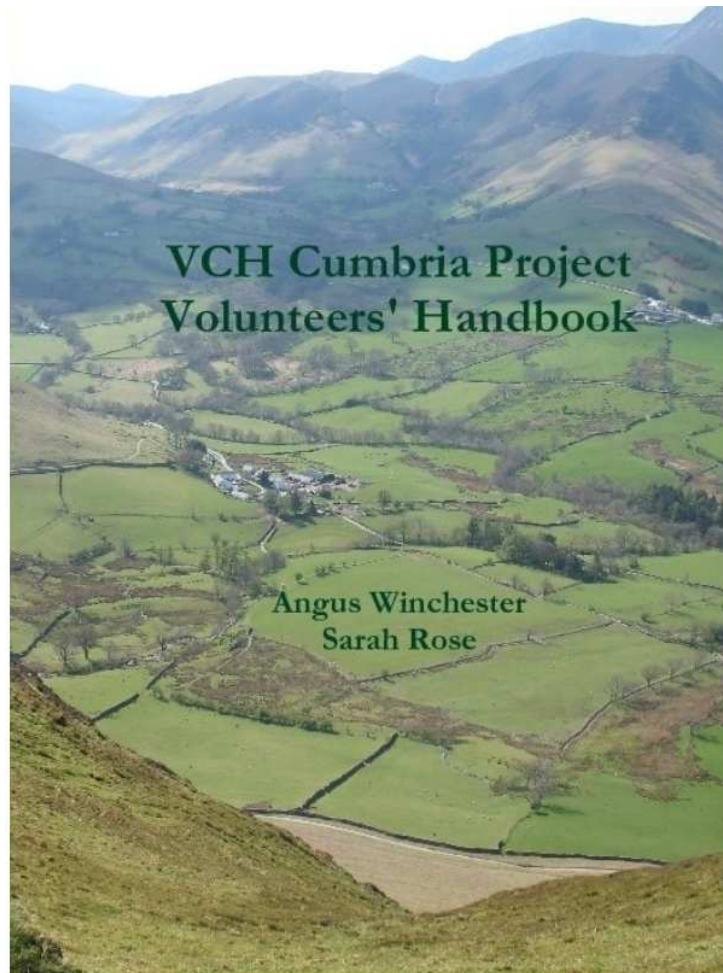


# VCH Volunteers' Handbook Available Now



The VCH volunteers' handbook is a practical guide for volunteers contributing to the Victoria County History (Cumbria) Project. Written by Angus Winchester and Sarah Rose, it contains guidance on all aspects of researching and writing the history of a parish or township for the VCH. Its aim is to supplement the advice provided by the VCH national website in the online guide to '[Writing a Parish History](#)', complementing the national guidance by drawing attention to sources and themes of particular relevance to the history of local communities in Cumbria.

The contents of the handbook are available to view and download on the [CCHT website](#). Alternatively, hard copies can be purchased for £5.00 (includes post and packaging). If you would like a copy, please contact Sarah Rose, the volunteer co-ordinator: [s.rose2@lancaster.ac.uk](mailto:s.rose2@lancaster.ac.uk)