

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.

Manna House in Kendal is looking for a Website Volunteer to help post and update their website on a regular basis. They also need Fundraising Volunteers to initiate and organise one-off events, e.g. a concert or a sponsored sleep-out in Winter, etc.

Contact Anna Evans on 01539 725534.

North West Air Ambulance – Cumbria need charity shop volunteers in Kendal. Typical tasks include: sorting and preparing items for sale, steaming donated clothes, packing away out of season goods, assisting with stock rotation, assisting with keeping the store room clean and tidy and organising the back of shop.

Contact Lisa Rawcliffe on 0151 547 783.

Gatesfield Quaker Housing Association Ltd needs volunteers to collect their minibus from Kendal and drive to Windermere to collect older people for a day out. One minibus is equipped with a tail lift which requires a MiDAS certificate to use while the other is equipped with a ramp. Training can be arranged.

Contact Joanne Busuttill on 015394 4557.

Changing Futures North East is looking for a Volunteer Befriender in Kendal and Milnthorpe for a child or young person in care to take part in activities at least twice per month. The aim is that you build trust so that you can help create happy memories for them. They have experienced trauma and sadness and lost important relationships in their lives. You will encourage and support them to achieve goals and aspirations.

Contact Grainne Fegan on 01429 891444.

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.

Cumbria County Council requires a Volunteer Co-ordinator & Drivers. The VCS provides alternative transport to members of the community who cannot make their journey by public or private transport. Examples include getting to the doctors, shops, visiting friends, etc. Co-ordinators are required for schemes in South Lakeland to receive requests from members of the public, contacting a driver to carry out the journey and checking drivers' monthly claim forms.

Contact Katy Wood on 07788396194.

Kendal People's Café and South Lakes Action on Climate Change are looking for Volunteer Drivers to collect food and bring to the Cafe at South Lakes Foyer usually on Thursdays between 3-4pm and Fridays 4.30-5.30pm. Volunteers are also needed to help unload food deliveries and sort out, to "prep" food for cooking, (peeling, chopping etc.) on Thursdays or Saturdays, help to cook and wash up, serving, clearing away, cleaning kitchen etc. Volunteers are also needed to help with managing the store room and freezer and to help with social media. Volunteers are also needed to support the new "Food Hub" with their new system in a separate building near the County Hall in Kendal. They need volunteers to help with Food & Stores - inventory monitoring and freezer management, Store Management (Food Hub @ 155 Stricklandgate & Café Link) on Thursdays and Food Collection and Deliveries (Initially Thursdays)

Contact Chris Rowley on 01539 732556.

Leonard Cheshire is looking for Digital volunteers to support disabled people to access IT. You will make a difference by coaching people on how to use the internet and email, building digital confidence and troubleshooting basic IT issues. They need volunteers any day from Monday to Thursday, 10am to 3pm.

Contact Molly Sweeney on 020 324 20 281.

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