

Age UK Carlisle and Eden are looking for day care volunteers in Appleby at the Riverside Building, 10am-2pm. Volunteers are needed to help maintain and develop relationships with clients within the day centres, to provide assistance with domestic tasks including the preparation and serving of meals and light refreshments, and helping to tidy and clean up afterwards, i.e. dish washing etc. Volunteers can also be involved with the planning and implementation of activities, i.e. games, quizzes etc. Their retail shops in Penrith and Appleby also need volunteers.

Contact Jo Radcliffe on 01768 863618.

East 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 Sarah on 01768 593102.

Eden South Lakeland Credit Union is a local community bank, with offices in Penrith, Kendal and Alston. They offer savings and loans services, and provide an affordable alternative particularly to those who may struggle to access mainstream lending providers. They need front-of-office volunteers, Loans officers, Board Members and a new Chairperson.

Contact Stephen Thorpe on 01768 890065.

British Heart Foundation needs charity shop volunteers in Penrith. If you have an eye for detail and enjoy working in a busy environment then this could be the role for you. Good organisational skills and an understanding of current fashion trends would be beneficial, but not essential. The role involves helping to sort, tag and steam garments ready for the sales floor and keeping the stock room tidy and organised.

Contact Aileen Templeton on 01768 890253.

Citizens Advice Carlisle & Eden are looking for a Volunteer Treasurer. Day-to-day financial management is the responsibility of CACE management and staff. The Treasurer will guide the preparation and approval of budgets, accounts and financial statements, and will advise the Board on the financial implications of strategic and key operational plans.

Contact Andy Auld on 03300 563037.

Carlisle Eden Mind needs charity shop volunteers in Appleby and Penrith. There are several volunteering positions to be filled including; Sale Shop Floor Assistants, Till operators, Store Room Assistants, Window dressers, Leaflet distributors, On Line Specialist Sales, and Driver/Stock controller throughout Carlisle and Eden.

Contact Sam McWhan on 01228 543354.

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.

Eden Animal Rescue requires volunteers for their Penrith Charity shop from either 10am-1pm or 1pm-4pm Monday to Friday and also Saturday 10am-1pm. Previous shop experience would be great but not essential as training provided. They also need volunteers for their rescue centre based near Temple Sowerby to help care for either cats or dogs.

Contact Sarah on 01931716114.

Do you want to gain work experience at a small Cumbrian environmental charity which does big things? **Cumbria Action for Sustainability** are looking for an enthusiastic person to volunteer with our friendly team to deliver our Pre-loved clothes sale in April 2019. You would be involved in managing all aspects of the clothes sale. This includes working with our staff and other volunteers to recruit sellers, advertise the sale, organise the event, decorate the venue and make sure everyone has fun on the night. Ideally you will be able to commit to around a day a week from mid-January to mid-April when the sale takes place.

Contact Caroline Turner on 01768 210276.

Suicide Safer Eden (SSE) needs Volunteer Champions to help raise the profile of SSE and suicide prevention by making appropriate information available and by identifying opportunities for suicide alertness training.

Contact Juliet Gray on 01228 543354.