

The **Royal British Legion** are looking for Volunteer Caseworkers to meet beneficiaries in Legion premises or in their homes, interview beneficiaries to assess their needs, and circumstances, and complete the relevant paperwork to ensure they receive the support they are entitled to. Volunteers will also provide an action plan with beneficiaries, and report back to a Case Officer, making recommendations.

Contact Kerry Newham on 07500 553007.

St Mary's Hospice is recruiting now for volunteers to help at their new Living Well Centre in Barrow. Volunteers can help by giving a patient a lift to the sessions, become a Living Well Volunteer to help patients get involved and enjoy their activities, help on reception or support the team by doing some administration. There is also a wide range of other roles available at the hospice, in your community or in the shops & Warehouse.

Contact the Volunteer Team on 01229 580305.

Ulverston Breastfeeding Support Group are looking for meet and greet volunteers. The role involves assisting the Group Leaders to ensure the smooth running of the group on Mondays 9.30-11.30, in weeks when you are available, as agreed with the group leaders in advance. Your tasks may include:

- helping the Group Leader to set up the room before the session and clear away after
- greeting mothers as they arrive and listening actively to mothers who need someone to talk to
- assisting the Group Leader to identify which mothers need urgent help, and which need to be referred onwards (e.g. to their Health Visitor, to our IBCLC etc)

Contact Ann Bruce on 015394 42593.

Impact Furniture Services Furness urgently needs volunteers in their Store in Barrow in Furness. They require Drivers mate and Customer Service/warehouse assistant. An excellent opportunity to gain valuable experience in a retail environment.

Contact 01229 311002.

Barrow Street Angels – Community Support Volunteers are looking for volunteers to help serve Barrow Town Centre's Night time economy from Midnight to 4.30am. This is in partnership with churches and Cumbria Police.

Contact Sophie Carnaby by email:
s.carnaby@hotmail.co.uk

Age UK working in Furness is looking for Community Link Volunteers to help older people to access social activities over a period of 6 weeks. The volunteer will accompany a person to take part in activities and social events with the aim of building the person's confidence to go out alone in the future. They also need volunteers for their Friends Exchange Project who can visit an older person in their own home on a regular basis. They also need Telephone befrienders, and event volunteers as at the Barrow Gateway office they run a variety of activity groups on a weekly basis.

Contact 01539 728118.

North West Air Ambulance is looking for Fundraising Event Volunteers. The role of fundraising volunteer is varied and you will be given the opportunity to undertake a variety of tasks. Duties may include: leading or supporting on an information stand, engaging with the general public as an ambassador for NWAA to raise awareness as to our work and how they are funded or selling merchandise and handling small amounts of cash. They also need Tin Collection volunteers.

Contact Lisa Rawcliffe on 07394855588.

Help for Heroes needs volunteers. H4H is full of passionate and committed people who know that everything we do is all about one thing – it's about 'the blokes', the men and women of our Armed Forces. It's about ensuring that they and their families get the best support possible, for life. They are looking for volunteers to engage with the local community on behalf of the charity and to be their voice at a local level. You will be part of a UK wide community, supported by local Coordinators and the National Volunteer Team.

Contact Edith Walker on 01980 846459.

Do you want to volunteer with children and families? Would you like to join the team of volunteers making a difference at **Furness Children's Centres**? With a wide range of volunteering opportunities across seven Children's Centres in Barrow and Dalton, we provide a volunteer induction, training & out of pocket expenses. Volunteer induction training takes place on 24, 31 January & 7, 14 February 9.30am to 12.30pm, Greengate Children's Centre, Greengate St, Barrow-in-Furness.

Contact Victoria Peake on 01229 471 655.

**Contact Cumbria CVS on 01768 800350 or
email: info@cumbriacvs.org.uk for other
volunteering opportunities**