

MUTUAL AID ROAD REPS

COMMUNITY INITIATIVE

WORKING TOGETHER TO SUPPORT OUR COMMUNITY

PRINCIPLES OF VOLUNTEERING

Our own time, energy, and mental well-being are precious. As they say during the flight briefing “put your own mask on before helping others” you can’t help others if you’re not a live to do it. Whilst this may seem a drastic comparison its principle is transferrable to our current crisis. In order to survive we must take the threat of catching and passing on Covid-19 seriously. So always remember...

- 1) We are volunteers, not paid staff. This means we have stepped up to help our neighbours, and can step back too if we need to.
- 2) Equally, we may become beneficiaries, if we or our family become unwell.
- 3) Only do what you can do, be realistic in what you offer to do, be honest whether you can do something or not.
- 4) Always be aware of the effects of effort/stress for you. If necessary, ask for help or to have a chat with someone
- 5) If you believe that something is taking (likely to take) too much time, energy or stress and someone else can or wants to take on the task that's fine, step back and let them do so.
- 6) However, another volunteer cannot ask you to expend your energy beyond what you are prepared to give.
- 7) We are a big group and so can't afford to be a democracy all the time.
- 8) Admins will always try to follow Rule 1 so they will try to make a decision that saves time, energy or stress for you and the group.
- 9) You can't be too strict. You are a volunteer and not a slave. If people abuse you or your goodwill in any way, don't hesitate to stop volunteering as you see fit.
- 10) Be clear about our remit - we are local volunteers, not a branch of Social Services, the Army and Navy, or the A-Team. We offer help with shopping, running errands, checking in with people and a social support.



**ARRANGING
DELIVERIES**



**PICKING UP
SHOPPING &
MEDICATION**



**A FRIENDLY
PHONE CALL**



**POSTING
MAIL**



**URGENT
SUPPLIES**



**HELP TOPPING
UP ELECTRIC
OR GAS KEY**

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#RoadReps #MutualAid #ViralKindness #SelfIsolating #Covid19UK #Shielded

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