



# Living Well North Tyneside

Supporting Health and Wellbeing

From **2nd to 6th June 2025**, the UK will once again celebrate **Volunteers' Week**, an annual campaign that shines a spotlight on the extraordinary people who give their time, energy, and compassion to help others. From hospital wards to community gardens, support lines to charity shops — volunteers are the quiet force powering change across the country.

In the NHS alone, an estimated 2 million volunteers offer their time each year to support patients and staff — often going above and beyond to make someone's day a little easier, a little warmer, or a little less lonely.

## A Proud Tradition of Giving

**Volunteers' Week** has been held every year since **1984**, coordinated by **NCVO (the National Council for Voluntary Organisations)** in partnership with hundreds of charities and local groups. It's a chance to recognise the essential role volunteers play in the health, wellbeing and cohesion of our communities — and to say a heartfelt "thank you".

Whether it's a friendly face at a hospital reception, a listening ear on the end of a support line, or someone delivering meals or medication — the work of volunteers often goes unseen, but its impact is enormous.

## How to Get Involved

There are plenty of ways to join in with Volunteers' Week 2025:

- **Say thank you**  
Send a message, card, or social media shout-out to a volunteer you know. Sometimes a few kind words mean the world.
- **Celebrate in your workplace or community**  
If your organisation involves volunteers, take time to celebrate them with a coffee morning, certificates, or just a big round of applause.
- **Start your own volunteering journey**  
If you've ever thought about giving back, this could be the week to begin. Even an hour a week can make a real difference.
- **Spread the word**  
Use your voice and your platform to raise awareness about local causes and groups that rely on volunteers.

## Thinking of Volunteering?

There are countless opportunities to get involved right here in North Tyneside. Whether you're passionate about the environment, supporting older people, mentoring young people, or helping in healthcare settings — there's something for everyone.

Here are some local starting points:

**[VODA \(Voluntary Organisations Development Agency\)](#)**  
**[North Tyneside Council's volunteering opportunities](#)**  
**[Living Well North Tyneside volunteering section](#)**

## Final Thoughts

Volunteering isn't just about giving — it's also about connecting, learning, and growing. It's about ordinary people doing something extraordinary with their spare time.

This Volunteers' Week, let's raise our voices and celebrate every person who chooses kindness in action. Whether you're a long-time volunteer or considering taking the first step — thank you for helping to build a stronger, more caring community.

Happy Volunteers' Week!

#### Sources

National Council for Voluntary Organisations (NCVO) — [www.volunteersweek.org](http://www.volunteersweek.org)

NHS England — [www.england.nhs.uk](http://www.england.nhs.uk)

VODA North Tyneside — [www.voda.org.uk](http://www.voda.org.uk)

#### Related Links

- [VODA \(Voluntary Organisations Development Agency\)](#)
- [North Tyneside Council's volunteering opportunities](#)
- [Living Well North Tyneside volunteering section](#)



Last Updated - 2nd June 2025

