



Making a Difference | At a Glance

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"I was first introduced to the CforLP in 2019 when the company I'd just joined at the time, had signed us up to Bright Stars and Dream Placement and it fell under my remit to support these programmes from the company's perspective (both brilliant programmes by the way!). Since then, I've supported CforLP by delivering numerous sessions at their ProjX workshops in Carlisle and West Cumbria and also contributing to the Your Community Programme at Frizington Youth Club.

I keep offering to volunteer and support the CforLP with projects as I love what they do and what they stand for – I really feel that spending time with these groups of young people can really make a difference to their futures and, also, to our futures as businesses in Cumbria looking to grow & recruit talent in the local area. I believe the sessions and programmes run by CfLP are fabulous opportunities to support and inspire young people coming into the world of work by sharing our stories and experiences. If my personal experiences and stories help one person on each programme think differently about their options, then I'm happy!

All the programmes that I've been involved in with the CfLP have been brilliantly run and very well supported by the amazing team at the centre – they are always there to guide and support you as a volunteer, and for me that support was invaluable when I was starting out supporting on these sessions."

HEATHER GRISEDALE | PLADIS CARLISLE (MCVITIE'S)