



# Living Well North Tyneside

Supporting Health and Wellbeing

**Cost:** No Cost



**Type:** Face to Face

Pop in to chat with staff from the VODA Volunteer Centre and find out more about how you can get involved in helping out in your local community.

There are many different types of volunteering opportunities available, from home working to on-site, roles can be flexible, one off or regular, depending on what best fits you.

Volunteering can offer a meaningful way to help your local community, learn new skills, meet new people and have fun.

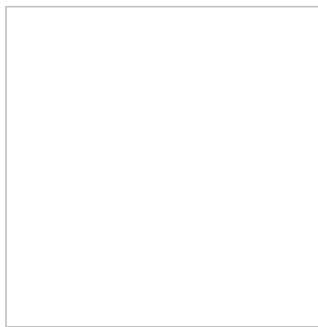
Thursday 5 June,

12-2pm



[volunteering](#)

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0191 643 2626



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North Shields Customer First Centre  
Northumberland Square,  
North Shields,



<https://voda.getvolunteering.co.uk/>



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