

Microvolunteering

Cause Aligned Actions

For

Cardiff County Council



help
from
home

Change
the world in
just your pyjamas

www.helpfromhome.org/

Cardiff: Microvolunteering Capital of the World!



Introduction

Microvolunteering can be described as 'easy, low commitment actions that benefit a worthy cause, where the main bulk of the task can be completed on demand in one or more sessions of upto 30 minutes, either from a person's home or on the go'. The term 'worthy causes' has been given a broad definition in this list.

Microvolunteering encompasses many forms of volunteering such as mobile volunteering (exclusively via smartphones), virtual or online volunteering (exclusively via the Internet) and traditional volunteering (mostly associated with offline volunteering and, in this context, tasks that can be completed in a small amount of time). It can be participated in for example on the number 39 bus, in a checkout till queue or in your own home either fully dressed or just wearing your pyjamas - although the pyjamas bit is optional.

This initial list of activities and ideas has been prepared by Cardiff based HelpFromHome.org, a leading provider of microvolunteer actions throughout the UK and the world. It is intended to demonstrate how Cardiffians can participate in microvolunteering activities that are either Cardiff based or benefit the wider Cardiff community. It is categorised into the three main overarching priorities that Cardiff County Council focus on, ie social, economic and environmental.

It is further categorised into those actions that Cardiffians can participate in straightaway as well as those actions that perhaps could be adapted for Cardiffians to participate in. This adaption may need to involve the 3rd party initiative to tweak their website or may involve working with local Cardiff initiatives to make it work.

The initial impetus for this list came from an idea from Help From Home for Cardiff to capitalise on the potential PR that might be gained from them becoming the first 'Microvolunteer Capital of the World'.

Oh, and just one other thing, if you're not convinced that a micro action can have macro impact, then please take a look at this report (http://www.helpfromhome.org/impact_micro.pdf) prepared by Help From Home that examined the impact of microvolunteering. It should raise your eyebrows a bit!

Mike Bright
Founder
Help From Home

Live Actions That Cardiffians Can Participate In Right Now!

Cardiff CC Priority: Social Actions

Fix The Web - virtual volunteering

Poor standards of web accessibility mean many disabled people are excluded from using big parts of the internet. Fix the Web allows disabled (and abled bodied) people to report website problems in under a minute, after which volunteers take these issues forward with website owners and try to get them fixed. Cardiffians could monitor Cardiff based websites, be them businesses, social groups, personal pages in an effort to improve web accessibility for disabled Cardiffians. Alternatively, Cardiffians could volunteer their time to help Cardiff based websites, although this might be more difficult to administer via 'Fix The Web'.

Website: <http://www.fixtheweb.net/home>

Time taken: Upto 5 minutes to report a website

Impact: Improves web accesibility for Cardiff based websites and therefore enables disabled Cardiffians to access websites easier

Cost: Nothing

Cardiff CC Social category reason: Disability

Access Advisr - mapping good and bad access issues

Help build an 'Access Map' of Great Britain using photos, videos or comments to show access to buildings, transport or leisure venues as it really is, good or bad for people with a disability, a cyclist or perhaps a parent with a pram. Ideal for Cardiffians to highlight good and bad access issues in Cardiff for others to benefit from this shared information.

Website: <http://www.accessadvisr.co.uk/>

Time taken: Upto 15 minutes to add your info to the map

Impact: Locates good or bad access issues to buildings or places in Cardiff for the benefit of others to use

Cost: Nothing

Cardiff CC Social category reason: Disability

Social Psychology Network - Psychology surveys

The Social Psychology Network provides links to web-based experiments, surveys, and other social psychology studies as compiled and conducted by students and professionals alike. Many categories to choose from including relationships, perception, beliefs and attitudes etc. Hosts quite a few surveys from Cardiff University that Cardiffians can participate in. Maybe some online surveys from Cardiff CC can be included here as well.

Website: <http://www.socialpsychology.org/expts.htm> + <http://www.onlinepsychresearch.co.uk/>

Cardiff University Surveys: [1](#), [2](#), [3](#), [4](#), [5](#), [6](#)

Time taken: Average 10 - 30 minutes

Impact: Adds to a greater understanding of the human psyche!

Cost: Nothing

Cardiff CC Social category reason: Health/Mental health

Hollaback! - Sexual harassment map

Fight against sexual harassment by sharing your story and recording it on an HarassMap in the hopes it will inspire legislators, the police, and other authorities to take this issue seriously and to create policies that make everyone feel safe. Cardiffians can add their experiences to the map in the hopes it will make the streets of Cardiff safer.

Website: <http://www.ihollaback.org/>

Time taken: Upto 30 minutes to add your story to the map

Impact: Potential to end street harassment in Cardiff

Cost: Nothing

Cardiff CC Social category reason: Fighting/preventing crime

Missing People - Missing people database

Missing People provide details on people and children that have been reported as missing. Cardiffians could check out the Wales search page and help locate missings Cardiffians.

Website: [Missing People Wales](#) + [Missing You Wales](#)

Time taken: Upwards from a couple of minutes

Impact: Potential to connect Cardiff families with their lost loved ones

Cost: Nothing

Cardiff CC Social category reason: Fighting/preventing crime

People's Collection Wales - preserving heritage

Everyone has some piece of the jigsaw which tells the story of Wales, whether it's just a comment on a photograph that sparks a memory; or a photograph, story, letter, diary, drawing, postcard, recording (film or sound), poem or souvenir that adds one more piece to the jigsaw. Items like these are being forgotten, lost, thrown away, deleted, or accidentally damaged on a daily basis. Using Peoples Collection Wales to share these items builds, enriches and strengthens our national heritage and ensures their preservation for future generations. Cardiffians can directly contribute to this project via the website and preserve the Cardiff heritage for future generations to enjoy.

Website: <http://www.peoplescollection.org.uk/Home>

Time taken: Up to 30 minutes to add a bit of information

Impact: Enriches and strengthens Wales/Cardiff's national heritage and ensures their preservation for future generations.

Cost: Nothing

Cardiff CC Social category reason: Heritage

The Toy Story - handmade toys

The Toy Society spreads love throughout the streets of the world. People leave little handmade toys in the most unexpected places for other children to pick up and enjoy playing with. When a toy is found, it's nice to let the website know about it to encourage others to spread a bit of kindness out there. So, Cardiffians could leave their handmade toys lying around in unusual places in Cardiff for kids to unexpectedly discover. This started as a small street art project in Australia and is slowly spreading around the world.

Website: <http://thetoyssociety.blogspot.com/>

Time taken: Approx 30 minutes to package up a toy, but probably a little longer to find somewhere to 'hide' it

Impact: Spreads a bit of kindness

Cost: Nothing

Cardiff CC Social category reason: Child wellbeing

Free Cakes for Kids - birthday cakes for underprivileged kids

Volunteer bakers bake free birthday cakes in their own homes for kids from economically and socially disadvantaged families. The cakes are also then delivered for free to the child just in time for the child's birthday. Cakes could be delivered by a local taxi firm. This project specifically operates in Cardiff for Cardiff kids.

Website: <http://www.freecakeswales.co.uk/#>

Time taken: Overall actual making of cake, probably under 30 minutes-ish. Actual baking time a bit longer.

Impact: Puts a smile on a Cardiff kid for their birthday

Cost: Baking materials

Cardiff CC Social category reason: Child wellbeing

Patient Opinions - Share your story of UK health services

This site invites people to share their experiences of UK health services in the hopes that the service can be improved. So, what was good, what could be improved, say thanks or call for change - they'll pass your stories to the people in the health services who can make a difference. So, Cardiffians could be encouraged to share their experiences about the health service in Cardiff and thus contribute to the improvement of the system.

Website: <http://www.patientopinion.org.uk/>

Time taken: Upto 15 minutes to leave a message

Impact: Helps to improve the health service in Cardiff

Cost: Nothing

Cardiff CC Social category reason: A better health service

Cardiff CC Priority: Economic

Librivox - audio record public domain books

At Librivox, volunteers record chapters of books in the public domain and release the audio files back onto the net as free audio books. Cardiffians could audio record public domain books by Cardiff authors for Cardiffians to enjoy listening to.

Website: <http://librivox.org/>

Time taken: Up to 30 minutes per chapter of a book. Speed talkers need not apply!

Impact: Potential to preserve old books by Cardiff authors for future generations to listen to.

Cost: Nothing

Cardiff CC Economic category reason: Public awareness of Cardiff, could increase tourism

FillThatHole - reporting potholes

Cyclist, scooter user, motor-cyclist, car driver – report those potholes and hazards whilst you're there. Fill That Hole and your iPhone give you the map, the GPS, the camera and the means. You give the authorities the full and instant opinion of what you think of their road – whilst the problem's right in front of you. So, Cardiffians can report road hazards to Cardiff CC with ease and so improve road conditions and potentially save the council money by getting it's citizens to help them out.

Website: [Fill That Hole - Cardiff CC page](#)

Time taken: Under 10 minutes to report a problem

Impact: Improves road conditions for other motorists

Cost: Nothing

Cardiff CC Economic category reason: Saves Council money by involving citizens to report on Council affairs

Ookaboo - Cardiff pictures

Ookaboo uses semantic technology to amass a growing collection of public domain and creative commons images, free for commercial and non-commercial use. Photographs are indexed by precise terms, such as places, people, and species. So, Cardiffians could contribute their photographs of the changing (and not so changing) skyline of Cardiff for other Cardiffians to use.

Website: [Cardiff Ookaboo page](#)

Time taken: Under 20 minutes to submit a photo

Impact: Improves image searches of Cardiff for others to enjoy

Cost: Nothing

Cardiff CC Economic category reason: Public awareness of Cardiff, could increase tourism

Cardiff CC Priority: Environmental

Project Noah - Bio-diversity map

Project Noah allows nature lovers to explore and document local wildlife that research groups can use to harness the power of citizen scientists everywhere. Cardiffians can map bio-diversity in and around Cardiff via an iPhone or Android mobile app in an effort to collect data, which also serves as an important educational tool for wildlife awareness and preservation.

Website: <http://www.projectnoah.org/>

Time taken: Upto 20 minutes to add your information to the map

Impact: Potential to assist bio-diversity researchers

Cost: Nothing

Boskoi Urban Edibles - mapping the edible landscape

This is a mobile app that lets people explore and map the edible landscape which are freely available in public places, for the benefit of others. Of interest to Cardiffians could be indicating where wild blackberry / elderberry bushes, mushrooms, seafood, nuts etc are located in Cardiff.

Website: <http://www.boskoi.org/>

Time taken: Upto 15 minutes to add your information to the map

Impact: Potential to reduce the wastage of food naturally available and make people more aware of their environmental surroundings in Cardiff

Cost: Nothing

OpenGreen Map - mapping 'green' stuff

Open Green Map interactively charts natural, cultural and green living sites in your community and worldwide. You can enhance every site, path and area on any map, and share your insights, impacts, images and videos. So, Cardiffians can add 'green' markers to Cardiff to add to the pool of knowledge of all things 'green' in Cardiff. Also available via an interactive smartphone app. For an example of what Neath Port Talbot have done, click [here](#).

Website: <http://www.opengreenmap.org>

Time taken: Upto 20 minutes to add your information to the map

Impact: Potential to provide local 'green' living sites as well as Cardiff's natural, cultural and social resources.

Cost: Nothing

Ancient Tree Hunt - mapping ancient trees

The Ancient Tree Hunt involves thousands of people in finding and mapping all the fat, old trees across the UK. They already have 15,000 on their database. Cardiffians could locate an ancient tree in Cardiff on the interactive map provided for other Cardiffians to visit - assuming they had an interest in fat, old trees!

Website: <http://www.ancient-tree-hunt.org.uk/>

Time taken: Up to 10 minutes – turn a new leaf and report one today!

Impact: Contributes to a comprehensive living database of ancient trees.

Cost: Nothing

Snail Search - recording snail diversity

Get out in your garden and search for snails. Record your results and send them in to Snail Search to help build up a picture of snail diversity in the UK. This is run by National Museum Wales in Cardiff, where Cardiffians could participate in the research project from their own back garden to help a Cardiff run project.

Website: <http://www.museumwales.ac.uk/en/scan/snails/>

Time taken: Up to 30 minutes for a bit of hunting and scavenging

Impact: Contributes to an environmental study to discover the effects of changing temperatures on snails

Cost: Nothing

Old Weather - transcribing ships logs

Help scientists recover worldwide weather observations made by Royal Navy ships around the time of World War I. These transcriptions will contribute to climate model projections and improve a database of weather extremes. Historians will use your work to track past ship movements and the stories of the people on board. One of the contributing team members that has provided info for the public to transcribe, is [Naval-History](#) which is based in Penarth. Not sure whether stretching to Penarth, is being of interest to Cardiffians.

Website: <http://www.oldweather.org/>

Time taken: 10 to 20 minutes per log page

Impact: Helps to predict the climate's future

Cost: Nothing

EachOneCounts - recycling printer cartridges for charity

Each One Counts is an inkjet cartridge and mobile phone recycling scheme that helps charities raise funds without costing someone a penny. A proportion of the sale of a used printer cartridge or mobile is donated to charity. Many charities listed. This will be of interest to Cardiffians because they can donate their cartridge or mobile to this firm and the proceeds of the sale of it, could go to a Cardiff based charity by requesting it to be added to the list of charities that people can donate to. Donations are sent to the firm via prepaid envelopes, so a part of this action would be popping off to a post box, but the main bulk of the action would be conducted at home.

Website: <http://www.eachonecounts.co.uk/>

Time taken: Approx a minute to request envelope. Approx a minute to stuff the envelope.

Impact: Keeps unwanted goods out of landfill sites and potential to help Cardiff based charities

Cost: Nothing

TerraCycle - recycling trash (literally!)

Terracycle recycles the trash you Freepost them and makes products out of them. They will donate a small amount of money to a non-profit organisation or school of your choice for every bit of rubbish they receive. When we mean trash, we literally mean trash. See for yourself! This will be of interest to Cardiffians as they can donate their trash and choose the money that is donated, to be given to a Cardiff charity (or any other charity) of their own choice. Alternatively, a list of Cardiff charities could be sought out to discover whether they would like to be included on these charity databases.

Website: <http://www.terracecycle.co.uk/>

Time taken: Approx 10 - 30 minutes to package up. Maybe a bit longer to accumulate the rubbish!

Impact: Keeps unwanted goods out of landfill sites and potential to earn cash from your trash for Cardiff charities and schools.

Cost: Nothing

Freecycle - general recycling

Freecycle is a grassroots and entirely non-profit movement of people who are giving (& getting) stuff for free in their own towns across the globe. Got something that's unwanted. Offer it up for free, where almost anything and everything goes. Collection is normally from your house. There is an extremely lively and buzzing Cardiff Freecycle group with over 37,000 members.

Website: [Cardiff Freecycle Group](#)

Time taken: A couple of minutes to post an 'Offer' ad. A couple of minutes to receive a reply - possibly!

Impact: Keeps unwanted goods out of landfill sites and therefore improves the environment

Cost: Nothing

WePatch - Putting unused land to good use

WePatch allows members to find and list, by location, unused plots of land that are in need of a little gardening attention. Likewise, gardeners who do not have their own land are able to list themselves as gardeners in need of land. Once the two parties have found each other, an agreement can be made that will be mutually beneficial. Arrangements can be as simple as a handshake or a written agreement with complex clauses. So, Cardiffians could help fellow Cardiffians to use that land that would otherwise go to waste.

Website: <http://www.wepatch.org/>

Time taken: A couple of minutes to post information about piece of land.

Impact: Allows unused land to be put to good use

Cost: Nothing

Cardiff CC Priority: Social + Economic

Breadcrumbz - sharing routes of interest

This is a mobile app where photos and voice marker 'breadcrumbz' can be created along any route that others can then follow later on. Very useful for directing people to 'discoveries' that might be of interest to other people. How about the benefits to the Cardiff tourist industry, where Cardiffians could create 'paths of discovery' for tourists to follow to discover off the beaten track hidden gems of interest.

Website: <http://www.bcrumbz.com/index.html>

Time taken: Upto 5 mins to add individual bits of information to the app, along a route that is being created

Impact: Potential to get Cardiffians to discover 'unknown' bits of Cardiff as well as giving them an opportunity to get a bit of exercise by walking along the routes. Also helpful to the Cardiff tourist industry by providing a Cardiffians' unique 'tour guide' perspective of places of interest in Cardiff

Cost: Nothing

Cardiff CC Social / Economic category reason: Inspires exercise, good for health. Public awareness of Cardiff, could increase tourism

CrimeStoppers - stopping crime

Check through the crimes reported from the Wales page of CrimeStoppers. There are currently people from Cardiff, which if any Cardiffians have any information that might be helpful to the police, they could then report it to the police.

Website: [CrimeStoppers Wales](http://www.crimestoppers.wales)

Time taken: From a couple of minutes upwards – it'll be criminal if you spend less!

Impact: Potential to make Cardiff a safer place to live in

Cost: Nothing

Cardiff CC Social / Economic category reason: Fighting / preventing crime. Saves Council money by involving citizens to report on Council affairs

WikiCrimes - mapping crime areas

WikiCrimes allows the user to tag certain crimes on a map for the purpose of identifying dangerous zones anywhere in the world to bring greater transparency to crime reporting. Very useful for Cardiffians to highlight crime hotspots in Cardiff and for the authorities to obtain information about some crimes that just don't get reported because citizens don't have faith in the police force.

Websites: <http://www.wikicrimes.org> + <http://spotcrime.com/#cardiff>

Time taken: Upto 20 minutes to add your information to the map

Impact: Potential to make Cardiff a safer place to live in

Cost: Nothing

Cardiff CC Social / Economic category reason: Fighting / preventing crime. Saves Council money by involving citizens to report on Council affairs

Cardiff CC Priority: Economic + Environmental

Love Clean Streets - Report enviro-crimes

"LoveCleanStreets" is a free mobile app and website that enables people to upload photographs of the area around them and report problems such as graffiti vandalism, fly-tipping, damaged pavements etc to their Local Authority. Cardiff is now covered and so Cardiffians can report enviro-crimes they have spotted and know it will be passed onto Cardiff CC

Website: <http://www.lovecleanstreets.org/> + [LCS Mobile App](#)

Time taken: Upto 15 minutes to report a problem

Impact: Potential to reduce enviro-crimes around Cardiff

Cost: Nothing

Cardiff CC Economic / Environmental category reason: Saves Council money by involving citizens to report on Council affairs. Increases awareness of environment

FixMyStreet - Report enviro-crimes

Similar to 'Love Clean Streets' above. It is a web based reporting system that sends reports directly to the Council. Can be used right now in Cardiff.

Website: <http://www.fixmystreet.com/>

Time taken: Upto 15 minutes to report a problem

Impact: Potential to reduce enviro-crimes around Cardiff

Cost: Nothing

Cardiff CC Economic / Environmental category reason: Saves Council money by involving citizens to report on Council affairs. Increases awareness of environment

Cardiff CC Priority: Social / Economic / Environmental

Everyclick - search to donate

Cardiff based charities could set up accounts to encourage Cardiffians to raise money for them at no cost to a Cardiffian, simply by using a search engine. Alternatively, a Cardiffian could set up an account to raise money for a Cardiff based charity. There are already quite a few [Cardiff charities](#) on their database using this method to raise money.

Website: <http://www.everyclick.com/>

Time taken: 1 minute to search to donate

Impact: Raises money for Cardiff based charities

Cost: Nothing

Cardiff CC Social / Economic / Environmental category reason: Raises money for charities in the 3 sectors

GiveACar - recycling cars and motorbikes

Giveacar.co.uk is not-for-profit company that raises money for charities by accepting donations of unwanted cars and motorbikes from anywhere in the UK. A proportion of the sale of the car or motorbike is donated to charity. Many charities listed. This will be of interest to Cardiffians because they can donate to a Cardiff based charity by requesting it to be added to the list of charities that people can donate to. Will collect from a person's house for free. Alternatively, a list of Cardiff charities could be sought out to discover whether they would like to be included on these charity databases.

Website: <http://giveacar.co.uk/>

Time taken: Under 30 minutes to fill in a form and answer the door to a car collector.

Impact: Potential to raise money for Cardiff based charities

Cost: Nothing

Cardiff CC Social / Economic / Environmental category reason: Raises money for charities in the 3 sectors

DonateAPC - recycling computers for charity

This is a free 'matchmaking' service for individuals and organisations to donate un-needed hardware (computers, printers etc) to UK charities, not-for-profit organisations and educational establishments. It is primarily for those with only one or two items to donate and where it's cost efficient for a very local charity to pick the item up. So, a Cardiffian could donate a pc to a Cardiff based charity.

Website: <http://www.donateapc.org.uk/>

Time taken: Under 15 minutes to fill in form

Impact: Keeps unwanted goods out of landfill sites and potential to help Cardiff based charities

Cost: Nothing

Cardiff CC Social / Economic / Environmental category reason: Potential to raise money for charities in each of the 3 sectors

Election Leaflets - real time election leaflet monitoring

Election leaflets are one of the main weapons in the fight for votes in the UK. The Straight Choice need your help to photograph and map them so that they then hope to be able to compare messages, and hold parties and candidates accountable for what they say on their leaflets. So, Cardiffians can contribute local election leaflets to this project and monitor promises / pledges to actions.

Website: <http://www.electionleaflets.org/>

Time taken: Approx 15 minutes to photograph and upload to website

Impact: Potential to hold parties and candidates accountable for their pledges and promises

Cost: Nothing

Cardiff CC Social / Economic / Environmental category reason: Ensures accountability of candidates promises on social, economic and environmental issues

PledgeBank - encouraging others to participate in actions

PledgeBank provides a facility to encourage others to participate in the actions listed above. Obviously, it doesn't have to be an action from those above, as it could be any action of benefit to others that could be listed. A pledge is made to do something, only if a certain amount of people pledge to participate in that action as well. So, make a pledge, set your target, get people and then do it!

Website: <http://www.pledgebank.com/>

Time taken: Upto 20 minutes to add a pledge

Impact: Potential to get even more Cardiffians to participate in the actions listed above

Cost: Nothing

Cardiff CC Social / Economic / Environmental category reason: Ensures greater participation in social, economic and environmental issues

Groups Near You - mapping groups

Groups Near You needs people to help map all those hidden neighbourhood email lists, forums and community blogs where you live. Help us map some random groups from the web, or add a group you know about. This would help Cardiffians know about all those groups/clubs in Cardiff.

Website: <http://www.groupsnearyou.com/>

Time taken: Approx 15 minutes to add info about a group

Impact: Potential to create a more cohesive Cardiff from a socially interactive point of view

Cost: Nothing

Cardiff CC Social / Economic / Environmental category reason: Ensures greater participation in groups/clubs focussed on social, economic and environmental issues

Non Cardiff Based Actions That Could Be Adapted for Cardiffians!

Cardiff CC Priority: Social

Project Linus UK - Craftwork

UK wide org that has local branches all over the UK, where people make quilts and blankets for children who are in need of cheering up and comforting. The quilts and blankets are distributed to local hospitals and care service orgs. They have co-ordinators and groups everywhere in Wales, but none in Cardiff. Perhaps local knitting groups like [Yarn and Yarn](#) could be encouraged to help out.

Website: <http://projectlinusuk.org.uk>

Time taken: Multiple sessions of 30 minutes

Impact: Potential to provide children from Cardiff with comforting quilts and blankets

Cost: Material and postage costs

Love Quilts UK - craftwork

Love Quilts UK is a world-wide group of volunteer stitchers who cross stitch squares for British children under the age of 19 years, who have life threatening or life-long illnesses. The squares are then made into beautiful quilts which are given to the children with no cost to their families. Cardiff kids could get quilts made by local Cardiff crafters. Would need to contact this org to see how this could work. Alternatively, local crafting groups and local hospitals could be contacted to see if an arrangement can be made for local people to stitch quilts for local children.

Website: <http://www.lovequiltsuk.com>

Time taken: Multiple sessions of 30 minutes

Impact: Potential to provide children from Cardiff with comforting quilts and blankets

Cost: Material and postage costs

Support/Mentor Groups

Cardiffians could offer support/advice to people who are part of Cardiff based support/mentor groups. They may not necessarily be a part of that support group, but they might be able to offer advice. If these groups have online forums, then they could be made more publicly aware for Cardiffians to help out. Will probably need some input on this from others to compile a list of Cardiff based online forums. Alternatively, [Horsemouth](#), an online mentoring org, has [Cardiff based people](#) helping non-Cardiffians with life issues. Perhaps contact could be made to Horsemouth to see whether Cardiffians could be helped by fellow Cardiffians.

Example Website: [Migraine Action Cardiff](#)

Time taken: Upto 30 minutes to respond to questions in support/mentor groups

Impact: Potential for Cardiffians to help out fellow Cardiffians experiencing life issues

Cost: Nothing

Operation Beautiful - anonymous positive notes

The mission of Operation Beautiful is to post anonymous notes in public places for other women to find in an effort to end negative self-talk in girls, women and men. Other similar grassroots [post-it campaigns](#) have been adopted in other parts of the world. Maybe a 'positive message post-it' note campaign could be adopted in Cardiff for other Cardiffians to read and be inspired by.

Website: <http://operationbeautiful.com/>

Time taken: Approx 10 minutes to write a note and stick it somewhere

Impact: Spreads a bit of kindness and inspiration

Cost: Nothing

Little Princess Trust - Donate Hair

Allows people to donate their hair to this charity, which provides wigs and hair pieces to children who have suffered hair loss due to cancer treatment. There is no facility for people from Cardiff to donate hair specifically to fellow Cardiffians. However, if Cardiffians were made aware of Cardiff kids who needed wigs due to medical related diseases, then Cardiffians might donate their hair. There would be no guarantee that a Cardiffians hair will go to a Cardiffian kid, but they would be helping out indirectly with the plight of these children. Cardiff hospitals would need to be contacted to investigate whether highlighting the plight of Cardiff kids could encourage Cardiffians to donate their hair.

Website: <http://www.littleprincesses.org.uk/>

Time taken: It's over in a snip! Hair today, gone tomorrow!

Impact: Potential for Cardiffians to help Cardiff kids indirectly with hair loss related medical ailments

Cost: Postage costs

Postpals - Letter writing to sick kids

Postpals provides a list of very sick children, to whom you can write a card, letter, Email, sign their guestbook or even send a gift to them, all in an attempt to keep them smiling during the course of their illness and hopefully, eventual recovery. There is no facility for people from Cardiff to be able to specifically write to a Cardiff based kid, other than doing a search through all the kids names on the website and even then, there might not be a child from Cardiff (certainly a Google search didn't bring up any). However, if Cardiffians (and especially pupils of Cardiff schools) were made aware of Cardiff kids who wouldn't mind receiving cheery letters, then Cardiffians might put pen to paper. Cardiff hospitals or child illness support groups would need to be contacted to investigate this idea. Not sure how all this would work from a privacy point of view and where the webpage would be, unless Postpals could be persuaded to provide a search facility on their website. Maybe [Radio Glamorgan](#) could help here.

This idea could also be translated over to Cardiff residential care homes, where Cardiffians could write cheery letters to said residents. Again, this would need to be co-ordinated with care homes.

Also, there is a scheme called [LoveBombs](#) that sends uplifting messages out to people via blog comments.

This is not specifically Cardiff based, but maybe could be adapted for Cardiff and doesn't necessarily have to be blog comments (???)

Website: <http://www.postpals.co.uk/>

Time taken: 10 - 30 minutes

Impact: Puts a smile on a sick child's face - priceless!

Cost: Postage costs

Welsh Voices of the Great War Online - collating WW1 material

This project invites the public to scan in documents relating to memories, diaries of WW1 from family heirlooms in order to build up a record for future generations to study and read. This is a project run by Cardiff University and although the submission date for items is just about to pass (finishes 4th March, 2011), is a good example of a project that Cardiffians could become involved in from their own homes. However, because I can only feature citizen science projects that I'm aware of, I believe it would be prudent to contact the Cardiff University network to investigate whether there are other projects, based in Cardiff that Cardiffians could participate in from their own home and which would only last approx 30 minutes.

Website: <http://www.welshvoices.com/>

Time taken: Upto 30 minutes to scan an item in to their website

Impact: Potential to preserve the history of Cardiff for future generations to study and read

Cost: Nothing

The Good Gym - do good whilst keeping fit

The Good Gym invites people who run for a hobby to do some good whilst they're on their run. The concept here is to visit someone who is lonely or needs something done, whilst on a person's jog run. The visit could take a few minutes or approx 30 minutes, but it's done in combination with someone's run routine. Although this is based in London, they would like to take this scheme elsewhere in Britain. How about Cardiff?

Website: <http://www.thegoodgym.org/>

Time taken: A few minutes to 30 minutes within an overall run routine

Impact: Spreads a bit of kindness and compassion

Cost: Nothing

Note: In chatting to Ivo Gormley of ThinkPublic on 13/05/11 who runs it, he got funding from NHS to get the project going

Cardiff CC Priority: Economic

Internet Eyes - webcam watching

Internet Eyes crowdsources the public to monitor live CCTV feeds from business customers. Could live webcam feeds be used to monitor similar things in Cardiff. This one is a very big question mark! Other webcam initiatives out there include the hunt for the Loch Ness Monster and Virtual Stakeout which uses streaming live video to catch criminal activity along the Texas/Mexico border.

Websites: <http://interneteyes.co.uk/> + <http://www.lochness.co.uk/livecam/> + <http://www.blueservo.net/vcw.php>

Time taken: 1 minute to as long you get bored

Impact: Potential to use Cardiffians as volunteer monitors

Cost: Nothing

Cardiff CC Priority: Environmental

Fruit City - mapping fruit trees

Fruit City is a growing map and network of all the fruit trees in public spaces in London. Spotted a fruit tree, locate it online and add it to the map for others to benefit from your 'find'. Could be adapted to Cardiff, but website owners will need to be contacted.

Website: <http://www.fruitcity.co.uk/>

Time taken: Upto 15 minutes to add info to the map

Impact: Potential to reduce the wastage of food naturally available and make people more aware of their environmental surroundings in Cardiff

Cost: Nothing

Spot Picking - community based street cleaning

Spot Picking is an initiative from Tidy Stourbridge that encourages local residents to take ownership of where they live by being responsible for managing a small area and keeping it free from litter. This could for example be pledging to keep the kerb just metres from your home free from litter and swept, or for the more adventurous it could be maintaining a much wider area.

Website: <http://tidystourbridge.wordpress.com/2011/04/11/spotpicking-the-new-way/>

Time taken: Initially 30 minutes, then a couple of minutes each week

Impact: Potential to keep streets clean in a neighbourhood

Cost: Nothing

Cardiff CC Priority: Social + Economic

Parking Mobility - reporting misuse of disabled parking spaces

Crowdsources the general public to report when a car is parked in a disabled parking spot without proper identification, disability placard or licence plate via a free mobile app. Ticket fines are shared between, Parking Mobility, local authority and local charities. This is a US based system, but I'm aware through another [source](#) that they are keen to roll this out around the world. Cardiff CC could [sign up](#) as a partner city and mobilize Cardiffians to report disabled parking space misuses.

Website: <http://www.parkingmobility.com/>

Time taken: 5 - 10 minutes to add your report

Impact: Potential to enhance the quality of life for the Cardiff disabled community by improving parking space availability. Potential to benefit local charities thru a share of the fines issued.

Cost: Nothing

Distributed Proofreaders - converting public domain books into e-books

This is a web-based method to proofread a Public Domain book to ease it's conversion into an e-book. By dividing the workload into individual pages, many volunteers work on a book at the same time. Proofread as many pages as you want, when you want. Public domain books by Cardiff authors could be suggested to be converted by Cardiffians into e-books via this organisation. Might take a bit of setting up to achieve this.

Website: <http://dp.rastko.net/>

Time taken: 3 - 15 minutes per page, although there's a bit of a steep learning curve to get yourself up and running

Impact: Potential to preserve old books by Cardiff authors for future generations to read.

Cost: Nothing

Vacant NYC - converting unused property for more constructive purposes

Vacant NYC help the homeless find their home in New York through crowdmapping. They are working on adapting the support system to help locate and count the vacant buildings and plots in New York City. After the city refused to conduct their own surveys, the group formed Vacant NYC and turned this project over to the public to crowdsource the solution by soliciting input from New Yorkers who notice property going to waste in their neighborhoods. Could a similar scheme be set up in Cardiff to locate vacant buildings.

Website: <http://vacantnyc.crowdmap.com/>

Time taken: A couple of minutes to input information about a vacant property

Impact: Potential to locate buildings that could help the homeless.

Cost: Nothing

Cardiff CC Priority: Social + Economic + Environmental

Vote4Cause - spread awareness of worthy causes

This site allows people to vote for a particular worthy cause or charity, where the higher up the league table it sits, the more exposure it gets. A similar scheme could be set up for Cardiff charities to gain exposure as voted for by Cardiffians. The voting buttons could be housed on one of Cardiff CC's webpages? This will need a bit of work to get it up and running and could well be beyond a reasonable ROI in terms of participation and exposure for local charities - but you never know.

Website: <http://www.vote4cause.org/> + [KiwiCharity](#)

Time taken: 1 minute to cast a vote

Impact: Potential to gain much needed exposure for Cardiff charities, who might gain from increased revenues

Cost: Nothing

'Do Good' cards

Help From Home has produced some free downloadable cards that inspire people to spread a ripple of microvolunteering kindness around the world. The hope here is that whoever receives one of these cards will pass it on to somebody else who they see performing an act of kindness and so on and so on, thus creating a mini ripple of kindness. The great thing about these cards is that their progress around the world can be tracked, so that everybody who is in the chain of a card can see where it's travelled to. Perhaps these cards could be promoted alongside the actions to encourage people to participate in them. It just adds a bit of fun and intrigue to the microvolunteering process.

Website: <http://helpfromhome.org/dogoodcards.php>

Time taken: Approx 10 minutes to print off and hand out

Impact: Potential for Cardiffians to spread their actions way beyond their own individual action

Cost: Nothing



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These cause aligned micro-actions were compiled by Help From Home, a leading provider of microvolunteer actions