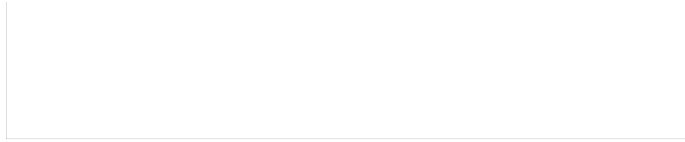




Living Well North Tyneside

Supporting Health and Wellbeing



Volunteering isn't just about giving back—it's about moving forward. If you're under 18, getting involved in your community can help you develop new skills, meet inspiring people, and even shape your future. Whether you have an hour to spare or want to commit to something bigger, volunteering offers opportunities that go far beyond just helping others.

A Head Start on Your Future

Getting experience early can give you an advantage when it comes to applying for college, apprenticeships, or jobs. Volunteering helps you develop teamwork, leadership, and communication skills, all while showing potential employers or universities that you're proactive and committed. Some opportunities even offer training, helping you build knowledge in areas like digital skills, customer service, or environmental conservation.

Discover What You Love

Not sure what career path you want to take? Volunteering is a great way to explore different interests in a hands-on way. Whether you're passionate about sports, healthcare, technology, or community projects, trying different roles can help you figure out what excites you.

Build Confidence & Connections

Volunteering is a fantastic way to meet like-minded people and grow your social network. You'll work alongside other young volunteers, experienced professionals, and community leaders who can offer guidance and inspiration. It's also a great confidence booster—learning new skills and seeing the impact of your work can make you feel more capable and empowered.

Feel Good While Doing Good

Helping others isn't just beneficial for the community—it's good for your own wellbeing too. Studies show that volunteering can reduce stress, improve mental health, and give you a real sense of purpose. Knowing that your time and effort are making a difference can be incredibly rewarding.

Ready to Get Started?

There are plenty of exciting volunteering opportunities in North Tyneside designed specifically for young people. Whether you want to help the environment, support a charity, or be part of a community project, there's something for everyone.

Check out the full article on the [VODA's website](#) to explore current opportunities and start your journey today.

Related Links

- [There's a New Kind of Superhero in North Tyneside! Why Not Grab Your Cape and Join Them?](#)



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