

COMMUNITY EMERGENCY RESPONSE TEAM UK is a disaster relief response charity set up after Storm Desmond in December 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.**

HEADWAY NORTH CUMBRIA offers support and rehabilitation activities to those with acquired brain injury. Each Monday afternoon between 1pm and 4pm they provide services in a social and creative environment. They urgently need a volunteer with cooking and baking skills to assist during their sessions enabling those injured through brain injury to re-acquire basic skills in meal preparation within a happy and fun environment. The branch meets at the New Waterton Hall. **Contact Andrew on 0777 634 1045.**

FAIR MEALS DIRECT need Volunteer Drivers to deliver hot meals to older people in Carlisle around 11am-1.30pm during the week, using your own car. Expenses re-imbursed. **Contact Jane on 01768 800350.**

COMMUNITY LAW CENTRE are looking for volunteers to help on reception as well as answering the telephone, administration, undertaking research and collect statistical data. **Contact Fiona on 01228 515129.**

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**

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 collections and bag packing days or help to organise fundraising events. **Contact Sara Eltman on 0759 084 7355.**

AGE UK CARLISLE AND EDEN are looking for day are and lunch volunteers, charity shops volunteers, community home day care hosts, administration volunteers, reach volunteers, shopping assistants, and Brampton Dial a Ride Volunteers. **Contact Leanne on 01228 536673.**

THE VOLUNTARY BAILIFF SERVICE is an important partnership between the Angling Trust and the Environment Agency. They 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 on 07495 433618.**

CARLISLE FOODBANK needs volunteers to collect donated items from their donation collection points in supermarkets. You will then deliver the items to the Carlisle Foodbank at St Nicholas Street. Own car needed. **Contact Jessie on 07886 773 742.**

CORNERSTONE is a Community coffee shop selling second hand books, CDs and records, owned and managed by St James Church. They also have an OpShop selling clothing, children's toys and household items. They are currently looking for volunteers. **Contact Rachel on 01228 549796.**

THE NORTH CUMBRIA HOSPITALS PATIENT PANEL needs volunteers who are current or ex-patients of the Cumberland Infirmary who aim to improve the service provided by the Trust. They have opportunities for volunteers to assist in ward inspections on the 15 steps programme and PLACE assessments. The North Cumbria University Hospitals NHS Trust also need Volunteer Weekly ward/department chaplaincy volunteers or a Sunday Service Volunteer for the Chaplaincy Department. The role involves respectfully approaching patients, listening to patient or carers' stories, promoting the work of the Chaplaincy in general, praying with a patient if they request it or finding someone who could. **Contact Volunteering@ncuh.nhs.uk**