



**Gateshead Countryside volunteers** come in all shapes and sizes, ages and backgrounds. But, the one thing they have in common is this - they all want to help improve and conserve Gateshead's Countryside. And there's a lot of it. Over half of Gateshead is countryside – from wetlands and wild flower meadows to ancient woodlands and riverbanks.

*"Anyone can become a volunteer, as long as they are over 18, and it's easy to fit it in around work or family life."*

*"It can be hard work, but it's great fun!" That's how John Parach of Stargate describes being a Gateshead countryside volunteer.*

*"I love the countryside. I work in the theatre so this is such a refreshing contrast to what I usually do. I've made steps, put up fences, made nest boxes and thinned out woodlands. And we all work really effectively as a team under the guidance of a countryside ranger. I'm learning new practical skills all the time.*

*"It's all about maintaining the countryside and making it accessible and more enjoyable for everyone. It would be great to get more young people involved. If you work like me, you can do countryside volunteering around existing commitments."*

John is sometimes joined by fellow volunteer Audrey Frost from Great Lumley.

*"I was looking for a new hobby - so when a friend gave me some information on the work of the countryside volunteers, I decided to go along to find out what it was all about.*

*We're always well guided by the countryside rangers and you don't need any specialist skills. I help out every Tuesday and Thursday, no matter what the weather! I enjoy the fresh air and I have made some really nice friends.*

*"It is lovely to get back home afterwards knowing that I have done something really worthwhile."*

**See over to find out how you can join.**



## ***Volunteer to:***

Do practical tasks

Help at events

Undertake surveys

Make new friends

Learn new skills

Improve your fitness

Make a difference

*Use it or lose it - volunteer today*

**Your countryside needs you!**

# How to join

It's really easy to become a Gateshead Countryside Volunteer – everyone is welcome to take part – you just have to be over 18. You'll be given the necessary training and any safety clothing necessary to do the job. We will also reimburse travelling expenses. All you have to do is contact Jayne Calvert, the council's Countryside Volunteer Co-ordinator by:

Phone: 0191 433 3524

Email: [jaynecalvert@gateshead.gov.uk](mailto:jaynecalvert@gateshead.gov.uk)

Letter: Jayne Calvert,  
Countryside Volunteer Co-ordinator,  
Planning & Environmental Strategy,  
Civic Centre, Regent Street,  
Gateshead NE8 1HH



## DIFFERENT FORMAT

If you would like this leaflet in a different format – large print, Braille, audiotape – or in a different language please call Jayne at the number above.