Volunteering CANTERBURY

Christmas VOLUNTEERING MENU

5-MINUTE ACTIONS

for when your brain is 90% pavlova

Send a quick thank-you text to someone who helped you this year - a colleague, neighbour, kaiako, whoever.

Share one local community group's post to your social feed. Yes, this actually does help.

Add one extra item to your next supermarket shop and pop it in a foodbank drop-off bin.

Write a positive Google review for a local op shop, café, or community organisation. They love this!

Pick up 5 pieces of rubbish the next time you're at the park, beach, or river. Good for the whenua, good for the soul.

WWW.VOLCAN.ORG.NZ

Volunteering CANTERBURY

Christmas VOLUNTEERING MENU

30-MINUTE ACTIONS

for when you've got sunscreen streaks but some energy

Declutter one cupboard or drawer and donate anything good quality to a charity shop.

Bake or buy a treat and drop it to someone working through the holidays - hospital staff, retail workers.

Write a postcard or message to residents in aged care - many feel isolated over the holidays.

Make a "Little Free Pantry" drop: canned goods, sanitary items, pet food — whatever's needed.

Do a quick backyard or street tidy — mow, trim, or sweep and offer the same for a neighbour.

WWW.VOLCAN.ORG.NZ

Volunteering CANTERBURY

Christmas VOLUNTEERING MENU

2-HOUR MISSIONS

for when you feel like doing something properly meaningful

Join a local clean-up or do your own guerrilla version at beach, bush track, or playground (great whānau activity).

Volunteer at a charity shop for a short shift — the holiday period gets busy and extra hands are gold.

Cook a meal (or double-batch your dinner) and drop the spare portion to someone who could use a lift.

Visit or call someone who might be alone this season - meaningful, steadying, very human.

Host a mini working bee: invite a friend or two to help weed, paint, or fix something for a neighbour or local community group.

WWW.VOLCAN.ORG.NZ