

Volunteering Opportunities

If you would like to learn about volunteering opportunities, please email info@cforlp.org.uk

Sign up as a volunteer here: <https://www.cforlp.org.uk/volunteer-signup-2/>

We offer full guidance and training for all volunteering opportunities

Colour code guide:

Volunteer with primary age (age range 5-10)	Volunteer with secondary age (age range 11-18)	Volunteer with young people in their early careers (age range 16-30)	Volunteer in the workplace (age range 18+)
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ACTIVITY	LOCATION/SCHOOL	DATE(S) AND COMMITMENT TIME	SESSION/AIMS	RESPONSIBILITIES
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www.cforlp.org.uk

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Tel: 01900 824 822

Electricity Workshop	Seascale Primary	ASAP	Educate year 6 pupils on circuit components, voltage, and troubleshooting.	Provide a session with an activity to bring learning to life.
Primary school Governors	Bransty	Asap – to be decided by school	Prioritise and enhance student well-being and education.	Responsibilities vary (strategy, finances, staff, curriculum, legal compliance).
	Holme Cultram Abbey			
	Silloth			
	Ashfield Infants			
	Flimby			
Reading Champions	Dean	Asap for a 1 hour session weekly	Assist primary school children in reading practice.	Listen to the children reading on a weekly basis. Teachers will provide guidance/ training. CforLP provide a Reading Champion guide based on Reciprocal Reading approach: Predict, Clarify, Question and Summarise.
	Flimby			
	Valley			
	Maryport			
	Jericho			
	Netherton			
	Haverigg			
Cooking Sessions	Dean School (any type of cooking demo)	Jan or Feb – date can be decided by volunteer. 1-2 hour session.	Dependent on the age of the pupils the aims will be different but can be discussed with school. Intro to cookery.	Conduct cooking demo for pupils and get the children involved
	Frizington Nursery (any type of cooking demo for age 4 year old)			
	Seaton Juniors (Greek Cooking)			
	Hensingham Primary (any cooking demo)			
Cultural Dance/Music Workshop	Ashfield Infants	Feb 24 time (time TBC)	Expand children's knowledge on different dances and music throughout culture.	Attend the school to inspire the children through different types of cultural dance or music.

STEM activity for science Week	Ashfield Infants	11 th -15 th March 24	Inspire children about STEM.	Engage children with STEM activities during science week.
Stone Age Art	Haverigg Primary	Dec 2024 (Time TBC)	Engage children in the history of art (cave paintings in the Stone Age).	Seek a local artist volunteer to help pupils learn about Stone Age art.
STEM Discovery Day	Whitehaven Academy	Y4 Activity on Wed, 17th Y2 Activity on Thu, 18th Jan 2024	Activity days for Y2 & Y4 based around STEM to bring their learning to life and inspire the children to consider STEM careers in the future.	Share your career story and provide and deliver a 20 minute interactive activity for the children. You will be provided with a table but will be expected to provide resources for up to 300 children each day. The only requirement is the activities need to be suitable for Y2 or Y4 children and be fun!!
Roman Cookery or Other Roman Knowledge Workshop	Haverigg Primary	January 2024 (Time TBC)	This session is designed to bring topic work alive by bringing knowledge into the classroom on the specific subject.	Share knowledge on Roman cooking or the Roman Empire with Haverigg Primary School.
Dream BIG/ Aspiration workshops	TBC	5th Dec 23 (13:00 to 15:00)	This session aims to inspire pupils with diverse perspectives and empower them to reach for their	Share your career journey and create or use an already established activity to cover on the day several times to the

	Holme Cultram Abbey-Abbeytown	10th Jan 24 (09:30 to 12:00)	dreams. This is a fun and interactive session designed to broaden and raise career aspirations.	children who will be split into groups from different schools.
	All Saints Primary Cockermouth	15th Jan 24 (13:00 to 15:00)		
	TBC	23rd Jan 24 (09:30 to 12:00)		
	Holme St Cuthberts	30th Jan 24 (13:00 to 15:00)		
Bright Stars – Spring Summer 2023	We can connect you with your local primary school	8-week trading period between Apr-Jun 2024	Bright Stars is an award-winning competition aimed at primary school children across Cumbria. The programme aims are to raise aspirations, ignite interest in the world of work, and nurture creativity in primary pupils. Learn more	Mentor your local primary school to set up a mini social enterprise business over 8 weeks, encouraging primary pupils to show everyday leadership.
ProjX Regeneration	Maryport Town Hall	1-hour session during the program running 20th-24th Nov	This programme offers students the opportunity to work with a range of local businesses, giving an insight into the range of roles and skills needed to deliver against any professional project.	Professionals needed to support the delivery of various sessions helping to provide input for their project brief. Expertise areas can include: Project Management, Finance and Budgeting, Customer Services, Stakeholder Engagement/Management, Design, Sustainability/Environment, Quality,

				Marketing, Ideation/Optioneering, Law & Legal, and Planning & Accessibility – full briefing on session content will be provided.
Leading Change Sustainability Challenge Business Mentors	Various Secondary Schools in West Cumbria	Sign up by Nov 30th, in-school support minimum 1 hour per week for 12 weeks	The Leading Change Programme enables us to engage with 12 to 16 year olds across Cumbria to inspire and nurture future aspirations and empower young people to make decisions, to make commitments and ultimately to make a difference to their communities.	Mentor secondary school groups with their sustainability campaign. Provide advice and guidance.
Cumbria Future Leaders Steering Group	Online (MS Teams)	Bi-monthly meetings held on the second Tuesday of the month, 5pm-6:30pm	Join Cumbria Future Leaders (CFL) in supporting young adults as they transition into employment or higher education.	Dedicated 16-25 year old volunteers to join the CFL Steering Group to help shape CFL's direction, and influence activities for young people. We also welcome those outside the age range who work with young people or represent youth organisations.
Positive Enterprise - Shadowing	In person at your business	Between Mar-Jun 2024, flexible hours	Positive Enterprise is a programme for 14-25 year olds in West Cumbria, which CforLP are delivering in partnership with Cumbria Community Foundation. Participants receive a £1,000 grant for their business and 6 months of support via CforLP's Learn2Lead programme and mentorship.	We seek business owners from diverse backgrounds to offer shadowing experiences to this year's participants. Volunteers help participants gain hands-on insight into running a business, demonstrating tasks such as managing finances, marketing, product creation, client interactions, and the use of relevant technology/software. Further program-specific information will be provided.

				<p>If you would like to support this programme on a longer-term basis, you may wish to apply to become a mentor to work with one participant over the 6 month programme. Mentors are being recruited via Cumbria Community Foundation, and more information can be found here:</p> <p>https://www.cumbriafoundation.org/transforming-west-cumbria/positive-enterprise/</p>
Leader 2 Leader	Face to Face, various venues	1-2 hours Throughout the year	Leader 2 Leader harnesses learning best practice to create a transformational leadership programme that maximises the benefits of social learning from a diverse group of peers.	We are looking for local leaders who are keen to connect with other local leaders to share knowledge and experience in the form of a presentation or informal Q&A
Shadowing	Various, dependent on shadowing match	3-6 half days over a 6 month period	Shadowing aims to provide a firsthand experience, allowing individuals to learn and gain insights from professionals in a specific role, helping them explore career paths and develop practical skills.	By volunteering to take part in this programme you will be matched with a local leader from another organisation. Together you will explore learning goals for shadowing, host and participate in the shadowing visits and reflect on your learning.
Mentoring	Various, face to face and online	Approx. 6 sessions over a 6 month period	Mentoring aims to guide and support individuals, fostering personal and professional growth through knowledge sharing, skill development, and confidence-building.	We are looking for volunteers to provide 1:1 advice and guidance, career insights and a sounding board to explore challenges and opportunities. We provide the matching service and also help to set up an effective mentoring relationship in an initial onboarding session. We also help to share learning by bringing mentors and mentees

				together with other pairs to reflect on their learning
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Please share with your networks and encourage others to sign up as volunteers to inspire others and develop skills and network