

**Please return to: Age UK West Cumbria,  
17 Oxford Street, Workington, CA14 2AL**

**FILL OUT YOUR  
DETAILS TO  
SIGN UP**

Title ..... First Name .....  
Surname .....  
Age ..... Address .....  
Town ..... Postcode .....  
Contact No. ....  
Email .....

**Please tick all the topics you are interested in:**

- |  |   |
|--|---|
| <input type="checkbox"/> Art                 | <input type="checkbox"/> Restoration      |
| <input type="checkbox"/> Gardening           | <input type="checkbox"/> Fitness & Health |
| <input type="checkbox"/> Furniture Upcycling | <input type="checkbox"/> Carpentry        |
| <input type="checkbox"/> Crafts & Textiles   | <input type="checkbox"/> Walking/Hiking   |

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## **Fancy Helping Out?**

**You can register interest for any of the following volunteering roles and you will be contacted to discuss any opportunities.**

- |  |   |
|--|---|
| <input type="checkbox"/> Workshop Supervisor | <input type="checkbox"/> Retail Assistant |
| <input type="checkbox"/> Befriender          | <input type="checkbox"/> Driver           |
| <input type="checkbox"/> First Aider         | <input type="checkbox"/> General Helper   |
| <input type="checkbox"/> Admin               | <input type="checkbox"/> Estate Volunteer |

Note: all volunteers must undergo a monitoring & background check and some training relevant to the chosen role.

This form can also be completed online at:

[www.ageuk.org.uk/westcumbria/get-involved/volunteer/volunteer-application](http://www.ageuk.org.uk/westcumbria/get-involved/volunteer/volunteer-application)