

To find out more about our volunteering opportunities please contact:

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### Cumbria Family Support Ltd

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Registered in England Number 415145

Registered Charity Number 1085861

## Funding and donations enable our work to continue



Cumbria Community Foundation, Buckland Trust, Penrith Lion's, Mother's Union, Queen Elizabeth Grammar School and Individual Donations

Do you have a couple of free hours a week?

Would you like to use your time to help make a difference for a family in your community?



YES , then why don't you come and join our great team of Volunteers!

Supporting Local Families for 30 Years  
Established 1993



## About us

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We are a Charity with an outstanding reputation for supporting children and their families when life is difficult.

With volunteers at the heart of our organisation along with statutory and voluntary partners, we work across Carlisle, Penrith, Workington and the surrounding areas, supporting families with young children.

Volunteering doesn't only make a difference to the families we support, it can be an enriching and fulfilling experience for our volunteers too.

## Volunteering with us

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Come and join our great team of family support volunteers and help make a difference to local families experiencing stress, emotional or practical difficulties, ill health, disabilities or who need parenting support. Using your own life experiences, you will engage with the whole family with the aim of empowering them to be the best they can be.

Once you are registered, you will meet with your allocated member of staff from our team to go through processes and procedures ensuring you are ready to be introduced to a local family. You will be in frequent contact with your allocated member of staff and be invited to attend relevant training and meet regularly with other volunteers.



## Other services we offer

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- Family Links Nurturing Programme, delivered in the family home and tailored to meet families needs.
- Individual work with children giving them an opportunity to talk about their worries and explore their wishes and feelings to make sense of their particular situation.



- Accredited National Association of Child Contact Centres (NACCC) in Penrith, Carlisle, Kendal providing a safe, friendly and mutual place for children to enjoy contact with their non resident parent.