

**LET'S FACE LONELINESS TOGETHER:  
ONE CONNECTION AT A TIME**

# **HELPING OTHERS TOOLKIT**

**PRODUCED BY**

**THE GREAT GET  
TOGETHER.**  
INSPIRED BY JO COX

**SUPPORTED BY**

**ROYAL  
VOLUNTARY  
SERVICE**

# THE GREAT GET TOGETHER.

INSPIRED BY JO COX

**The Great Get Together** is inspired by Jo Cox MP, who was killed on the 16th of June, 2016. We ask people to come together and bridge divides, proving that we have, in Jo's words, **#moreincommon.**



## THE GREAT WINTER GET TOGETHER

DECEMBER 14 – JANUARY 18



This winter, **let's face loneliness together:**  
one connection  
at a time.

**Join us:**

**[greatgettogether.org/sign\\_up](https://greatgettogether.org/sign_up)**



# WHY SHOULD I HELP?

According to a report by Royal Voluntary Service [1], a significant driver for first-time volunteers is responding to urgent social need. The strain COVID has placed on the NHS and our livelihoods has resulted in more people than ever giving back.

- **Do something meaningful** and impactful with the resources you have available
- **Give back** your spare time and energy to those facing loneliness and severe negative impacts from COVID
- Now more than ever, we need to **pool our efforts** and care for each other
- Even the smallest **acts of kindness and service** can go a long way!
- **Meet new people** and **make new friends** by getting more involved in your community
- Build **a sense of solidarity** with your community
- **Share and learn skills** with fellow volunteers

# HOW CAN I VOLUNTEER?

ROYAL  
VOLUNTARY  
SERVICE

## IF YOU HAVE...



# AN HOUR

Could you spare an hour a week to support those who need a helping hand?

Check out Royal Voluntary Service's [Hour of Need](#) and find ways to make a difference with just an hour.

Support vulnerable people in your community by getting involved with local mutual aid groups, helping neighbours with errands like groceries or becoming a NHS Volunteer Responder.

Whatever your skills or availability, give the gift of your time this winter.



Get started now: [hourofneed.org.uk](https://hourofneed.org.uk)

# HOW CAN I VOLUNTEER?



## AN EVENING



ITV, STV and the National Lottery have partnered together to present [Miss Out to Help Out](#). This tool helps you replace an evening of TV with great opportunities to give back from the comfort of your home. From becoming a telephone befriender to skill-sharing, [find out more](#).



## A WEEKEND



If you are able to commit chunks of your weekend each week to a cause, you should consider applying for long-term voluntary positions or becoming a charity trustee. You can find opportunities that suit your specific interests and skills on boards like [CharityJobs](#) and [Do-It.org](#).

# MORE IDEAS ON HOW TO HELP OTHERS

Reach out to your peers, particularly those that might be on their own and experiencing feelings of loneliness or isolation. Be a friendly face and see if you can help them virtually or from a safe distance.

COVID has pushed most things, including education, work, communication and help, online. Those without access and resources are being left behind.

Give your old technology (computers, tablets and telephones) to local tech aid groups that clear and distribute them throughout your community to those who need it most.

Donate non-perishable food, clothing items and money that you can spare to community donation banks or charities like FareShare.

COVID has brought about unprecedented and widespread financial, health and social issues. More people than ever will be needing support and supplies this winter.

# CONTACT US



**@great\_together**



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**hello@greatgettogether.org**

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## REFERENCES

[1] Dr. Justin Davis-Smith, Nick Ockenden and Dr. Helen Timbrell, Royal Voluntary Service. [“First-Timers: Kickstarting a Volunteering Revolution”](#), 2019

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**HELPING OTHERS**

**TOOLKIT**