



Welcome Interested Volunteer,

Thank you for your interest in volunteering with Anova; formerly Sexual Assault Centre London (SACL) and Women's Community House (WCH).

This information package will give you more details about becoming a volunteer with us.

At Anova trained volunteers form the foundation of our organization and play a vital role in the delivery of service.

We want your experience as a volunteer to be mutually enjoyable and beneficial. We cannot do this without our volunteers; we want our team to be a place of belonging, learning, community mobilizing and impact. Use your passions and skills to make a difference in our community.

Please take a look through this information package and return the application to volunteer@anovafuture.org or you are welcome to drop off your application at any of our locations (101 Wellington Rd, 450 Clarke Rd or 255 Horton St. E Suite 5).

We are looking forward to hearing from you soon!

Your Volunteer Coordinators;

Carolyn Smale carolyns@anovafuture.org
Chantelle Lowes chantellel@anovafuture.org



The founding organizations of Anova have been part of the London community since 1975. We are driven by 4 pillars to end gender-based violence in the community of London & Middlesex:

Shelter
Support
Education
Advocacy

Our Vision

An inclusive world of shared power where everyone lives freely without fear of violence.

Our Mission

Creating communities of safe spaces.

Compassion
Healing
Renewal
Hope
Resilience

Advocating for social & political change

Core Values

Grounded in our feminist roots, we value:
Equality, Respect, Integrity, Connection, Accountability

Who We Serve

ANOVA provides a variety of services to survivors and those impacted by gender-based violence which include: Shelter, Counselling, Crisis & Support Line, Outreach, Public Education, advocacy and much more.



If You Are a Survivor of Violence

We have learned from volunteers who are survivors that it is important to have a clear understanding of how the violence has impacted one's life. We also know that although violence impacts each person uniquely, lived experience can be valuable to support and understand where another survivor is in their journey.

Working in this environment can bring old memories forward and stir up many feelings. We ask, therefore, that volunteers who are survivors be at a place in their healing journey where they can cope with these memories and feelings.

Due to confidentiality and safety if you have accessed Anova services it is requested that you wait 1 year before applying and pursuing becoming a volunteer.

Diversity

As part of Anova's work against oppression, we strive to reflect the diversity of the communities we serve. Volunteers who are, First Nations, Métis, Inuit, immigrant, refugee, LGBTQ+, from the Trans community, racialized communities, and those with varying abilities, are encouraged to apply.

As a volunteer you will become a community mobilizer helping us create safe(r) inclusive communities.



Volunteer Opportunities Include:

Internal Shelter Opportunities

- Child Care
- Kitchen Support
- Donations Support

Outreach Opportunities

- Crisis & Support Line (Must be 18yrs+)
- Accompaniments (Must be 18yrs+)
- Family Court Support (Must be 18yrs+)
- Community Engagement (Pub Ed Events, Anova Awareness etc.)
- Office Supports

Other Opportunities

- Retail at Mine 101 Store
- Committees
- Fundraising
- Special Projects

Requirements:

1. 15 years of age or Older (Must be 18yrs of age for Crisis & Support Line or Accompaniments)
2. Ability to provide a Vulnerable Sector police check before completion of training.
3. Act within the spirit of our Vision/Mission/Core Values.
4. Adhere to our policies and procedures.
5. Maintain confidentiality as outlined in the Confidentiality Policy.
6. Commit to the time requirements
7. Attend all required training sessions and/or orientation sessions.



Role Commitments:

We try to offer as much flexibility as we can for our volunteers, recognizing the gift you offer; freely offering your time.

All of our opportunities (except Crisis Line) do not have a minimal time commitment requirement; however we do have regular need for specific areas.

Volunteer Need	Need Frequency
Child Care	Weekly
Kitchen Support	Weekly
Donation Support	Any Time
Community Engagement	As Requested 9am-10pm
Office Support	As Requested 9am-7pm
Accompaniments	As Requested 24hrs
Retail at Mine 101	
Special Projects/Committees/Fundraiser	As Requested
Family Court Support	As Requested

Crisis & Support Line Commitment Required

Crisis Lines are unpredictable both in volume and content and so it's important to always be prepared with people trained and equipped to support them. Having consistent volunteers on the crisis line allows us to ensure that quality care is given to the callers on the line. Monthly

Crisis Line Volunteer Expectation: 12hrs per month. Shifts are 3hrs in Length and you must do at least 1 shift on a weekend (Friday, Saturday or Sunday)



Process to Becoming a Volunteer

1. Once we receive your application, you will be invited to a screening interview and/or orientation with the Volunteer Coordinator(s). If both you and the coordinator agree you are a good candidate, you will be invited to enter the training program.
2. Although prospective volunteers will complete an initial screening interview, training is an on-going screening process and the training coordinator will address concerns as they come up.
3. Training attendance is mandatory.
4. You will be asked to show us a current (within 6 months) Vulnerable Sector police check by the end of training.

Food for Thought:

Volunteering at Anova enables you to practice and build skills that will help you in your future endeavors. Our Volunteer Coordinators are happy to provide letters of volunteer confirmation throughout your time volunteering, however letters of reference will be provided upon request once you've volunteered for the course of 1 year. Any exceptions to this will be at the request of the volunteer and the discretion of the volunteer coordinators.

Anova accepts all individuals as potential volunteers. Anyone who is interested is eligible to apply for a position.



Training Requirements:

Training requirements vary depending on your volunteer interests and are as follows:

Volunteer Position of Interest:	Training Hour Commitment:
Kitchen Support, Child-minding, Donation Support, Seasonal/Special Events & Mine 101 Store.	15 hours of in-class training + On-Site Orientation
Crisis & Support Line, Community Engagement, Office Support & Accompaniments	40 hours of in-class training + On-Site Orientation

Applicants are welcome to attend additional training if they'd prefer regardless of their primary area of interest.

Training:

In-Class Training is available multiple times throughout the year. Training is integral to becoming a volunteer and is mandatory. Please contact either of our volunteer coordinators to find out when the next training sessions will be running.

IN CLOSING

You have reached the end of the information package. Hopefully, it has given you the information you need to make your decision. If you have questions or require more information, please feel free to contact us at the office or through e-mail at volunteer@anovafuture.org We are looking forward to meeting you.



Volunteer Application Form

Name: _____

Address: _____

Primary Phone: _____

E-mail: _____

1. Are you 15 years of Age or older:

Yes No If no, what is your age _____

2. What is your primary volunteer area of interest?

3. What other areas of volunteering are you interested in? Check all that apply:

Crisis & Support Line (18yrs +) –Answered only by women identified individuals	
Accompaniments/Family Court Support (18yrs +)	
Office Support/Reception coverage	
Child Minding	
Season/Special Events & Fundraising	
Community Engagement	
Kitchen Supports	
Donation Supports	
Mine 101 Retail Store	



4. Have you ever used any of Anova's services?

No Yes If yes, when? _____

5. What qualifications, skills or experience can you share as a volunteer?

6. Why are you interested in volunteering with ANOVA?

7. Is there any other relevant information you would like to share.

8. A Vulnerable Sector Police reference check is required for all volunteers with our agency. This involves a check of police records. Would you be willing to have a security check completed?

Yes No