**Something for the weekend…..action #5: Inspire and be inspired; get involved, volunteer!**

We are a small team volunteering our time. Outside of [Sobo Wastebusters](https://www.facebook.com/sobowastebusters/?ref=gs&__tn__=%2CdK-R-R&eid=ARBpzUleA8weZfXgQQ4zOUODLcQnsBfKdvUG0MULg8eSeRbAaxZnDLrubYdQROPlHFF-St79txjT4g3j&fref=gs&dti=308664193075982&hc_location=group) we have busy lives, juggling family and work commitments, whilst spinning various other plates. But we do what we can, when we can, because....well, we need to!

Our journeys have collided through passion for our planet; caring for our community; and concern for the future of all on Earth - for humanity and beyond.

We hope our work so far has provided you with inspiration and motivation; to adapt and change habits for the greater good of our environment.

Are you fishing recyclables out of bins yet?! Do you despair at the news of more and more negative consequences of climate change? Do you cry after watching Blue Planet? Are you infuriated or saddened (or both) by resistance to change? Do you seek comfort and camaraderie from others who feel the same? Can you lead by example? Do you have a burning desire to do more, but are not sure how?

Volunteer.

An hour, a day; as a one off, weekly, monthly or ad hoc. From home, online, in person. It can work (we are proof of that!) and the benefits can be immense.

There are so many local projects who depend on volunteers to keep them running. Be one of them! Here are a few to consider contacting:  
[Ideas2Action](https://www.facebook.com/ideas2actioncharity/?ref=gs&__tn__=%2CdK-R-R&eid=ARAKBqBVYce5X29pf8f-AqXnfCX-gtJyRROhQ9FzcCdLj3A6bzCfogCa7GVMPCJbNcXQc-RWDQnzVph1&fref=gs&dti=308664193075982&hc_location=group) (delivering Win on Waste)  
[Dorset Devils](https://www.facebook.com/dorsetdevils/?ref=gs&__tn__=%2CdK-R-R&eid=ARDJSPOhyej8y8L0uGmhK4zLM4DiSBXYePsu52vIiaibGzOWE4JvCXl9kCijKksoUPL1etNdEIzOq33p&fref=gs&dti=308664193075982&hc_location=group)  
[Leaveonlyfootprints\_LOF](https://www.facebook.com/LeaveOnlyFootprintsLOF/?ref=gs&__tn__=%2CdK-R-R&eid=ARC5T2H1SAO_KMqxBUm0u-acVqirdpvytMQfpQULnFGfbIXE0ookQ1WSnfLaGV_9X57FKziarjzs40Dg&fref=gs&dti=308664193075982&hc_location=group)  
[Plastic Free Bournemouth](https://www.facebook.com/plasticfreebournemouth/?ref=gs&__tn__=%2CdK-R-R&eid=ARAel-_UVxj-j28rDIlrb3Bu1P8eoAhyNxH3Ia0GHR2VdBxbNqK7jWlTx2ZvUdyq3I0e4Q0KQwXMBtDl&fref=gs&dti=308664193075982&hc_location=group)  
[Grounded Enterprises](https://www.facebook.com/groundedenterprises/?ref=gs&__tn__=%2CdK-R-R&eid=ARCyi_nzTtANgu9K4_KNmE0D22jz3s_cmA2YgVfgy6Fs1rlhYbOxliRZk6k2ScMNpAehcfc77L6FQMXL&fref=gs&dti=308664193075982&hc_location=group)  
[Boscombe Community Fridge](https://www.facebook.com/boscombecommunityfridge/?ref=gs&__tn__=%2CdK-R-R&eid=ARAyQEBsFJlnpCkYIUC-cidZiR6tSY8gt-vKOqik8rLxBO6vnFesNCE2-vryQ2AIXPbOUHUK01bMpwe6&fref=gs&dti=308664193075982&hc_location=group)  
[Bournemouth Repair Cafe](https://www.facebook.com/RepairCafeBH/?ref=gs&__tn__=%2CdK-R-R&eid=ARBkt_ei2XvfkZx3bvfJVvxS9xTfe3MCv67s959WjNzbYx88c7ZySg5XpAp9zHcQA_HM2OkDrprlwkAM&fref=gs&dti=308664193075982&hc_location=group)  
[Extinction Rebellion Bournemouth and Dorset](https://www.facebook.com/XRBournemouth/?ref=gs&__tn__=%2CdK-R-R&eid=ARARdCNaeFBCzLpNFxC0BShMKzjLRGgezumMhfYcC3YQxhXq9fv95R-V8NqZtK7Uu_DHVl9eyVJ22hgL&fref=gs&dti=308664193075982&hc_location=group)

You may also like to get in touch with [Transition Bournemouth](https://www.facebook.com/groups/176988292646/?ref=gs&fref=gs&dti=308664193075982&hc_location=group) and Bournemouth and Poole CVS to explore opportunities [http://www.bournemouthcvs.org.uk/index.asp](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.bournemouthcvs.org.uk%2Findex.asp%3Ffbclid%3DIwAR1h4GmFHLdkXxbNTqMx0Qlnr8KenhTCRB11oVrGWDQO6f7xPcPf_4nqbk4&h=AT3Tgan9gESpvaY06pyEnQ5pRZlGmYMSVIq6iOdjQvpgyHQBe7iBqPbConoVnx0OXJe1QU0tgD9SZlRIe-5QOAH5Y0dVal2S4icfH-zXe08GDxT3NwowcTAFP9NMIVnwc6yWVNztJ0xrPImTcttD_iyStaLDlPOz45vcnw)

Or maybe volunteer as a sustainability champion in your place of work, study and/or in your household? Can you help challenge the carbon footprint? Facilitate more effective waste management? Research sustainable swaps?

If you are running project and are looking for volunteers at the moment, feel free to comment and share details below.

Go, get inspired. And inspire others. Together we can make a difference.

People power. 🙌💚🌍