

# VOLUNTEERING with Jigsaw

## Yoga and Dance Assistant

### Role summary

You will be working alongside our friendly and experienced Dance & Yoga Teacher to help deliver classes to our school pupils. This is a great opportunity for anyone looking to gain experience in dance therapy or movement therapy, or anyone who has a keen interest in teaching dance, who wants to make a positive contribution to the lives of our pupils.

A range of volunteer opportunities would be available Monday-Wednesday from 9:30am until 3pm.

### Main activities

- Help with transitioning pupils from class to yoga/dance lessons and back to class once sessions are finished.
- Support with setting up for sessions e.g. laying out equipment and tidying away.
- Support pupils who have difficulties with imitating/copying physical movement.
- Support pupils to find their full range of physical movement under the direction of dance/yoga teacher.
- Assist in creating a safe environment in which the pupil can express themselves within.
- Assist with calming techniques or physical prompting under supervision of dance/yoga teacher.

### Desirable qualities

- Passion for dance therapy, movement therapy and sensory yoga.
- Experience working with children/young adults is preferred.
- Positive, helpful and patient personality.
- General understanding of characteristics and behaviours associated with autism.
- Team player, happy to help with a range of tasks.
- Ability to follow instructions and communicate with a range of people, working independently with pupils if required.

### Opportunities for you

- Gain teaching experience in dance therapy, movement therapy and sensory yoga under the guidance of our experienced Dance and Yoga Teacher.
- To inspire and encourage others in the enjoyment of movement.

### Additional information

- Free parking
- Jigsaw will pay reasonable 'out-of-pocket' expenses
- Flexibility around volunteering pattern - to be mutually agreed

**Jigsaw Trust is an educational and specialist day provision for autistic children and adults, based at Dunsfold Park, Cranleigh, Surrey.**

### To apply for this volunteering opportunity

Please download and complete the Application Form at [Volunteer-Jigsaw Trust](#) and return it by email to [careers@jigsawtrust.co.uk](mailto:careers@jigsawtrust.co.uk). If you would like to speak to a member of the HR Department please email [careers@jigsawtrust.co.uk](mailto:careers@jigsawtrust.co.uk) or telephone 01483 277366.

We are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. We expect all staff and volunteers to share this commitment. THE POST HOLDER WILL BE SUBJECT TO AN ENHANCED DISCLOSURE AND BARRING SERVICE (DBS) CHECK if applicable. This cost will be covered by Jigsaw.