

# CONSIDERING VOLUNTEERING?



**You could help us make a difference!**

We offer support for families with young children. You could use your own experience to help support a family. Learn new things, enjoy yourself and contribute to our community.

How do I find out more?

Contact Sarah in Penrith (01768 593102) or Dan in Carlisle (01228 227348)



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[www.eastcumbriafamilysupport.org.uk](http://www.eastcumbriafamilysupport.org.uk)