

5 THINGS TO REMEMBER WHEN YOU VOLUNTEER



VOLUNTEER WELLBEING

- Your wellbeing matters too.
- Take a moment before and after every visit.
- Never visit beyond your confidence level.
- It's okay to say no or take a break.
- Ask for support whenever you need it.
- Debrief with us after difficult visits.
- Celebrate the difference you make.



DOG WELLBEING

- Your dog always comes first.
- Let your dog choose to engage.
- Watch for signs of stress or fatigue.
- Give your dog regular rest, water and toilet breaks.
- End the visit if your dog needs to.
- Every interaction should be calm, positive and respectful.
- A happy dog makes the biggest difference.



NON-NEGOTIABLES

PLEASE SEE REVERSE OF THIS CARD!



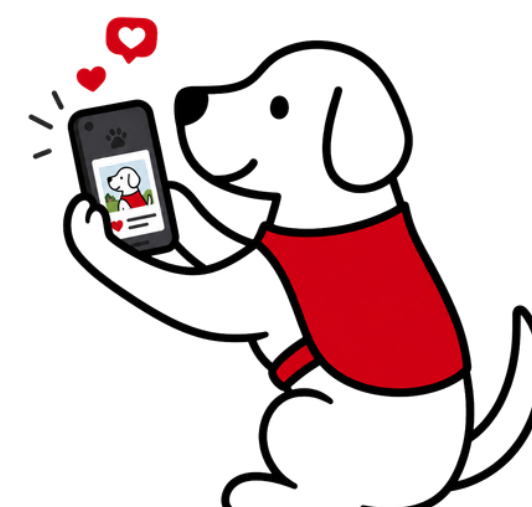
TAKE THE LEAD

- You are a Cariad Dog Ambassador.
- Be proactive and seek visit opportunities in your local community.
- Introduce Cariad Dog to organisations that could benefit.
- Start conversations and build positive relationships.
- Share new contacts and visit opportunities with the team.



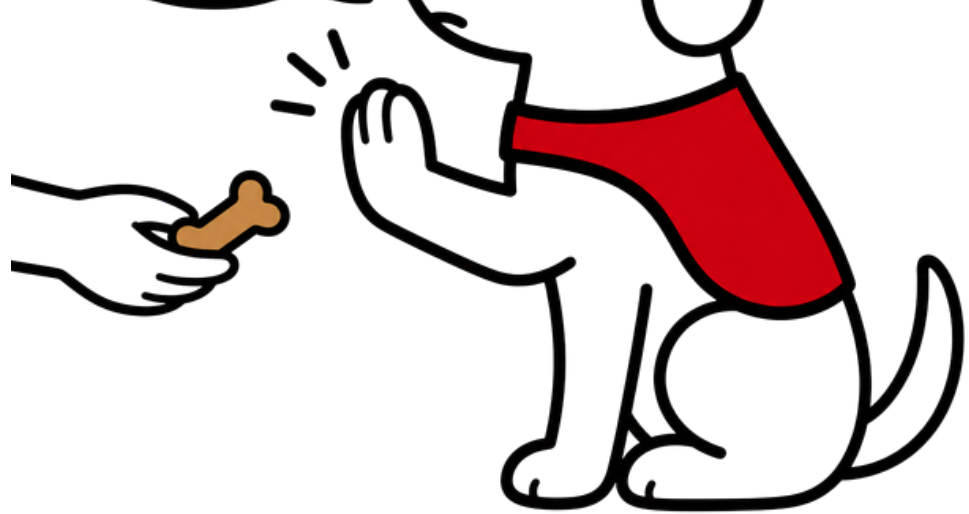
PROMOTE YOUR POSITIVE WORK

- Help us showcase the difference you and your dog make.
- Share photos and visit highlights with HQ.
- Post in our Cariad Dog Volunteer Facebook Group and Volunteer WhatsApp Group.
- Positive, natural photos are one of our most powerful tools.
- Capture your dog relaxed, engaged and enjoying their visits.
- Always obtain consent before photographing people.
- Your photos help recruit volunteers, secure funding and inspire others.

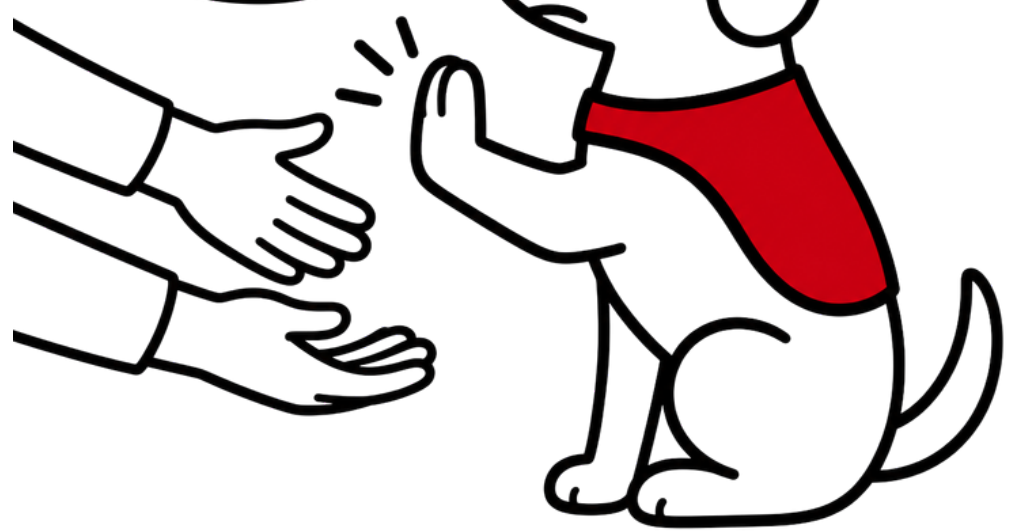




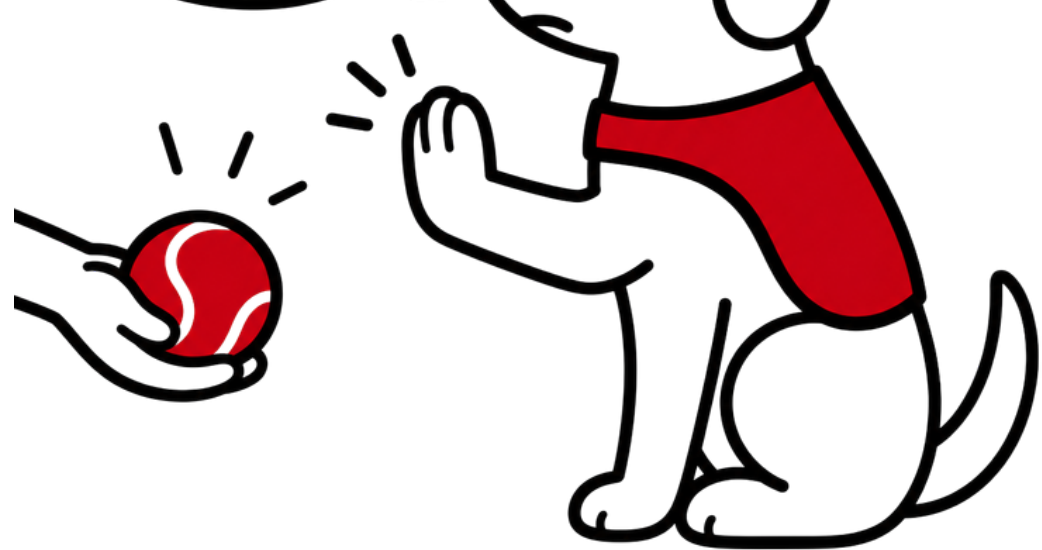
NO
THANK YOU
TO TREATS



NO
PLEASE DON'T
LIFT ME



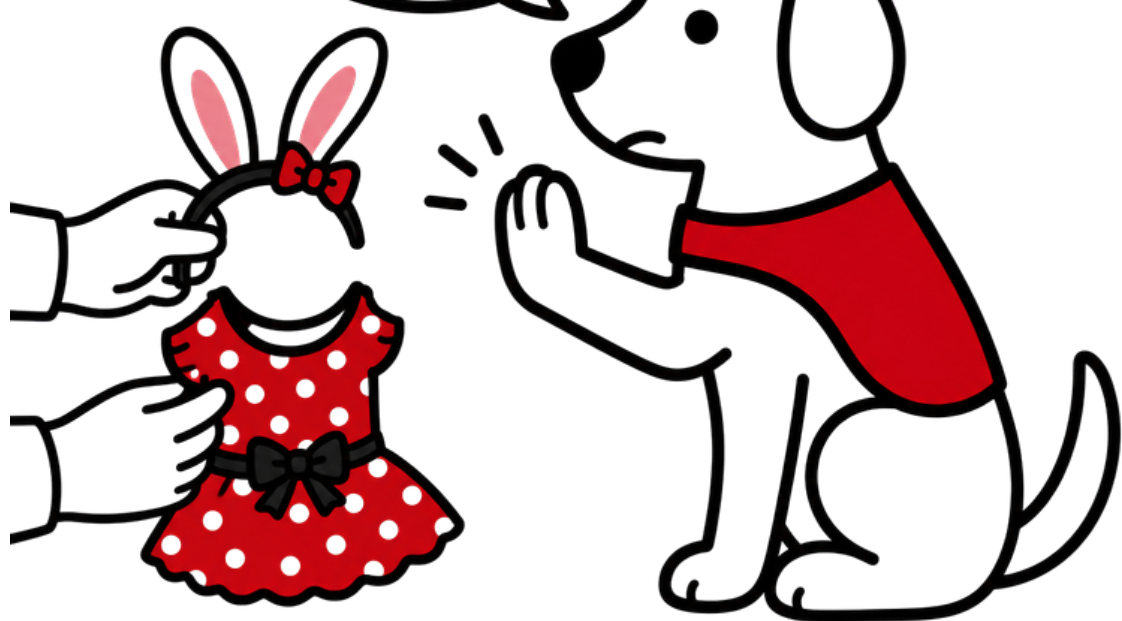
NO
THANK YOU,
NO BALL PLAY



NO
EXTRA TIME
ON VISITS



NO
THANK YOU,
NO DRESS UP



NO
THANK YOU,
NO DOG PLAY



NO
OVERCROWDING



TOO HOT
SO PLEASE
CANCEL VISIT

