

Volunteer stories - Danny Cubin



I have been a Fire Service Community Volunteer for nearly 2 years. I joined to gain the relevant experience to see what it's like working in Cumbria Fire and Rescue Service because I was considering a career as a firefighter, as well as that, I joined to make a difference to Cumbria and my local community. Through being a volunteer I have attended many homes to do home safety visits and fit smoke alarms, I have taught vital fire safety information to children and adults of all ages, I have also taught basic life saving skills to the local year 6 children as part of the junior citizen scheme. Other than these activities I have helped run the young firefighters courses around Cumbria where local young people learn basic firefighting skills, assisted at heartstart courses and so much more. Over the last 2 years working in the Fire Service I have met 2 of my best friends who are also volunteers. Volunteering for Cumbria Fire and Rescue Service is a good place to meet new people and get new skills which could help you with finding employment. The Fire Service isn't just about responding to incidents, it's also about making sure those incidents don't happen in the first place and you might be the one to help save someone's life.

Volunteer stories - John Sunderland



Following early retirement in 2014 I was looking for some voluntary role where the skills and knowledge acquired during my working life could be put to good use. During my full time employment, some 40+ years, I was also been a member of the Royal Auxiliary Air Force, (RAuxAF) for 22 years and my RAuxAF role gave me additional training and skills such as immediate first aid, fire safety and fire fighting, delivering briefings and presentation and, qualification as an instructor. Having looked at various other volunteer organisations; the Cumbria Fire and Rescue Community Safety Volunteers seemed to be the best place where all these skills and knowledge could be put to best use.

As a Community Safety Volunteer we carry out Home Safety Visits, install smoke detectors, we deliver Heart Start and Call Push Rescue training to various community groups and schools. We also give presentations on Fire Safety in the Home to various groups of all ages especially the more vulnerable members of the community and, on the run up to Halloween and Bonfire Night, give general fire safety and, very importantly, Firework Safety presentations to school groups.

The best reward I get is the knowledge that I am giving something back to my local community and the people of Cumbria.

If an hour or two of my time prevents a persons day going from bad to really bad my time has been well spent.

Becoming a Community Volunteer with Cumbria Fire and Rescue Service has given me the opportunity to give something back to the community both local and in general and I've met all kinds of interesting people of all different ages and backgrounds, I've even been to parts of the county I've never been to before.

Anyone who becomes a CF&RS Volunteer will have the knowledge that they will be helping their community. They will learn many new skills which could also be a benefit in other aspects of their lives. They'll meet lots of interesting people, and improve their communication skills and have some fun too.

It's always a serious subject but its fun too and, we are a friendly bunch of people who always welcome everyone. All it costs is a few hours of your life.

Volunteer stories - Jay Turner



Sitting down with a cup of coffee wandering what I was going to do with my time today, I proceeded to thumb through the Paper eventually I came across an advert from CFRS (Cumbria Fire and Rescue Service) requiring community volunteers. Hmm I thought could this be for me. So I phoned the number given (**01768 812551**) and asked for an Information/ Application pack. Or you can use this link . Within a few days it had arrived and whilst having another morning coffee I began to read through. Now at this point I wasn't sure if cumbria.gov.uk/cumbriafire/community/volunteers/default this was me and two weeks passed before I sat down, yes with a coffee and filled in the application form which was an accumulated and varied insight into experiences garnered through my life. However, I have to admit that I embarked upon it with a certain amount of apprehension.

Being offered an **interview** at my local Fire Station I attended and had an informal chat (with a cup of coffee of course) where the role of community volunteer and my suitability was discussed. In short it is to assist and do what is possible with the free time that I had available.

As a Volunteer you are issued a uniform which is to be worn when representing the CFRS, but this also gives you a sense of worth and being part of a team. As a team member many avenues are available to you, which may include working with other agencies and Fire Service personal as well as opportunities to Increase skills and Knowledge;

Home safety visits Giving Fire Safety advice fitting smoke detectors and discussing escape plans, all over the county and often in very rural areas which I would never have visited but often going on a road you've never travelled is a rewarding insight.

Working with **other organisations and agencies**, which I personally enjoy as there is always a cuppa and biscuits available, but you need to make sure you get there before the Police as they too like their biscuits and coffee, on joint operations such as "street safe", where you help your community to improve.

But if like me you enjoy detailed planning then assisting on **Emergency planning exercises** where you look at providing an appropriate response to those affected by an emergency (Carlisle and Cockermouth floods.) and ensuring the right welfare support is offered. On from this I am now Involved as an active evacuee registration member lead by the local council and supported by the British Red Cross.

If you wish you can take on the **Heart start training** which looks at Heart attack signs and symptoms, Choking, and serious bleeding which complies with the current resuscitation guidelines of the resuscitation council (UK) You will develop practical skills and a hands on approach for the recovery position and CPR (Cardiopulmonary resuscitation) along with others. You can then as I did become an Instructor and deliver this to others. Personally I enjoy getting out and delivering this to a varied and often entertaining group of all ages and abilities.

It is wonderful to have the luxury of time being so fulfilling and now it has taken on a whole new dimension along with a new appreciation of the immense value of volunteer s and the difference you can make to your community.

I consider it a great privilege to be involved with the CFRS, it is a situation in which one is forever learning and being challenged, working on occasions alongside other services and volunteer sectors. We are professional; we are friends, giving our free time to help others.

I am Jay Turner, 46 years young and a Volunteer for CFRS. Some people are reluctant, but if you are able and willing, join me and the team.

Volunteering stories - Darren West



My name is Darren and I work a full time job and manage to volunteer in my spare time.

Some may ask why?

The reason I volunteer is simple, no matter how difficult things are you have always got something to benefit others, it may be your knowledge, experiences, or just the will to help.

For me it is simply being able to say that at the end of a day volunteering, if one person has listened to what I have said I may have saved a life.

In a normal days volunteering I use a lot of skill new and old, I learn to communicate with all walks of life from the elderly to the physically disabled and much more.

Benefits of volunteering

For me the benefits are easy.

Pride: to be able to help people who are in need of our help for things they cannot manage themselves or maybe just to chat to someone about their concerns.

Recognition: recognition from my mentors or the people I help by just a simple thanks.

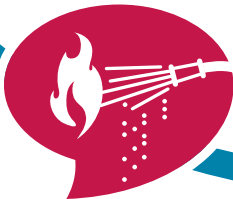
Future: most of all volunteering can open so many doors for those who are unemployed, down on their luck or just need to get out and make new friends. The amount of organisations out there looking for volunteers is endless but I am proud to say I am a community safety volunteer for Cumbria Fire and rescue Service. Just getting back out into society can boost confidence, your moral and even may lead you to possible job offers or further qualifications that may benefit you as well as the community.

I love my volunteering and the pride I get being able to wear the uniform is second to none.

So go on volunteer for a good cause.

Volunteers wanted!

Do you have time on
your hands?



Want to have fun,
gain new skills, meet
new people, help
others? Cumbria Fire
and Rescue Service are
looking for volunteers
interested in helping
local communities
stay safe. Interested?
Want to know more?

Contact:

Volunteer

co-ordinators

Nicola Jackson on

01768 812552 or

Eileen Teasdale on

01768 812552

volunteers@

cumbriafire.gov.uk

