

What skills do I need to volunteer?

Most of our opportunities do not require you to have any specific skills beyond a willingness to get involved. If any particular ones are needed they will usually be outlined in the role description. Our training and support programme ensures you are able to start with confidence.

People who make good volunteers often share some of the following qualities :

- Friendly and approachable
- Reliable and trustworthy
- A good listener
- Caring
- Enthusiastic
- Willing to train
- Have some spare time to share



Thank you for your interest in volunteering with us

Please be advised

Before you can begin volunteering with us we will need to ask for references from two people who know you well. Where necessary we may also need to arrange a DBS check. We appreciate this can be a lengthy process but as some of the people we work with are vulnerable, it's a necessary one. All your details will be treated in strict confidence.

To find out more please contact our Volunteer Coordinator

West Cumbria Carers
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Charity No. 1119369 | Reg in England No. 6123034



West Cumbria Carers
Supporting young & adult carers

Could you be a volunteer and help to support people who are looking after someone?

Volunteer with us ...



Tel: 01900 821976

Email: general@westcumbriacarers.co.uk
www.westcumbriacarers.co.uk

About us

West Cumbria Carers offer a range of services to support those looking after someone on an unpaid basis.

A carer is anyone of any age who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

We support the people who care



How can you help us?

We have lots of volunteering opportunities depending on your skills or interests. For example, you could provide valuable support in roles like driving or administration. Alternatively become a respite sitter and regularly sit with the cared for which enables their carer to have a much-needed break.

Or, as a professionally qualified counsellor you could fulfil an increasing and important need. Then again, you could help us fundraise for the work we do.

You could also be a carers champion. Be a voice for carers in your community and promote awareness and understanding of their role by sharing information about West Cumbria Carers and our services.

We are always keen to consider alternative forms of help we could provide. So, if you wish to share your time and skills but are uncertain if any of our roles are for you, please contact our Volunteer Co-ordinator for an informal chat.

Benefits to you

People get involved in volunteering for a wide range of reasons. As well as being a great way to support carers and get involved in your local community, there are some real benefits for you.

You can:

- Learn new skills
- Improve your CV
- Build your confidence
- Meet new people
- Have the reward/satisfaction of knowing you're making a difference



How we support you

It is important that all our volunteers feel valued and confident in their role and know exactly what they will be doing. All of them are given an introduction to the work of West Cumbria Carers through basic induction and training.

We provide a high level of ongoing support to ensure volunteering for us is a positive and enjoyable experience.

As a volunteer you will be an extremely valued and important member of our team, helping us to increase the range of services we offer.