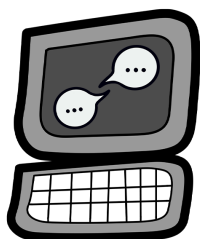


## Micro-volunteering: One-minute tasks



**Write a message in one of our online support groups.**

Are you a member of one of our Facebook groups or our Health Unlocked group? Take a few minutes to respond to a recent post, it doesn't need to be detailed, just a few well-chosen words could go a long way.



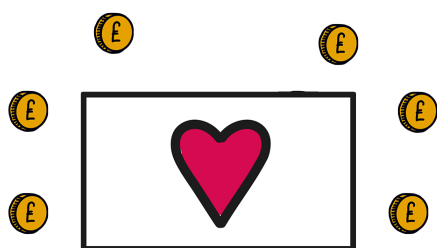
**Support our campaigns.**

Contact your elected representative in support of Leukaemia Care's #SpotLeukaemia campaign. Take action by completing our automated form that will contact your elected representative asking them to support our campaign.



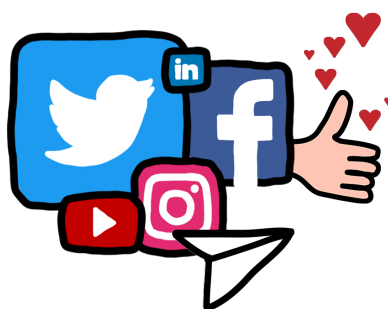
**Check for our flyers in hospital.**

Have you got a spare few minutes in a waiting room? Can you spot any of our posters or flyers? Send us an email to let us know the hospital you attend and what information, posters, and flyers you can or can't see.



**Donate.**

Just £10 could ensure that a newly diagnosed patient gets the information they need. Choose between a one-off donation or become a regular giver.



**Like and share our social media posts.**

Read our posts and find one you want to share with others to raise awareness of leukaemia or the vital support services we offer.

As a volunteer you will be offered full guidance and support by our Volunteer Coordinator Zoe Collins. You can contact Zoe by calling **07534 072 332** or by emailing [volunteering@leukaemiacare.org.uk](mailto:volunteering@leukaemiacare.org.uk).

## Micro-volunteering: 30-minute tasks

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**Tell us how we've helped you.**

Write a short testimonial telling us which of our services you've used and how it has helped you. We can use this to help gain more funds and support for our services. Use the comments box on the volunteering page on our website to send us your quote!



**Read and share our patient stories.**

If you can help just one person to spot the symptoms of leukaemia, you never know who it might help. Find our patient stories on our website at [www.leukaemiacare.org.uk](http://www.leukaemiacare.org.uk)



**Review one of our webpages.**

Pick a page and check it's all okay; we're talking typos, grammar, missing links, factual issues, or even just something that doesn't sound right to you. If you find any issues, then include them in the comment box on the volunteering page on our website.

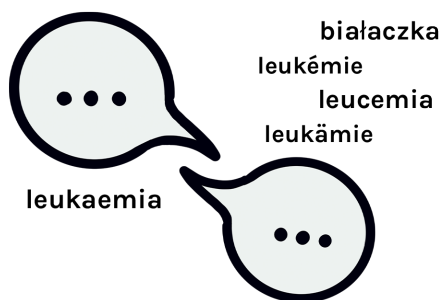
As a volunteer you will be offered full guidance and support by our Volunteer Coordinator Zoe Collins. You can contact Zoe by calling **07534 072 332** or by emailing [volunteering@leukaemiacare.org.uk](mailto:volunteering@leukaemiacare.org.uk).

## Micro-volunteering: 60-minute tasks



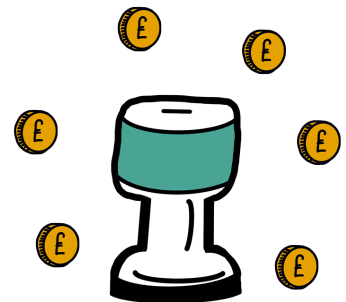
Share your  
story.

Patient and carer stories are vital to our campaigns and offer support and guidance to those going through their diagnosis. Drop our Communications Team a line at [communications@leukaemiacare.org.uk](mailto:communications@leukaemiacare.org.uk) and they will guide you through the next steps.



Translate a  
document.

Are you fluent in a language other than English? Send us an email to let us know what language you could translate in and what time you have available. We'll then send you a leaflet or flyer to translate for us.



Ask a local business to  
host a collection tin.

Let us know when you've got their permission and we'll post the tin out for you to give to them. All we ask is that you get them to let you know when it is full, and you pay the cash into the bank for us. To register your interest in this please use the form on the volunteering page on our website.

As a volunteer you will be offered full guidance and support by our Volunteer Coordinator Zoe Collins. You can contact Zoe by calling **07534 072 332** or by emailing [volunteering@leukaemiacare.org.uk](mailto:volunteering@leukaemiacare.org.uk).