Volunteering Matters

Volunteering Matters is a national charity for volunteering. They run the **Getting Together Matters service for older people**. This is regular free activities which take place virtually, online, by post and phone such as:

- creative writing
- Sunday Sounds telephone pals: weekly phone calls
- exercise classes like pilates
- singing
- quizzes

They have information on their website to help you:

- volunteer safely
- understand the benefits of volunteering
- arrange volunteering in your workplace

> **Volunteering Matters** is commissioned by Newcastle City Council to operate Volunteer Centre Newcastle , supporting people to find suitable volunteer roles and helping organisations with volunteer recruitment, training and best practice.

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Telephone: 0808 196 6831

Telephone note: Getting Together Matters Freephone

Telephone 2: 020 3780 5870

Telephone 2 note: Volunteering Matters

Website: http://volunteeringmatters.org.uk/

Email: gtm@volunteeringmatters.org.uk

Website 2: https://volunteeringmatters.org.uk/project/getting-together-matters/

Twitter: https://twitter.com/volunteering_uk

Facebook: https://www.facebook.com/volunteeringmatters

Youtube: https://www.youtube.com/channel/UCoSJ1et8Dwcn_ajk3j5_Z_Q

Address:
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