

RAGTAG IS A COMMUNITY ARTS project provides opportunities for people to experience and participate in high quality arts activities and events that entertain, inspire and educate. They have a Scrapstore in Kendal which is a creative warehouse of craft. They are looking for volunteers to help with Administration Assistant, Cleaning, Marketing, Merchandising, Production, Resource collector/driver, Sales, Customer Service or Workshop Assistant. **Contact Emily on 07769202087.**

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.**

COMMUNITY EMERGENCY RESPONSE TEAM UK is a disaster relief response charity set up after Storm Desmond in Dec 2015. They collect and distribute donated items for homes with any disaster. They are looking for volunteers to help with decorating, carrying out basic home repairs or building DIY furniture, gardening, etc that has been affected by flooding or a disaster. **Contact Kerryanne on 01768 593190.**

SOUTH LAKES FOYER need volunteers to assist with IT classes, teaching basics IT skills, dealing with customers and assisting service users to use and search the internet. Volunteers are needed 10am-12noon on Tuesdays, Thursdays or Fridays. There is a Teacher that oversees the sessions but volunteers are needed to help with one to one support. **Contact Emilia on 01539 741002.**

SOCIAL CLUB 55 is for people aged 55 and over to access social/ mental stimulation, gentle exercise, lunch and other linked activities held at the Marchesi Centre. They are open 10am to 3pm on Monday, Wednesday and Friday and need volunteers. Tasks include supporting persons to have a walk outdoors, take part in playing games, complete arts/ crafts and memory recall. **Contact Anita on 07874009808.**

AGE UK SOUTH LAKELAND is looking for volunteers to help with Befriending, Telephone Friends Exchange, Craft groups, Events and Exercise Class Leader. **Contact Charlotte Robinson on 01539 814946.**

STRICKLANDGATE HOUSE TRUST need volunteer receptionists to provide a reception service for charities to liaise with the public and manage the meeting room book diary. As first point of contact you must be welcoming, with good interpersonal skills. Shifts are 9-11:30, 11:30-2 and 2-4:30 any day Monday to Friday. **Contact John on 01539-742600.**

SPACE 2 CREATE supports the participation of service users with mental and physical disabilities in creative sessions. They need volunteers to help with either administration, domestic tasks, fundraising, gallery and exhibitions, IT and Social, Resource Management, Session Leaders or Support Volunteers. **Contact Mat on 07833307771.**

THE INCREDIBLE EDIBLE project offers opportunities to grow food and work with local community groups such as Residential Homes, Guides, schools and food growing projects. They need volunteers to help 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 on 07966333107.**

LIFE AFTER STROKE SERVICES supports stroke survivors, carers and families to ensure they get the help they need. They are looking for Volunteer Befrienders to help reduce social isolation and build the confidence and self-esteem of the people they support either face to face or in the community.. **Contact Sam 01542 on 69697.**

ULVERSTON IN BLOOM need volunteers to join a group of people who are keen to make Ulverston Look attractive by planting bulbs, flowers, herbs and shrubs around the town and then maintaining the flower beds and tubs. The group mainly meets on Wednesday mornings for two hours from 9.30am. **Contact Kim ON 07966333107.**

FAIROAK HOUSING ASSOCIATION support people with learning difficulties to live independently in the community. They need volunteers to befriend some of their tenants by sharing their hobbies and interests. e.g. going for coffee, for a meal, to go to the cinema or to enjoy similar social opportunities. **Contact Audrey on 01539 720082.**