



Living Well North Tyneside

Supporting Health and Wellbeing

Families looking for fun and meaningful activities during the summer holidays can now access a free Family Volunteering Guide created by VODA volunteer Ellie Avery.

The guide is packed with simple ideas to help children and young people support their local community and the environment while spending quality time with family and friends. Activities include making cards for people who may be feeling isolated, creating wildflower seed balls, taking part in random acts of kindness, donating unwanted books and toys, and getting involved in nature and beach clean initiatives.

Suitable for a range of ages, the guide aims to show that volunteering can be enjoyable, accessible and something the whole family can do together.

To download the guide at: voda.org.uk/summer-volunteering

Related Documents

- [Summer family volunteering booklet.pdf](#)



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<https://voda.org.uk/family-volunteering-guide-helps-children-give-back-this-summer/>



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