



So you're interested in volunteering with Rice Up Wholefoods Ltd?

- *a quick guide to the process and possibilities*

Volunteer or Member.....?

As you might be aware Rice Up is a workers' co-operative. It is highly probable you won't have worked in such an organisation before. Essentially a co-operative such as Rice Up is owned and run by its working Members. There is no management hierarchy and decisions are reached by consensus rather than by instructions from 'on high'!

In an ideal world everyone who works with us will be a Member of the co-operative. Being a member means becoming a Director of the business and taking a full role in running the Rice Up alongside our other members. However, taking on such a role isn't something everyone wants to do. There is room for people who simply want to volunteer some hours to help out as a non-Member. You don't need to decide at the outset whether you want to become a Member but if, as a volunteer, at any time you decide you would like to take that step, just let us know.

What Rice Up offers its Volunteers

There are both tangible and intangible benefits for working in with us.

We hope that at a personal level there will be plenty of positives working with us – such as satisfaction of working cooperatively within an ethical, vegan business, meeting new people and learning new skills. You'll get plenty of opportunity to stretch yourself putting these new skills into practice! You will genuinely be just as important as everyone else who belongs to the business. And we're a lovely bunch of people to work with!!

At a more tangible level, volunteers are entitled to a 15% discount on all the goods sold in the shop if they work **at least 5 hours per week**. There are often items that cannot be sold offered to staff because, for example, of short sell by dates. As a Member this discount rises to 25%.

How do I apply?

First of all we'd like you to browse through our web site and take a look at important documents such as our **Ethical Policy** and **Mission Statement**. If you'd like to ask any questions at this stage please feel free to email us at **info@riceup.co.uk** and we'll do our best to answer them.

If you decide you'd like to apply, send us your CV with a covering letter (email) answering the following questions:

1. Why do you want to join Rice Up Wholefoods Limited?
2. Do you have any knowledge or experience of co-operatives?
3. What skills or experience do you have that would be relevant to working in a whole food shop?
4. Have you been involved in any relevant voluntary work or campaigning, for example animal rights, environmental, social justice or peace campaigning?

We'll respond as soon as we can and, if we think we can take your application further, we'll arrange an interview with at least two of our Directors. This will be a fairly informal meeting designed to give you the chance to really let us know who you are and what motivates your interest in Rice Up. It won't be a 'Lord Sugar type' situation!!

Thank you for taking an interest in Rice Up Wholefoods and we look forward to hearing from you.....

The Rice Up Team