



Registered Charity No. 1112194
Charity registered in Scotland. No. SC038910

3A. PREPARING FOR A PETS AS THERAPY VISIT WHERE SHOULD I VISIT?

- ❖ Before you visit, think about **what will suit both you and your pet** - your welfare and comfort and that of your dog/cat is very important. For example,
 - Would you and your PAT dog/cat feel more comfortable in a nursing home than on a hospital ward?
 - Perhaps you can only visit in the evening or at weekends?
 - Are you comfortable being with people with some form of disability?
- ❖ Contact your local **Area Co-ordinator***, if you have one
 - Please share any concerns that you have about visiting with them
- ❖ Ask for a **Buddy Visit**
 - If you don't have an Area Co-ordinator, please contact Dinah Baynton-Dibley, the **Placements Officer**, on **0208 589 9258** or ddibley@petsastherapy.org We can arrange for another more experienced volunteer to be your **buddy** on the first few visits
- ❖ **Start with one regular visit** and build up from there
 - An ideal visit would be to an establishment that is within a very short distance by car, bus or walking from your home or work. This makes it easier to include it as part of your normal routine
- ❖ Your **Area Co-ordinator** may have a **waiting list** of establishments in your local area
 - If you don't have an area co-ordinator, please contact Dinah Baynton-Dibley, the **Placements Officer**, on **0208 589 9258** or ddibley@petsastherapy.org
 - Perhaps you already have a place in mind or feel able to approach establishments yourself - download a copy of the **Pets As Therapy Welcome and Introductory Information** from the website to take with you, or contact Alison Reynolds for a copy on **01524 380437** or e-mail areynolds@petsastherapy.org

NB: For reasons of safety, security and insurance, Pets As Therapy are currently unable to arrange visiting to individuals in their own private houses.

***Please remember that the Area Co-ordinators are also volunteers for the Charity. If you need to contact them, please do so at a reasonable and sociable time.**