

Volunteering

Help make a positive difference to the lives of older people in your community by volunteering with Age UK North Tyneside.



By becoming a volunteer you can:

- Learn new skills that will boost your CV
- Gain work experience
- Build your confidence and self-esteem
- Meet new people and make new friends
- Develop a hobby or interest
- Make a real difference to those in your community.

Make a real difference to **your own life** and **the lives of others**.

You will be supported in understanding your role and given training. Out-of-pocket expenses (such as travel) are also included, but crucially you get the opportunity to help people make more of life in North Tyneside.

"Volunteering gives me the opportunity to give back to the community whilst keeping my mind active, increasing my skills and meeting new people"

"I enjoy being able to get to know somebody whilst being able to help and support them improve their health and wellbeing"

Your time, skills and enthusiasm make a huge difference to the lives of older people. Without your help, most of our work would not be possible.

Our volunteers range from 18 to 88! There are many different volunteering roles available, so there is something for everyone.

"Volunteering has boosted my confidence and given me new skills that can help develop my career"

For more information please call

0191 287 7012

Or email

volunteer@ageuknorthtyneside.org.uk

Age UK North Tyneside is local independent registered charity and relies upon donations and the generosity of others.

To donate please visit: www.ageuk.org.uk/northtyneside