

**Carlisle Library** are looking for Volunteer IT Buddies. Would you like to share your computer skills and knowledge with others? They are looking for volunteers to help library staff deliver internet taster sessions and basic IT help to members of the public, work on a one to one basis with learners or with small groups of people, support and encourage people as they work through the "Learn my Way" website, helping those with little or no internet skills become computer confident. They also need volunteers to deliver taster sessions on using iPads and tablets.

**Contact Caroline Lunny on 01228 227312.**

**Cumbria Law Centre** needs Volunteer Receptionist/Administrator voluntary. They have vacancies on Monday afternoons, from 1pm to 5pm, and Tuesday mornings from 9:30am to 1pm and Tuesday afternoons from 1pm to 5pm. The ability to use a computer and a good standard of written and spoken English is required.

**Contact Fiona McCrum on 01228 515129.**

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.**

**AWAZ Cumbria** are looking for volunteers that want to learn more about the diverse communities and support local people to improve their English language skills and help these people to integrate into the local community. They are currently recruiting English Language Support Volunteers for their next training course on 23 March, 9.30am-12.30pm in Carlisle.

**Contact Aftab Khan on 01228-511115.**

**Carlisle Youth Zone** need for volunteers to help in Administration, Fundraising, Sports, Gym and in Arts. By joining our friendly team you will receive FREE training and learn transferable skills, whilst also making a real difference to the lives of young people. The range of activities on offer will, to a certain extent, be determined by the young people but friendship, talking, meeting, association, being safe and having fun is key!

**Contact Matt Williams on 01228 516280.**

**Girls Friendly Society (GFS)** need Volunteer Activity Leaders on Friday from 6.30pm-8pm in Stanwix to work together to plan and run activities, events and trips out for a group of girls and young women. Sessions offer opportunities for girls and young women to play, be creative, get active, develop skills and a sense of belonging.

**Contact Leigh Ingham on 07540 501230.**

**The British Heart Foundation Furniture Store** is looking for volunteers to help on the shop floor or with meeting and greeting on Fridays, Saturdays or Sundays. They also need Warehouse volunteers throughout the week.

**Contact Deborah or Carl on 01228 512155.**

**Carlisle Foodbank** need Volunteer Collectors to assist in collecting food from various points within the city and delivering it to the Food Bank. This could be from shops or collection sites across Carlisle. The collections from food outlets are set, they collect Monday morning, Tuesday evening, Thursday evening and Sunday afternoon.

**Contact Pam Douglas-Brewis on [info@carlislefoodbank.org.uk](mailto:info@carlislefoodbank.org.uk)**

**The Royal Air Forces Association** need to recruit a Volunteer Caseworker to someone who carries out welfare work. Welfare work is about listening to an individual and assessing their needs to find out how the Association can provide help and support to them. Caseworkers may need to gather complex information on beneficiaries to help with applications.

**Contact Sam Squire 0800 016 2361.**

**CUMBRIA CVS** are looking to recruit Shaddongate Resource Centre Volunteers in Carlisle. This is a customer service role requiring an ability to help and support Cumbria CVS on reception and to help run Shaddongate Resource Centre. Example of some tasks required are: meeting and greeting visitors, helping to ensure that rooms are prepared for use before and after events and office tasks.

**Contact Judith on 01768 800350.**

**Carlisle Carers** need a Mental Health Group Volunteer for their monthly meetings in Carlisle. The group gives opportunities to talk to other carers about their caring role & mental health issues.

**Contact David on 01228 542156.**