



Helping Hands for the Disabled of NYC
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Thank you for your interest in volunteering with HHD of NYC! We have several different options for volunteers outlined below. Please only pick one option.

Virtual Volunteers - We need people to answer phones, help blind people read and answer emails, or help blind people shop online. This is a weekly commitment of about 3 hours.

Day Time Volunteers - We need people with daytime hours to help escort disabled adults to medical appointments.

Food Delivery - We need people to deliver food on the third week of the month (travel required, but car not required). At the moment we could really use someone to deliver to the Bronx, but we can also use help with deliveries in the other boroughs as well.

Be A Buddy - This requires a weekly commitment of 2-3 hours. The volunteer will be partnered with a disabled person and help them once a week for a couple of hours with running errands, shopping, or reading to the blind.

Be A Friend Day - This is a once a month commitment. Be A Friend Day happens on the third Saturday of each month from 1:30-5pm. Volunteers will help with delivering food or help a disabled person with errands, shopping, or reading to the blind.

Fundraising & Grant Writing - We are always looking for people to help with fundraising efforts and writing grants. We welcome those with new ideas for fundraising or who want to help us with current fundraisers.

1. We are currently running a tupperware fundraiser. If you'd like to purchase tupperware or host a tupperware party using this link <https://my.tupperware.com/alicecrespo>, the proceeds will go to HHD.
2. Cookie Sales 9/1/23 - 10/1/23. Purchase cookie dough from this link & proceeds will benefit Helping Hands for the Disabled of NYC. <https://onlineorders.mrsfieldsfundraising.com/helpinghandsforthedisabledofnyc/shiphome23?a=17>

Trips/Social Events - This requires travel on the second Saturday of every month. The volunteer will help escort disabled people on different group social outings.

Restaurant Club - This happens on the first Saturday of every month. The volunteer will help escort disabled people on a trip to a different restaurant.

Action Line - This requires a weekly commitment of 3 hours. You will give assistance and answer questions over the phone.