**Volunteering**

**Choosing to volunteer can be a good way to obtain work experience and to show that you are keen to improve yourself. You can gain valuable experience and maybe even qualifications whilst being supported by your work colleagues in a voluntary setting.**

**It can be difficult to find out where the voluntary posts are available and to find something suitable for you. The Disability Employment Officer (DEO) at your local Jobcentreplus can provide further information. An organisation called Cumbria CVS will support potential volunteers to find appropriate opportunities. Tel: 01768 800350**

* **Facebook:**[Cumbria CVS](https://www.facebook.com/CumbriaCVS)
* **e:**01768 800350