



Living Well North Tyneside

Supporting Health and Wellbeing



Volunteers' Week (1–7 June) is a UK-wide celebration of the incredible contribution volunteers make to their communities, and a chance to say thank you for the time, care and energy they give.

In North Tyneside, volunteers support neighbours, community groups and local charities in many different ways. Their efforts help create a kinder, more connected borough and enable organisations to reach more people and respond when extra support is needed.

Volunteering can be just as rewarding for those giving their time. It's a great way to build confidence, learn new skills, meet people and feel part of the community. For some, it's a step towards employment or training; for others, it's simply a meaningful way to spend a few hours.

Local volunteers often say the same thing — it might feel daunting at first, but it quickly becomes enjoyable and worthwhile. Seeing the difference you make, connecting with others and sharing positive experiences are all part of what makes volunteering special.

There are plenty of ways to get involved. You could support families, help neighbours with everyday tasks, or volunteer as a walk leader, befriender, café assistant, trustee or charity shop helper. Opportunities are also available in areas like marketing, social media, youth work, health and the environment. With flexible options including one-off roles, regular commitments and remote volunteering, there's something to suit everyone.

To find out more, drop in and chat with the North Tyneside Volunteer Centre team during Volunteers' Week, 12pm–2pm at:

North Shields Library – Monday 1 June
White Swan Centre – Tuesday 2 June
Wallsend Library – Wednesday 3 June
Whitley Bay Library – Thursday 4 June
No appointment needed — just come along.

Ready to get involved? Visit voda.org.uk/search, email volunteering@voda.org.uk or follow the [North Tyneside Volunteer Centre on Facebook](#) to explore local opportunities.



volunteering@voda.org.uk



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