



# Living Well North Tyneside

Supporting Health and Wellbeing

**Student Volunteering Week**, organised by **Student Hubs & the National Union of Students (NUS)** is an annual celebration of student volunteering across the UK, highlighting the positive impact students have in their communities. Running from **10th to 16th February 2025**, this year's campaign encourages students to give back, develop new skills, and connect with others through volunteering.

Whether it's supporting a local charity, mentoring younger students, or contributing to environmental projects, student volunteers play a vital role in shaping a better future.

## Why Student Volunteering Matters

Volunteering isn't just about helping others – it's also a chance to develop valuable skills, boost employability, and improve personal wellbeing.

## Key Benefits of Volunteering for Students

**Enhances Employability** – Gain experience, leadership skills, and teamwork abilities.

**Builds Confidence** – Step outside your comfort zone and take on new challenges.

**Supports Mental Wellbeing** – Volunteering can reduce stress, improve mood, and create a sense of purpose.

**Creates a Positive Impact** – Give back to communities and contribute to meaningful causes.

**Expands Social Networks** – Meet like-minded people and make lasting connections.

Employers increasingly look for real-world experience, and volunteering provides a great way to demonstrate skills like communication, problem-solving, and adaptability.

## How to Get Involved in Student Volunteering Week 2025

### 1. Join a Volunteering Project

Many universities, colleges, and student unions organise volunteering projects during Student Volunteering Week. Look out for:

**Community Clean-Ups** – Help improve local parks, beaches, and green spaces.

**Food Banks & Homeless Shelters** – Assist in providing meals and essential supplies.

**Environmental Projects** – Join tree-planting initiatives or conservation programmes.

**Education & Mentoring** – Support younger students through tutoring or mentoring schemes.

**Fundraising & Charity Events** – Help raise money for local causes.

Check with your university's volunteering service or students' union for opportunities available in your area.

### 2. Find an Ongoing Volunteering Role

If you want to volunteer beyond this week, many organisations welcome student volunteers year-round.

Visit platforms like:

**Do It** – UK-wide volunteering opportunities.

**Vinspired** – Volunteering for 14- to 25-year-olds.

**NCVO** – Resources and support for volunteers.

### 3. Organise Your Own Volunteering Event

Students can take the lead by setting up their own volunteering projects. Whether it's a litter-picking session, charity fundraiser, or awareness campaign, small actions can make a big difference.

Consider:

- Partnering with local charities.
- Creating peer support networks.
- Running skill-sharing workshops.

Universities often provide funding or resources to help students organise events – check with your student union for support.

#### 4. Share Your Story on Social Media

If you're volunteering during Student Volunteering Week, share your experience to inspire others!

- Use hashtags like #SVW2025 #StudentVolunteeringWeek
- Post pictures and stories about your experience.
- Encourage friends to get involved.

Many organisations highlight student volunteers during this week, so your story might even get featured!

#### How Universities & Organisations Can Support SVW 2025

Universities, charities, and local organisations can promote and encourage student volunteering by:

- **Hosting Talks & Workshops** – Invite past volunteers to share their experiences.
- **Running Volunteer Fairs** – Connect students with local charities and causes.
- **Providing Recognition** – Celebrate and reward student volunteers for their contributions.
- **Offering Training** – Provide workshops on leadership, teamwork, and community engagement.

If you're an organisation looking for student volunteers, this is a great time to promote your opportunities and reach out to local universities.

#### Final Thoughts: Get Involved & Make a Difference

Student Volunteering Week is an opportunity for students to give back, learn new skills, and connect with their communities. Whether you can volunteer for a day, a week, or commit long-term, every action counts.

Take the first step today:

- Find a volunteering opportunity that matches your interests.
- Encourage friends to join you and make volunteering social.
- Explore virtual volunteering if you prefer remote roles.
- Celebrate your impact and share your experience online.

Volunteering is a powerful way to shape your future while making a difference to those around you. Will you take part in Student Volunteering Week 2025?

#### Related Links

- [Do It](#)
- [Vinspired](#)
- [NCVO](#)

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