

Hospice at Home West Cumbria need more volunteers for their shops in Cockermouth, Whitehaven and Workington. These roles involve serving customers on the till, keeping the shop floor tidy, pricing, tagging, sorting stock, etc. They are also looking for van driver volunteers for a Monday morning. They are also looking for fundraising volunteers to help at upcoming events and activities. Volunteers are generally required for a minimum of 2 to 3 hours per week on a rota. Volunteers need to have good communication skills, work as part of a team, and be reliable and flexible.
Contact Teresa McCall on 01900 873173.

West Cumbria Carers need Volunteer Fundraisers, Respite Sitters, Counsellors and Benefit Support Assistants. The main aim of a Respite Sitter is to enable a carer to have a break from their caring role, with peace of mind from knowing the person they care for will have the company of a trained volunteer.
Contact Angela Longrigg on 01900 821976.

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.

Keswick Museum and Art Gallery need front of house volunteers and marketing volunteers. Front of house volunteers work with another volunteer and the duty manager to welcome visitors to The Museum, to help visitors to find their way around the building and to enjoy their exhibitions and activities, as well as selling tickets & shop products. The marketing role includes social media updating –Facebook and Twitter, design and distribution of posters to promote regular lunchtime talks, events, family activities and updating free listings for local magazines and newspapers.
Contact Tracy Henderson on 017687 73263.

Citizens Advice Copeland needs volunteers to be Telephone Advisers, Advisers, Administrators, Caseworker Assistants, Receptionists, Financial Capability and Trustee Board members.
Contact 01946 693321.

Whitehaven Harbour Youth Project need mature people (18+minimum) to volunteer at a local youth project, to assist in running sessions for young people. Duties include general duties like making sure youth space is a safe environment for young people and generally assisting staff in sessional activities.
Contact Nik Smith on 07500 675712.

British Heart Foundation needs volunteers for their Workington Home Store, raising funds for valuable research. Various volunteer roles include Customer Service, Telephone/Admin, Warehouse, Cash Desk, Store Merchandiser, Electrical Department, Electrical Function Tester, Online Listings, Restorer / Repairer, Stock Generation Volunteer and Volunteer Recruiter. The charity shop also needs volunteers.
Contact Karen Williams on 01900 62295.

Cumbria County Council requires a Volunteer Co-ordinator for Aspatria and Bothel for the Voluntary Car Scheme which provides alternative transport to members of the community who cannot make their journey by public or private transport. This home based role involves receiving requests from members of the public, contacting a driver to carry out the journey and checking drivers' monthly claim forms before forwarding to the County Council. Phone calls and postage expenses will be reimbursed. The Co-ordinator may also be a scheme driver.
Contact Katy Wood on 07788 396194.

Cumbria Family Support Association needs Family Support Volunteers to help minimise the risk of family breakdown by supporting families with young children who are experiencing disadvantage, difficulty or distress through trained volunteers who visit families in their own homes providing friendship, support, practical help and a listening ear.
Contact Val McQuillin on 01768 593102.

The Phoenix Youth Project need Volunteer Youth Workers to support the running of their three youth clubs. The youth club in Frizington meets on Monday, Wednesday & Friday evenings, Cleator Moor on Tuesday, Thursday & Friday Evenings and Moor Row on Monday evenings.
Contact Paul on 01946 814555.