**Volunteering with Paws & Pause**

Paws and Pause is a social enterprise Dog Day Care. All our profits go into delivering employment training programmes for people in recovery from mental health and substance use. We are looking for General volunteers and also for people to apply for our volunteer placements.

As a new start up we are currently looking for volunteers who can help shape the business and be part of the development.

**General volunteering positions**

At Paws and Pause we are always looking for volunteers to help with our project. Below is a list of positions we are currently recruiting for. If there is anything else you are interested in please get in touch with us.

*Interior designer help with finances*

*Carpentry applying for grants/ funding*

*Social media Flyering and general help with the start-up process*

*DIY and renovations Training for people on volunteer placements*

**Volunteering placements**

We are offering six month placements for people who have had time off work due to mental health or substance use difficulties. Throughout these placements we will support you to gain skills and reach your goals. The placements will be based at the Dog day Care, Loughbourgh junction.

What you will gain?

* Volunteering in a therapeutic dog centred environment
* Support into employment or long term volunteering and Guidance on CVs, interviews and applications
* Fortnightly 1:1s and weekly volunteer meetings to set goals and reflect on skills gained
* Training
* We want to encourage our volunteers to gain experience in all aspects of Paws and Pause including, but not limited to; working with dogs, social media, customer service, daily dog checks, insight in running a small business, event organising, fundraising, delivering training to other volunteers
* As a very recent start up our first placements will be based around supporting the business to grow. You will have a say in how Paws and Pause is run and be part of an environment where you are valued.

What we are looking for?

* Someone who can commit to the placement for 3-6 months
* Feels ready to start thinking about future goals
* Loves, and is passionate about, Dogs
* Abstinent for 3 months (any concerns about this please talk to us).
* Someone who wants to contribute to Paws and Pause and has the same ethos and values

*If you would like more information on the above please do not hesitate to email hellopawsandpause@gmail.com*

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| **Volunteer application: Paws and Pause** |
| Name |  |
| Phone number |  |
| Email  |  |
| Address  |  |
| Preferred method of contact |  |

**At Paws and Pause we offer several different types of volunteering. Please see the first page for more information on this.**

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| **Please specify which volunteering role you are interested in?**  |
| Six month Volunteer placementShort term volunteering ( please specify in which area)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Other ( please specify)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **What would you hope to gain whilst volunteering for Paws and Pause?** |
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| **Why do you want to volunteer for Paws and Pause?** |
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| **The Volunteer placements are specifically for people in recovery from mental health and substance use. Please summarise any barriers or challenges you are facing and how you hope this placement may help you. (***This information is confidential – we can explore this further if you start volunteering with us)*  |
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| **We ask for our volunteers to be abstinent whilst volunteering for us** *(this does not include a script)****.* Please specify how long you have been abstinent for?** ( please put N/A if this does not apply to you) |
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| **Please specific the time commitment you would foresee volunteering with Paws and Pause?*** *For volunteer Placements we ask for a minimum of one full day or two half days a week*
* *We also ask for anyone on volunteer placements to attend the weekly training and goal setting sessions*
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|  P**rivacy statement:** The personal information on this form is being collected for the purposes of recruiting and selecting volunteers wishing to work for Paws and Pause. By signing this form I attest that the information supplied is true and accurate. I understand that submitting this application form does not automatically register me a volunteer but that there is a selection process and participation in training. **Signature:****Name: Date:** |

***Paws and Pause is committed to the safety and wellbeing of all Dogs, volunteers and staff accessing our service. We support the rights of animals and will act without hesitation to ensure a animal-safe environment is maintained at all times. We also support the rights and wellbeing of our staff and volunteers and encourage their active participation in building and maintaining a secure environment for all participants.***