

Change the world in just your pyjamas!

**20 seconds to 20 minutes.
Easy, FREE, home based,
Bite sized actions!**



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*Help to fight cancer!
Help the homeless!
Feed the hungry!
Plus so many more!
All from your own home!*

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*See what you can do for the
world, in just your pyjamas!*

www.HelpFromHome.org