



OUTBREAK OF GENEROSITY



FEMYSO | MARCH 2020

**03**

INTRODUCTION

An introduction to the campaign and its importance to our communities.

04

REACHING OUT

How to reach out to the elderly and vulnerable and how to get into contact with response unit personnel.

05

FEELING LONELY

Ways in which you can show your generosity without endangering yourself, or those around you.

07

HOW TO MOBILISE & INSPIRE

Your individual contributions are great! Let's see how we can connect all these ideas to mobilise each other.

08

VOLUNTEER & YOUTH SAFETY MEASURES

It is important for all taking part at this campaign to take precautions, and to follow the World Health Organisation (WHO) advice and your local authorities' guidelines on safety.





INTRO TO THE CAMPAIGN

**“NO ONE IS USELESS IN THIS
WORLD WHO LIGHTENS THE
BURDENS OF ANOTHER.”**
- CHARLES DICKENS

In light of the current situation caused by the outbreak of COVID-19, FEMYSO decided to launch a Europe wide campaign, Outbreak of Generosity. One of the suggested measures to avoid the spread of COVID-19 is social distancing - minimising contact with others in the community.

Starting a period of self-quarantine is an option for many, whereas for others it has become enforced. The reality is, this can place many members of our community in distress. Leaving them feeling lonely, helpless and isolated.

The campaign aims at:



Mobilising and inspiring youth across Europe to invest in their own communities, by providing support to vulnerable people, such as:

- Elderly individuals who may be cautious or wary of going out.
- Individuals with weak immune systems or severe health concerns.
- Individuals who live far from home.



Honouring all the hard working personnel who are dealing courageously with the situation of COVID-19, whether it be doctors, nurses, retailers etc



HOW TO REACH OUT TO THE ELDERLY AND VULNERABLE AND HOW TO GET INTO CONTACT WITH RESPONSE UNIT PERSONNEL

THE IMPORTANCE OF OUTREACH

It is important that youth reach out to all members of their community who may be isolated from the rest. Taking the necessary precautions as highlighted in section 5, go out to your local community centres, places of worship and ask to be pointed in the right direction. Once you reach out, make sure to ask and understand each individual's needs. This may vary from grabbing their groceries, making appointments with the doctor, or constantly reaching out. Take a look at the "Suggested Action" section for inspiration.

MAINTAIN A RELATIONSHIP

Make sure that your actions are continuous. With this spirit, it is paramount that you keep a regular connection with whoever you've reached out to and check up on them regularly. It is narrated that the Prophet Muhammad (pbuh) said, "Take up good deeds only as much as you are able, for the best deeds are those done regularly even if they are few."

FOLLOW UP

Keep a record of people you've contacted or helped (see templates) to know when you may need to check up on them again. It is also important to take care of yourself. We suggest you may work with friends, dividing the task whilst strengthening your friendship.





FEELING LONELY IN THE TIME OF COVID-19

WAYS IN WHICH YOU CAN SHOW YOUR GENEROSITY WITHOUT ENDANGERING YOURSELF, OR THOSE AROUND YOU.

A KIND LETTER

Write a short letter with a motivating message and send it to individuals who might need this act of kindness. We highly recommend that you use online postcard delivery websites!

A FRIENDLY CALL

Put a smile on the face of a vulnerable person and give them a friendly call! Listen to them, comfort them and tell them you are there for them. A small and kind gesture like this might help them feel better in these hard times.

ACCESS TO TRANSPORT

Vulnerable people and people in isolation cannot leave their homes. Utilise your blessings of a car/bicycle and good health to help.

- Do the shopping for them
- Send/collect mail for them at the post office
- Deliver groceries or the medication they need

You can find in the appendix at the end of this toolkit a template help card which you can distribute in your local community through the mailbox, at grocery shops, pharmacies, and other locations where it is visible.

FEELING LONELY IN THE TIME OF COVID-19

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FUNDRAISING ON LOCAL LEVEL TO SUPPORT THOSE IN NEED

Some vulnerable people will also have financial difficulties. Take care identifying these people as not all show signs. To help them you may consider:

- Creating your personal fundraising page on an online platform and inviting your family and friends to donate - *use impactful images/videos and tell stories of the people you are fundraising for!*
- If you are shopping for them, ensure to get the best value for their money, look for deals and discounts





HOW TO MOBILISE & INSPIRE OTHERS

**YOUR INDIVIDUAL CONTRIBUTIONS
ARE GREAT! LET'S SEE HOW WE CAN
CONNECT ALL THESE IDEAS TO
MOBILIZE EACH OTHER**

SPREAD THE WORD

First of all: now that many people are at home, the world is even smaller! Spread the word by sharing this message on all your social media channels! Don't forget to use #OutbreakOfGenerosity to help boost this campaign

BE VISIBLE

Make yourself visible as a volunteer by using this [Facebook custom frame](#) on your profile picture. This way you will be immediately visible and, therefore, easy to approach by people who need help

CHECK WHAT'S OUT THERE

Many initiatives have already been launched at both national as well as local level in your country. Make sure to use these initiatives as much as possible before starting a new one. Check this [overview](#) for all going initiatives in your country!

THINK & ACT LOCALLY (SEE SECTION 3)





THINGS TO BEAR IN MIND

Here are some key points to follow while participating:

- Make sure you are wearing a mask and gloves when partaking in any activity of this campaign.
- Avoid physical contact (ensure a 2 meter distance is kept at all times).
- Wash your hands regularly. If dropping off items: they should be left at the doorstep, do not enter the house.
- Be considerate to those you are helping and also to fellow volunteers.
- Encourage youth from your local community to partake.
- Do cooperate with your local authorities and the emergency services guidelines and advice.
- Respect and ensure your activities are GDPR compliant.
- Please be considerate when printing material and respect the environment.
- Don't partake in any activity if you feel any symptom of COVID-19.

VOLUNTEER AND YOUTH SAFETY MEASURES

**IT IS IMPORTANT FOR ALL
TAKING PART IN THIS
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READ MORE ABOUT WHO ADVICE

[https://www.who.int/emergencies/diseases/
novel-coronavirus-2019/advice-for-public](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)

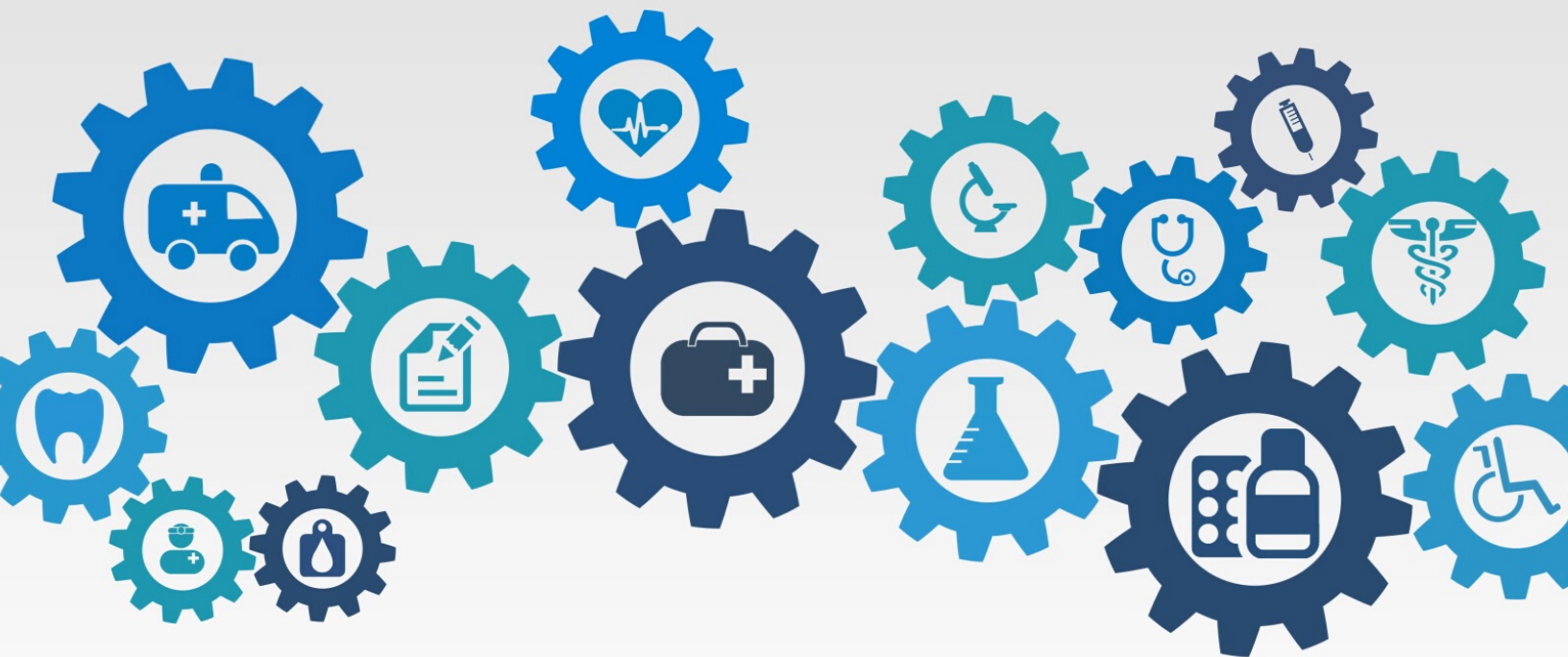
YOUR GOVERNMENT'S GUIDELINES

UK -

[https://www.who.int/emergencies/diseases/
novel-coronavirus-2019/advice-for-public](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public)

IRELAND -

[https://www.hse.ie/eng/services/news/newsf
eatures/covid19-updates/](https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/)



HEY ! IF YOU ARE SELF-ISOLATING, I AM HERE TO HELP.

My name:

I live locally at:

My phone number is:

If you are self-isolating due to COVID-19 I can help with:

 Picking up shopping



Posting mail

 A friendly phone call



Urgent supplies

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on the doorstep.

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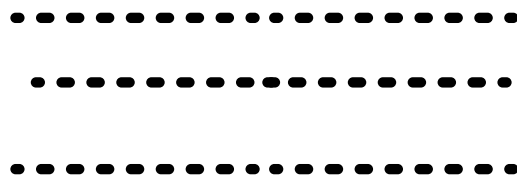
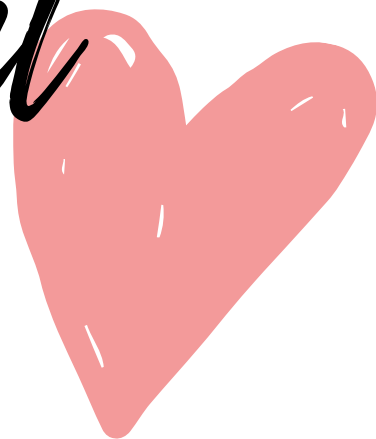
 A friendly phone call

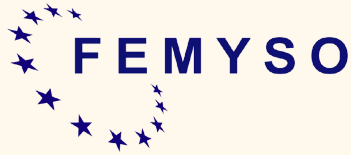


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everything will
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FORUM OF EUROPEAN MUSLIM YOUTH AND STUDENT ORGANISATIONS

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