



# together we

Cumbria

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## Volunteer Opportunities

### ABOUT US

Together We CIC is a not for profit organisation providing a range of physical, mental health and wellbeing services across Allerdale, Copeland, Eden, and Carlisle.

#### TOGETHER WE CARRY

Volunteer Opportunities: Sling Meet Helpers – roles include, welcoming mums, signing new mums in and out, signing slings in and out, ensuring all mums are involved in the discussions, making teas and coffees

Volunteer Opportunities: We offer a variety of courses to help improve mental and physical wellbeing. Roles include supporting the group sessions to co-attend and or co-facilitate

#### THE RECOVERY COLLEGE

#### TOGETHER WE TALK

Volunteer Opportunities: Befriending & Listening services – roles include, speaking on the phone to clients who need someone to talk to

Volunteer Opportunities: Helping to set up and manage fitness sessions

#### TOGETHER WE FITNESS

We are looking for people to help with general maintenance around our venues

#### GENERAL MAINTENANCE

We know that time is valuable so we ensure that everyone only commits to what they feel comfortable with. Some of our volunteers come weekly, others monthly. Just let us know what you would like to get involved in and we will fit you in!