

St Johns Ambulance are looking for a 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. The experience you gain could lead to more advanced roles, including patient transport, cycle response, advanced first aid and emergency response. 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 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. Trained volunteers will visit families in their own homes providing friendship, support, practical help and a listening ear.

Contact Sarah on 01768 593102.

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.

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 01931 716114.

Girlguiding is the leading charity for girls and young women in the UK and they are looking for volunteers in Eden. Girlguiding welcomes volunteers of all backgrounds, ages, cultures, faiths and abilities. You can volunteer to help out with: Rainbows aged five to seven, Brownies aged seven to ten, Guides aged 10 to 14 and the Senior Section aged 14 to 26. They are flexible and volunteering can be arranged to fit around a busy lifestyle. Can you help and volunteer?

Contact Helen on helendickie@dsl.pipex.com

Cumbria CVS are looking for Volunteer Trustees. Do you wish to support a flourishing voluntary sector in Cumbria? Are you a people focussed individual? Do you value diversity, integrity, respect and transparency? Are you looking for a new opportunity to develop your skills? They are looking to enhance the strengths of our existing board by recruiting 4 new 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.

Cancer Research are looking for Shop Volunteers in Penrith. 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.

Help for Heroes needs volunteers. H4H is full of passionate and committed people who know that everything we do is all about one thing – it's about 'the blokes', the men and women of our Armed Forces and their families. They are looking for volunteers to engage with the local community on behalf of the charity and to be their voice at a local level.

Contact Edith Walker on 01980 846459.

Carlisle Eden Mind needs charity shop volunteers in Appleby & Penrith for shop floor or store room, till operators, window dressers, drivers, etc.

Contact Sam McWhan on 01228 543354.

**Contact Cumbria CVS on 01768 800350 or
email: info@cumbriacvs.org.uk for other
volunteering opportunities**