

St Johns Ambulance needs 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 from 10:00am to 3:00pm based in the Kendal Headquarters. If you are successful you will need to undertake induction & training for the on these dates: Welcome Event (Induction) - Saturday 14th September 2019 and training on 5th, 6th 19th and 20th October 2019.
Contact Ian Cameron on 07527432703.

Carlisle Carers are looking for Young Carer Support Volunteers to assist their Support Workers to support and supervise Young Carers and/or Young Adult Carers during clubs, trips, and events. The role is to provide support and supervision to Young Carers, gather and report feedback to their Support Workers to enable them to plan future events. Volunteers help to plan, organise and run activities providing support to vulnerable children and young people who have a caring role.
Contact David Little on 01228 542156.

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.

North West Ambulance Service need Volunteer Car Drivers for their everyday non-emergency Patient Transport Service which assist many people to attend a variety of medical appointments. Their volunteer car drivers use their own vehicle and provide that personal touch to brighten their day as they collect a patient from their home, help get them to where they need to be at the hospital and make sure they get home.
Contact Hayley Smith Cumbria on 01772773071.

Cumbria CVS are looking for a Volunteer Ground Keeper to ensure that the external areas of Shaddongate Resource Centre in Carlisle are kept clean, tidy and maintained and that the flower boxes are kept in good order. Volunteers are needed to help fortnightly. If you like being independent, being outdoors and maintaining small grounds then this role is for you! They also need Volunteer Trustees which 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 Volunteer Trustee applications is 27 September.
Contact Judith Smale on 01768 800350.

CADAS are looking for volunteers to help with fundraising, reception and office support, finance volunteer and to deliver their 1:1 recovery support. Join them for two days to find out more about Cadas and how you could support their work with people affected by substance abuse. Basic alcohol and drug awareness training included. This is on 6 and 13 of August 2019 from 10am to 4pm in Carlisle.
Contact Lois Sparling on 0300 111 4002 (Choose 2 for Carlisle)

Cumbria Law Centre are looking for Volunteer Receptionist/Administrator. They require volunteers, any morning or afternoon, 9:30am to 1pm or 1pm to 5pm to help a vital local service. The role involves answering the telephone, dealing with clients, data entry, filing and photocopying. Training provided.
Contact Fiona McCrum on 01228 515129.

Cumbria Youth Alliance are looking for 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? Full accredited training and ongoing support will be provided.
Contact: juan@cya.org.uk

The Op Shops in Carlisle need volunteers for their shops in Morton, Botchergate, Currock, Raffles, Denton Holme, Harraby and Botcherby. Volunteer roles include helping on EBAY- researcher, packing & dispatching, shop floor volunteers, shop back room volunteers, drivers mate, warehouse volunteers, greeters, etc.
Contact Jon Greenwood on 07523 778723.