Thank you for your interest in volunteering for Paws for Progress CIC. We really appreciate the time our volunteers dedicate to helping and supporting the organisation as volunteers are an important and valued part of our community at Paws for Progress.

The purpose of this form is to find out a bit more about you and your interests in order to help us match potential volunteers to the most appropriate tasks. If we don’t currently have a volunteer role which would suit you then we may ask to keep your details on file so that we can contact you when other roles become available in the future. This form is not a job application, and completing it does not commit you to volunteering with Paws for Progress. Information on this form will not be shared with anyone other than our volunteer co-ordinators.

Many thanks for taking the time to complete this form, your support is greatly appreciated and we hope to welcome you to our volunteer team soon!

**About me:**

Name (Inc. title):

Address:

Postcode:

Tel: Mobile:

Email address:

Preferred method of contact: Letter  Telephone  Email

I am over 18 yes no

**My interests:**

My main areas of interest are:

I have work experience (paid and / or voluntary) in the following areas:

I have experience, knowledge and / or skills in the following areas:

**My availability**

Please indicate here the amount of time you are looking to give to volunteering (weekly or monthly) and what days / times are most suitable for you:

**My reasons for getting involved:**

Please tell us what you hope to gain from volunteering with us:

New challenges  Boost confidence  Work experience

Share skills  Give something back  Improve career prospects

Have fun  Meet new people  Learn something new

Other (please state)

Thank you for taking the time to complete this volunteer expression of interest form and for offering to volunteer for Paws for Progress CIC. We will be in touch as soon as possible to discuss any current volunteering roles which might interest you. In the meantime, if you have any questions then please feel free to contact us at [info@pawsforprogress.co.uk](mailto:info@pawsforprogress.co.uk). We look forward to working with you soon.

