



Living Well North Tyneside

Supporting Health and Wellbeing

International Volunteer Day (IVD) 2024 highlights the transformative power of volunteering under the theme “Diverse Volunteers, Stronger Communities.” This day, established by the United Nations, is a global call to recognise the crucial role of volunteers in addressing challenges, fostering community development, and advancing the Sustainable Development Goals (SDGs).

Volunteerism: A Catalyst for Change

Volunteers are at the forefront of addressing global challenges such as climate change, conflicts, and social injustices. Often the first to respond in crises, they bring courage, dedication, and selflessness to their efforts. By engaging people at all levels and stages, volunteerism transforms communities and empowers individuals to be part of the solutions.

Volunteering and the SDGs

The United Nations Volunteers (UNV) programme highlights that achieving the SDGs is impossible without inclusive, community-driven efforts. Volunteerism fosters participation and collaboration, creating an intergenerational cycle where individuals from all walks of life contribute to sustainable development. Volunteers help bridge gaps between generations and instil a culture of service, enabling communities to thrive together.

UNV’s Commitment to Communities

For IVD 2024, UNV demonstrates its dedication to building stronger communities through hands-on volunteer activities in partnership with national organisations and the UN system. These initiatives underscore the impact of volunteering in creating a more equitable, inclusive world.

How You Can Participate

- Celebrate Volunteer Stories:**
Share inspiring stories of volunteers making a difference in your community. Use social media to amplify their voices with hashtags like #IVD2024 and explore resources on the IVD 2024 Trello Board.
- Get Involved:**
Find volunteering opportunities in your area through platforms like Do-It.org or Volunteer Now. Whether it’s helping at a food bank, mentoring youth, or environmental cleanup, every act counts.
- Promote Intergenerational Collaboration:**
Encourage volunteer projects that unite generations, fostering shared learning and mutual support while advancing the SDGs.
- Advocate for Volunteerism:**
Engage policymakers and organisations in discussions about expanding support for volunteer-driven initiatives that contribute to long-term community resilience.

A Celebration of Service

IVD is not just a day to celebrate; it’s an opportunity to recognise the ongoing commitment of volunteers worldwide. Through their efforts, they create a richer culture of service, bridge divides, and build stronger, more resilient communities.

Join the Movement

This 5th December, let’s honour the extraordinary efforts of volunteers across the globe. Together, we can amplify their impact and inspire more people to contribute to the wellbeing of their communities.

Volunteering is a powerful force for unity and progress. Be part of the movement for change—because when we volunteer, we build a brighter future for everyone.

Related Links

- [Inspiration in Action](#)
- [International Volunteer Day](#)
- [Volunteering in North Tyneside](#)

Last Updated - 5th December 2024

