

Mind in Furness are looking for volunteers for the following roles; conservation, craft group helper, member support, mens/womens group, reception volunteer and a recovery star volunteer.

Contact Sharon Hogg on 01229-827094.

St Johns Ambulance are looking for Volunteer First Aiders to provide first aid at large and small events within the community. You'll be part of a team of volunteers delivering help where it's needed, dealing with everything from a sprained ankle to a cardiac arrest. You'll make a real difference to your community and have a huge impact on the nation's health. They are looking to run a volunteering selection session on Saturday 31st August 2019 at 10:00am to 3:00pm based in the Kendal Headquarters. If you are successful you will need to undertake induction & training for role at these dates: Welcome Event (Induction) - Saturday 14th September 2019 and training on 5th, 6th 19th and 20th October 2019. You must be available to attend all four days.

Contact Ian Cameron on 07527432703.

The Friends of Dalton Castle are looking for four volunteers on Saturdays between 2pm and 5pm from over the summer and to the end of September to greet visitors and show them round. Dalton Castle is owned by The National Trust and the Friends of Dalton Castle are a group of volunteers in existence to keep the castle open to the public.

Contact John Farrer 01229 811536.

The Senior Citizens Club in Barrow needs a Volunteer Bingo Caller. The club meets at Ocean Road Community Centre on Wednesday afternoons 1-30 to 3-30pm and is a lovely friendly little club. They play bingo, have a raffle and tea and coffee. The role of the volunteer is to call the numbers and help with the tea.

Contact Glenda Fullard on 01229 839927.

Barrow Foodbank needs volunteers for Supermarket collections to give out 'shopping lists' to supermarket customers. Non-perishable food is. Foodbank volunteers sort and pack food into various boxes for people in crisis. They are looking for Volunteer Supermarket Shopping list distributors on Friday 2nd and Saturday 3rd August 2019 at Tesco Extra in Barrow-in-Furness.

Contact Jane Coward on 01229 343436.

CADAS Barrow is looking for Volunteers to help with Recovery Support, Reception & Office Support, Fundraising and Centre Assistant. For the Recovering Support Volunteer Role there is an

Understanding and Working with Addictive Behaviours Volunteer Course which is 14 Days, 1 day per week. The course will give attendees an understanding of their own psychological processes via a number of therapeutic models. You will practise reflective skills, mindfulness and communication and will learn how to work safely and ethically. The course is to start in Barrow September 2019 and applicants need to complete the 2 day Introductory course first.

Contact Louise on 0300 111 4002 (local rate).

Cumbria CVS are looking for Volunteer Trustees. Do you wish to support a flourishing voluntary sector in Cumbria? Are you a people focused individual? Do you value diversity, integrity, respect and transparency? Are you looking for a new opportunity to develop your skills? The role of trustee is vital for holding the organisation to account and ensuring public confidence, for determining the overall direction of the organisation and providing leadership. Closing date for applications is 27 September.

Contact 01768 80035 for how to apply.

The National Youth Advocacy Service (NYAS) are looking for Volunteer Independent Visitors to befriend and develop a long-term friendship with a young person in care once a month. Becoming an Independent Visitor can be very rewarding for you and life changing for a young person in care, being a consistent and supportive person on their life, helping them learn to trust, have fun and grow. Volunteers offer friendship, support and fun to the children.

Contact Wendy Whiteley on 0151 649 8700.

Emmanuel Christian Centre needs volunteers to help with their Community Meals on Wheels service. They are looking for reliable people who can give a day a week or fortnight to help deliver community meals in pairs to clients who live in Ulverston.

Contact Lisa Smith 01229 586136.

Art Gene need volunteers to help out on Walney Community Growing Space with communal gardening and maintenance every Friday from 11am, occasional weekend work and events on Sat/Sun.

Contact Eve Mulholland on 01229 825085.