



Living Well North Tyneside

Supporting Health and Wellbeing

Volunteering is one of the most rewarding ways to give back to your community, but many people worry that they don't have the time to commit to a regular role. The good news? You don't need to stick to a set schedule or commit to weekly shifts to make a meaningful impact. Flexible volunteering lets you get involved in a way that works for you—whether that's helping out at a one-off event, supporting a local cause in the evenings, or volunteering remotely when you have spare time.

Why Flexible Volunteering Matters

Life can be unpredictable, and not everyone has the same availability week to week. That's why flexible volunteering is so valuable—it opens the door for more people to get involved, regardless of their work schedule, family responsibilities, or personal commitments. It also benefits organisations, as they can tap into a wider pool of volunteers who bring diverse skills and experiences.

Beyond fitting volunteering around your lifestyle, flexible roles can also help you:

- **Discover new interests** – Trying out different roles lets you explore causes you're passionate about without a long-term commitment.
- **Develop new skills** – Even short-term roles can boost your confidence, communication, and teamwork skills, all of which are great for personal and professional growth.
- **Meet like-minded people** – Even if you volunteer occasionally, you'll still connect with others who share your values and interests.

Ways to Volunteer on Your Own Time

If you're wondering what kind of opportunities exist, here are some ideas:

- **Event-Based Volunteering** – Help out at charity events, fun runs, or food bank drives, where support is needed just for the day.
- **One-Off Tasks** – Support projects that require short-term help, like beach clean-ups, fundraising collections, or delivering essential supplies.
- **Remote Volunteering** – Many organisations offer flexible online roles, such as telephone befriending, mentoring, or helping charities with social media and admin tasks.
- **Evening and Weekend Roles** – If your weekdays are busy, consider options like community befriending, hosting social activities, or volunteering with youth groups.

Finding the Right Role for You

If you want to volunteer but don't know where to start, the key is to think about what works best for you. Do you prefer working in person or remotely? Do you want a social role or something more independent? How much time can you realistically commit?

Once you have a rough idea, you can explore volunteering portals and local organisations that offer flexible opportunities. Whether you can spare an hour a month or a few evenings a year, there's a role that can fit into your life.

Want to see what's available right now? Head over to [VODA's website](#) for a full list of flexible volunteering opportunities near you.

Related Links

- [Flexible Volunteering: Make Your Time Count](#)

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