



# Living Well North Tyneside

Supporting Health and Wellbeing

## What are some of the benefits of partnering with a My Guide sighted guide?

- The service user chooses what they want to do and achieve and we will work with them and you the volunteer to improve their independence, by increasing their ability to get out and about
- Taking part in social, leisure and fitness activities such as walking, going to the local gym or accessing local community activities
- Making new friends and connections within your community
- Increasing their confidence in moving about and feeling safer, you get to do the things you want to do through regular outings

## How do I volunteer to be a My Guide Sighted Guide?

In the first instance you can get in touch with us by phone, email or apply online here. To find out more about becoming a volunteer with My Guide, please see our website To apply to be a volunteer for us please fill in the application form.



[guide dogs](#) | [volunteering](#) | [sight loss](#) | [visually impaired](#)



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<https://www.guidedogs.org.uk/how-you-can-help/volunteering-for-guide-dogs/volunteer-role-descriptions/sighted-guide/>



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