

LIFE AFTER STROKE SERVICES supports stroke survivors, carers and families to ensure they get the help they need. They need Volunteer Befrienders to help reduce social isolation and build the confidence and self-esteem of the people they support. Volunteers are needed to support people either face to face, online or in the community, supporting people to achieve personal goals and to be more independent. **Contact Sam on 01542 on 69697.**

BRAIN TUMOUR RESEARCH needs volunteers to help raise awareness and funds for the charity. Perhaps you could manage collection boxes in your area, help out with bag packing days or help to organise fundraising events. **Contact Sara on 0759 084 7355.**

OAKLEA TRUST needs home from hospital volunteers to support people when they are discharged from hospital to help them readapt at home and the community, e.g. shopping and Companionship. **Contact Judith on 01768 800350.**

BARROW FOODBANK needs a Volunteer Supermarket Co-ordinator to continue to build up relationships with local supermarkets and plan for the various food collections throughout the year. You would recruit and maintain a data-base of existing and prospective volunteers for supermarket collections and share responsibility with existing volunteers. They also need a Volunteer Fundraising Co-ordinator. **Contact Ann Mills on 01229 343436.**

MIND IN FURNESS needs volunteers to help with their Saturday well-being centre with befriending and helping with activities. They also need support volunteers for their groups/activities they run i.e. men's group and recovery star as well as charity shop volunteers. **Contact Judith on 01768 800350.**

CIRCLES CUMBRIA needs volunteers to contribute to the prevention of sexual abuse and so reach the ultimate goal of no more victims. A Circle (of ideally 4 volunteers) provides invaluable support to a sex offender seeking to live in the community and not re-offend. This support includes practical aspects such as helping to identify and develop social interests. **Contact Maureen on 07860 920402.**

THE INCREDIBLE EDIBLE project offers opportunities to grow food; work with local community groups such as Residential Homes, Guides, schools and food growing projects; organise events such as shared lunches and workshops; liaise with local food producers and retailers and promote activities through liaison with the local press or facebook. **Contact Kim Farr on 07966333107.**

NIGHTSTOP need Volunteer Hosts to help 16-25 year olds in crisis with short term emergency accommodation on a night by night basis. They also need to recruit drivers who help to transport young people to their Nightstop placement. **Contact Sharon on 07958447477.**

LEONARD CHESHIRE is looking for Adventures Youth Club Volunteers for Walney Community Centre for a variety of their clubs. Their inclusive club for young people aged 11+ meets on Wednesdays and Thursdays from 7-9pm. Adventures Juniors is for 7 to 11 year olds on Thursdays from 5pm to 6:30pm. Aspergers Juniors in partnership with ATUS meets on a Monday evening from 5pm to 6:30pm for young people aged 11+ and Aspergers Seniors in partnership with NAS meets on a Monday evening from 7pm to 9pm for 7 to 11 years old. **Contact Helen Towers on 01539 739478.**

THE VOLUNTARY BAILIFF SERVICE is an important partnership between the Angling Trust and the Environment Agency and who are looking for volunteers. All policing today is 'intelligence-led'. They need Volunteer Bailiffs to contribute by being 'eyes and ears', reporting what they see and hear to a high evidential standard. Training is provided by law enforcement professionals of the Angling Trust, EA and police. Volunteers have the opportunity to undertake joint patrols with the EA and police. **Contact Dave Lees on 07495 433618.**

ULVERSTON IN BLOOM needs volunteers that are keen to make Ulverston look attractive by planting bulbs, flowers, and shrubs around the town. The group mainly meets on Wednesday mornings for two hours from 9.30am to maintain this work. Can you help? **Contact Kim Farr on 07966333107.**