

Samaritans are looking for Listening Volunteers. People contact us when things are getting to them, including if they are feeling suicidal. Contact is by telephone, email, SMS, letter and face-to-face. Many of the experiences and feelings people talk to Samaritans about are things they feel unable to tell others, including suicidal feelings. The Samaritans Whitehaven branch is very short of volunteers to work on the phones, but they are also looking for other skills (accountancy, statistics, management). They also need people to work in their charity shop.

Contact Alastair Sharp on 0333 335 0414.

St Johns Ambulance is 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.

Cumbria CVS are looking for Volunteer Trustees. 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 further details and how to apply.

Whitehaven Community Trust work with vulnerable young people . they provide supported accommodation for homeless 16 – 24 year olds. They are looking for volunteers to spend time with their service users cooking, baking, crafts, pamper days, playing music, games, life skills etc. Their service users need to learn how to be independent and maintain their own tenancies once they leave the hostels so to learn, grow and be supported whilst achieving this is their aim.

Contact Kimberley Andrews on 01946 590590.

The National Youth Advocacy Service (NYAS) supports children, young people and adults. An Independent Visitor is a volunteer that befriends and develops a long-term friendship with a young person in care. 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 meet with their young person once a month. They offer friendship, support and fun to the children they are matched with.

Contact Wendy Whiteley on 0151 649 8700.

Age UK West Cumbria is looking for Retail Volunteers in Millom, Egremont, Cockermouth and Cleator Moor. As a Retail Assistant you can take on a variety of roles according to your level of confidence, experience and area of interest. These may include: stock sorting, researching, steaming, Customer service, till-operating, visual merchandising and display.

Contact Joanne Armstrong on 07597747309.

Cumbria Youth Alliance need volunteers in Cumbria. Are you interested in volunteering with young people in your area? Want to be part of helping young people make a successful transition to adulthood? Think you have something to offer a young person? Then we want to hear from you!!! Full accredited training and support provided.

Contact: juan@cya.org.uk

Cancer Research needs Shop Volunteers in Keswick. Volunteers are the first point of contact for customers when they enter our shops. You will provide invaluable help through the running of the shop, keeping it stocked and attractively displayed. You can get involved as much or as little as you like by: sorting out stock; putting your own stamp on the shop displays or getting trained to serve customers at the till.

Contact Ian Marlow on 07880 154 958.

The Kirkgate Centre in Cockermouth offer live events and performances and has exhibitions of local history. They are looking for volunteers for Front House, Sound Engineer and Technical Support , Duty Manager and Box Office Volunteers.

Contact Gill George on 01900 829966.