

## **VOLUNTEER FROM HOME**

As we support the health and well-being of our communities through social isolation, we recognize that the desire to help others by giving back remains strong. In addition, the needs of our neighbours and communities grow in times of crisis. We are committed to helping meet those needs while taking the appropriate precautions to keep people safe. There are many ways to contribute during this time including from the safety of your own home.

DIYs are a great way to keep our volunteers engaged as we practice social distancing. They form a big part of our virtual volunteering implementation plan. It is volunteering done at home, off-site and still being able to actively contribute to the community.

### **List of DIY guides available:**

- Readiness Kit Build
- Homemade Masks
- PPE Protection Kit
- Write A Note online)
- Comfort Kit - incl. no-sew blanket
- Kids Activity Kit
- Literacy Kit - esp. Dr Seuss
- Hygiene Kit
- Baby Essentials Kit

### **Information:**

**For more information contact Amanda Lanoway at 306-540-9884 or [alanoway@unitedwayregina.ca](mailto:alanoway@unitedwayregina.ca)**

### **Social Distance Practices:**

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Physical distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

This means making changes in your everyday routines to minimize close contact with others, including:

- Avoiding crowded places and gatherings
- Avoiding common greetings, such as handshakes
- Limiting contact with people at higher risk (e.g. older adults and those in poor health)
- Keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



## ONLINE - WRITE A NOTE

### Description

Using an online form, volunteers Write a Note of encouragement choosing the recipient from a drop down menu including: student, senior, family or teacher. A simple act of local love providing encouragement to those that need it most.

We invite you to take a moment and prepare a thoughtful note United Way will deliver. This simple act of local love is an effective way of supporting positive mental health for volunteers and recipients alike.

Note: United Way Regina will be using notes to teachers for a special promotion during Education Week in October 2020. We will require a variety of notes to teachers at that time.

### Directions

We invite you to submit your note of encouragement here:

[https://unitedway.formstack.com/forms/writeanote\\_uw\\_regina](https://unitedway.formstack.com/forms/writeanote_uw_regina)

### Questions

Contact your United Way Regina Representative or call 306-757-5671 for assistance.



**United Way  
Regina**

## DIY GUIDE TO ENCOURAGE-MINT BUILD

### Description

Everyone can use a bit of encouragement. Completed encourage-MINTs will be included in other kits, distributed at meal programs to show your local love and to let recipients know someone cares.

### Supplies

- 3in X 5in Flat Clear Plastic Bags (Gale's)
- 2in X 4in Shipping Labels
- Printer
- Mints (individually wrapped)



### Directions

- Design and print your encouragement label. See photo included as an example. Consider your audience when creating this content.
- In each clear plastic bag, place a few individually wrapped mints.
- If your plastic bag does not have an adhesive edge, fold end over and use the shipping label to seal.
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Donate

Contact your United Way Regina Representative or call 306-757-5671 to schedule a drop off time.

## DIY COMFORT KIT BUILD

### Description

Comfort Kits are designed to provide just that: comfort. Regardless of the situation, be it an isolated senior, a client at a domestic violence shelter or a struggling teen it's comforting to know someone out there cares for you and wants the best for you. These kits can be a compilation of items or focus on a larger item like a no-sew blanket.

### Supplies

- no-sew blanket (fabric, scissors, ruler)
- hygiene items (nail clipper, shampoo etc.)
- mints
- lotion
- socks
- word search, deck of cards
- journal

### Directions

- Collect items and place in a bag for delivery.
- All items must be new/unused
- Get creative and write an encouragement note with your own personal greeting. Example 'Someone thought of you today' or 'You are strong'
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Instructions

- Choose fleece fabric. You will need two pieces of fabric the same size. Can be contrasting patterns or can be made of the same material.
- Line up the two fabrics, right sides OUT. Anti-pill solids are FUZZY on the right side. Anti-pill prints will be more vibrant on the front side. Regular prints are hard to tell -- use the side that appeals to you.
- Trim the two pieces so that they are the same size.
- Cut a 5-inch square from each of the four corners. Discard cut-outs.
- Cut fringe on all four sides of the blanket. Cut through both layers of fabric at the same time. Fringe pieces should be a little wider than the width of your finger. Cut in from the edge 5 inches.
- Leave your blanket laying flat on the surface, with all fringes lined up. Tie knots. There are a variety of ways to tie knots including balloon knots, tie them just like you would if tying off a balloon! See video for more techniques.
- Tie all the fringes together on all four sides of the blanket. You are Finished!
- Adult: 2 yards of each fabric Child: 1.5 yards of each fabric Baby: 1 yard of each

### Reference Sites & Video Tutorials

<https://www.instructables.com/id/No-Sew-Fleece-Blanket-1/>

<https://www.youtube.com/watch?v=hTL6bEz8y5c>

<https://www.youtube.com/watch?v=R3UgR6rKEoE>

### Donate

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## DIY GUIDE TO READINESS KIT BUILD

### Description

Kindergarten Readiness Kits are filled with supplies that assist parents/caregivers in preparing their child for school using everyday experiences and turning them into learning opportunities. Children develop early learning skills including fine motor skill development. You can help ensure all children have activities and resources necessary to help prepare them for success in school and in life. Kits can include a variety of the supplies listed below.

### Supplies

- board book(s)
- Kids scissors
- Glue stick (1)
- Pencil Crayons (1 box)
- Markers (1 box)
- Pencils (10)
- magnetic letters  
upper and lower case
- flash cards
- sketch pad
- play-doh
- construction paper



### Directions

- Collect items and place inside the pencil box/case.
- All items must be new/unused
- Get creative and write an encouragement note with your own personal greeting. Example 'Have fun learning'
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Donate

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## DIY GUIDE TO PPE PROTECTION KITS

### Description

Hygiene and Cleaning are important now more than ever. Supplies are always in high-demand and are one of the biggest needs of our agency partners, especially in this time of crisis. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

### Supplies

- Face Masks
- Gloves
- Disinfectant cleaners
- Cloth
- Body Soap
- Laundry Detergent

### Directions

- Collect items in plastic ziploc bags
- All items must be new/unused
- Get creative and write an encouragement note with your own personal greeting. Example 'Thinking of you'
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Donate

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## DIY GUIDE TO WRITE A NOTE

### Description

Show your support to frontline workers or teachers who selflessly continued to provide essential services to the members of our community and especially to those in vulnerable situations.

### Supplies

- Card stock
- Blank white cards and envelopes
- Cutting tools like scissors
- An X-ACTO knife or a paper trimmer
- Paper-friendly adhesive
- Additional supplies for cards you choose to make

### Directions

- Get creative and write an encouragement note with your own personal greeting. Example 'Thinking of you' or 'Share some of your kindness today too'
- Take a picture of completed note and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Card making ideas

<https://www.mybluprint.com/article/easy-card-making-ideas-that-take-30-minutes-or-less>

### Donate

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## DIY GUIDE TO SENIORS' ACTIVITY KIT

### Description

Help spread kindness and joy by creating Activity Kits for seniors in our community. These kits will give seniors a chance to be active and occupied during long days of isolation.

### Supplies

- Crossword Book
- Post Cards
- Coloring Sheets
- Puzzles
- Pens
- Sugar free candy / treats
- Letter pad
- Tote bag

### Directions

- Arrange all the supplies in a tote bag
- Leave a note in the bag, such as "Thinking of You! Or You are loved! Or 'Enjoy!'"
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Donate

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## DIY GUIDE TO KITS FOR KIDS

### Description

Make an activity kit filled with essentials and goodies can help provide kids with the love, care and support they need during this time.

### Supplies

- Backpack or new re-usable shopping bag
- Craft items
- Coloring Book
- Crayons
- White board and markers
- Stationery – Pens, pencils, erasers, notepads, sharpeners

### Directions

- Fill the backpacks/re-usable bag with the items you chose to get.
- You can make specific backpacks - for older kids or younger kids.
- All items must be new/unused
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Donate

Contact your United Way Regina Representative or call 306-757-5671 to schedule a drop off time.



## DIY GUIDE TO LITERACY KITS FOR KIDS

### Description

The literacy kits are designed to focus on the skills young children need when learning to read while, at the same time, diving deeper into the book and its themes. Our hope is to foster a love of reading at a young age.

### Supplies

- Dr. Seuss book(s) preferably from the Early Reader selection
- Related activities such as puzzles, coloring books
- Crayons or pencil crayons
- Small bag

### Directions

- Fill the bag with the items you chose to get.
- All items must be new/unused
- Write a personal note of encouragement
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter using #Dr. SeussDay
- Note: Our annual Dr. Seuss Reading Day celebrations take place on or around March 2, the birthday of Thloedore Seuss Giesel.

### Donate

Contact your United Way Regina Representative or call 306-757-5671 to schedule a drop off time.

## DIY GUIDE TO HYGIENE KITS

### Description

Hygiene Kits are always in high-demand and are one of the biggest needs of our agency partners, especially in this time of crisis. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

### Supplies

#### Adult

- Band-Aids
- Bar Soap
- Deodorant
- Razors (2)
- Shampoo
- socks
- Toothbrush / Toothpaste
- Lotion
- Ziploc bag (2)
- menstrual products

#### Children

- Baby Wipes
- Baby Shampoo
- Child size socks
- Childrens toothbrush/toothpaste
- Ziploc bag - 1)package

### Directions

- Collect items in large/x-large plastic Ziploc bags
- All items must be new/unused
- Get creative and write an encouragement note with your own personal greeting. Example 'Thinking of you'
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### Donate

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## **DIY GUIDE TO BABY ESSENTIALS**

### **Description**

Baby essentials are one of the biggest needs for mothers and families experiencing poverty. They are expensive. Create kits that have supplies that can last for at least a month so people in need have what they need to maintain good hygiene.

### **Supplies**

- Diapers
- Baby wipes
- Thermometer
- Baby blanket
- Baby bath wash
- Baby shampoo
- Nail scissors/nail clippers/nail file set
- Baby bag

### **Directions**

- Collect items in the baby bag
- All items must be new/ unused
- Write an encouragement note to the mother. Example 'Congratulations' or 'Thinking of You.'
- Take a picture of completed kit and tag @UnitedWayRegina on Instagram, Facebook or Twitter.

### **Donate**

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