaign. It could have questions about the Global Goals or a specific development issue. Post it on social media to raise awareness and knowledge about that issue.
R – Raise Money

All charities need funds in order to keep doing the great work they do. Most of their money comes from people who fundraise for them. By raising money for a cause you care about you can provide opportunities that an organisation may not have had, and spreading awareness whilst doing it.

You have already gained skills in fundraising for ICS, why not use this experience to raise money for Raleigh International or a charity you really care about?

Charley Plowright held an awareness raising event about climate change in Nicaragua. She also sold comics she created depicting folk tales from her community, raising £183 for Raleigh.

“I know it might be hard for people who haven’t seen the effects of climate change first hand to consider or care. I hope by showing real stories people will be motivated to take action.”

“Utilise the talents of your friends and family. My friend wasn’t willing to give me £5 of his own, but he was willing to play his guitar at my event. Also think about your own talents for fundraising”

– Mike, India Volunteer
S – Swap and Share Party

Every year in the UK, we buy 2.15 million tonnes of new clothing and shoes. In order to make room for all the new clothes, the majority of the old is just thrown away. That’s around 900,000 million items of clothing being thrown away each year. Although 50% of this is recyclable, only 16% is in fact recycled – the rest is destined for landfills.

Hold a swap and share party with your friends, family and your community. Get everyone to bring along the clothes they don’t want anymore and swap for items they do want. The event could take place at a church hall, sports centre, village green or your own house. This could also be a great opportunity to raise awareness about why they should re-use instead of throwing away. You could also have a donation pot for anyone feeling generous and wants to give towards a charity that helps people who can’t afford to buy clothes. Anything that is not swapped could be donated to charity shops.
T – Take a Challenge

You know what they say about actions speaking louder than words! Taking a challenge can be a great way to raise awareness, fundraise for a development programme, and share your experiences with family and friends.

Raleigh’s 7 actions, 7 days!

**Meat Free Monday** - Cut out meat to reduce CO2 emissions

**Equality Tuesday** - Share a video on gender equality and encourage joining campaigns like He for She!

**Water Saving Wednesday** - Use just 20 litres of water for a day.

**Green Thursday** - Go plastic free for a day and Break the Bag Habit!

**Foodie Friday** – Throw a Fairtrade dinner party.

**Political Saturday** - Sign a petition on an issue you care about, and encourage 5 friends to sign it too.

**Sustainable Sunday** - Take the Sustainable Development Goals survey and share it!

Live Below the Line Challenge

Living Below the Line challenges individuals and communities to eat and drink on just £1 a day for 5 days. By taking part you will shine a light on the 1.2 billion people who live below the extreme poverty line and help people to think differently about hunger and the choices we make every day. For advice and recipes visit the hunger project.

The Yes Challenge

Vow to be a YES person for 30 days! Throw out your list of excuses and when someone asks you for something make yes your automatic answer, no matter what the request. This challenge is about showing kindness and generosity, as well as coming out of your comfort zone. Do you want to try some marmite? OK. Can you come to a Bollywood dance class with me? Sure! Do you have any spare change? Yes Record the adventures you come across along the way and share with others. It may create a positive change for yourself and the people around you.
U – Use Fairtrade

- Fairtrade products provide farmers and workers with a more sustainable income
- Fairtrade certified products positively impact the lives of over one million farmers and their families across 58 countries
- Fairtrade creates lasting change by raising the standards of living for families in the developing world. It offers a sustainable livelihood, not handouts. Millions of producers are affected by having more resources and control over their lives

Shopping ethically has never been easier, there is an enormous body of knowledge on how to make the right decisions. The Fairtrade website has lots of product information.

Emma Turnor decided to host a Fairtrade coffee morning for her action at home project to spread awareness to friends and family.

“I wanted to help others understand how swapping standard products for Fairtrade items is such an easy change to make and helps prevent people around the globe slipping into poverty.”
“Volunteers are not paid – not because they are worthless, but because they are priceless.”

The work of volunteers to charitable organisations is invaluable. It can be one of the most effective ways in which one can feel like they’re making a real impact for a cause they care about, as they see first-hand what their time and effort is going towards.

There are plenty of opportunities available around the UK. The first step is identifying the developmental or social issue you resonate with most, and then find an organisation that supports it. It is important that before you dedicate yourself to them, you ensure they are a registered charity, with clear aims and objectives.

You can usually find volunteering opportunities on the organisation’s website which will show you how to apply. It can take a while for applications to be processed so make sure you act fast and remain patient.

Raleigh International have many volunteering opportunities in the UK. Visit the ‘Stay Involved’ section of our website for details.

Alfie Adamson chose to volunteer his time and became a buddy for Macmillan Cancer Support. The Buddy scheme provides practical and emotional support services. A volunteer’s role is to listen and talk to someone suffering with cancer, and help them with daily chores whilst building a friendship.

“I thought a lot about a sense of belonging in the world; even smaller, a sense of belonging in your local community. I felt people here in the UK are undoubtedly more isolated and suffering from loneliness without realising. I wanted to help people in the local community who just need some company.”
W – Workshop

Running a workshop is an interactive way of engaging people and inspiring them to take action on sustainable development without having to commit to public speaking. Follow the below tips to achieve maximum effect:

- Identify a topic that you feel comfortable talking about
- Plan the session considering different learning types and with flexible time allowances
- Workshops are about collective group learning. As a facilitator you must make sure people share their ideas, and are able to be as creative as possible

There are some great workshop guides to look at on the global goals for young people and children.

“Make sure to make your Action at Home is as sustainable as possible so many people can keep benefiting from it, e.g. teach children facts who will then teach other children or their parents”

– Frankie, Nicaragua Team Leader

Sabrina Salhi ran workshops for her old primary school, focusing on Global Active Citizenship.

“I truly believe that ignorance breeds hate and prejudice, so in my mind there was no better way to communicate the benefits of volunteering and promote the Sustainable Development Goals than to teach children.”
Running a treasure hunt is a memorable and fun way to raise money to donate to your preferred charity or community project.

People from all different backgrounds can join in due to the flexibility and inclusivity of treasure hunts. Making it ideal for families, groups of friends or people from the office!

To raise the donations, you can charge teams or individuals to participate. You could also get sponsorship based on, for example, the number of clues correctly answered.

You can have fun creating your own or X marks the spot is a company that specialise in designing charity fundraising treasure hunts. You can pick from a pre-arranged one or request one that is custom-made depending on your theme.
“Raleigh International creates a lasting positive change through the power of youth.”

Create a youth political involvement campaign to encourage young people to get more involved with politics with UK Youth Parliament.

Organise a young entrepreneurs networking event. It could be an alternative careers fair for young people with opportunities to set up a few stalls, do a talk about their experiences and encourage youth to think and share ideas about enterprise.

Isabel felt that there was a wealth of knowledge between the organisations involved in ICS and the volunteers themselves that, if shared, could amplify the impact of return volunteers’ action at home efforts. Therefore she constructed a website to bring together the vast amount of resources and information about getting involved in social action and to connect like-minded individuals. It includes a blog section where people can share their experiences of social action, and there is a project profile page where initiatives can be showcased to attract donors and volunteers. Have a look and join the community here.
Z – Zero Hunger

“End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.”

Food production will need to increase by at least 60% over the next 35 years to provide food security for the 9 billion people expected to be living on the planet.

Take action to ensure by 2030 no one will go hungry anywhere in the World.

There are plenty of ways you can get involved with ending world-wide hunger, from spreading awareness to even eating at restaurants who donate £1 for every meal that’s eaten. Check out Action Against Hunger for more information.

We throw away 7 million tonnes of food and drink from our homes every year in the UK, and more than half of this is food and drink we could have eaten.

- Make a difference in your community for other young people by inspiring them to take action and be global citizens.
- Organise a campaign to encourage people to be more conscious of food waste. For example, ask them to attempt living for a month creating as little waste as possible and blog about their experience. Love Food Hate Waste have some useful advice.
- Host a food waste dinner party! Ask everyone to find items that are being neglected, in danger of going bad or are beyond their sell-by date. Have your friends bring them over a couple of days before the event so you can create your menu – you can find some great recipes on Food Cycle – they also offer volunteer roles in various locations throughout the UK.
- Base your action at home project around ending hunger, or any of the other Global Goals.
Visit Raleigh International’s website for more information about Action at Home