



Recruitment Pack

Youth Advisory Group!

2021

Who are we?

Lancashire Mind is an independent mental health charity, delivering a strategy that has been co-created with the people of Lancashire.

We're an active member of the national Mind Federation.

Our purpose is to achieve the best possible mental health and wellbeing for everyone in Lancashire. To achieve this, we will:

Connect Minds through ongoing engagement and co-creation
Change Minds by challenging stigma and increasing knowledge around mental health
Support Minds by being a source of help, where, when and how people need it.

Around 1 in 4 people in Lancashire are currently living with a mental health condition. While these individuals can play an active role in society there are still too many barriers to good health and wellbeing.

We believe that everyone can achieve mental wellbeing and that resilience is the key to sustaining it. With 50% of mental health conditions developing before the age of 14, building resilience from an early age is central to the work we do.

Our work empowers people in Lancashire to value and take care of their mental health. We work in partnership with others to provide support, raise awareness and campaign across Lancashire to make mental wellbeing a priority.

We are determined to ensure we're an organisation that is representative of the diversity of the whole county. We're working to become a truly anti-

racist organisation. We will not rest until we achieve mental wellbeing for everyone in Lancashire.

Lancashire Mind in 2021, is in a strong position in terms of finance, leadership and with the launch of our new strategy.

Our five strategic aims are:

1. To listen, learn and influence
2. To work with others to solve problems
3. To keep making it easier to talk about mental health and wellbeing
4. To get people the help they need
5. To keep getting better

Our purpose, mission and aims are underpinned by four values, which are to be: Real, Bold, Caring and Open.

We believe that, working together with others, we can make Lancashire a leading county for mental wellbeing, and ensure everyone experiencing a mental health condition is treated as an equal member of society.

Children and Young People (CYP) Services

At Lancashire Mind we offer a range of services for young people across Lancashire. We offer preventative programmes such as our resilience programme, Bounce Forward but we also offer individual support for young people too with our Wellbeing Coaching programme, as well as many more. All services are designed to improve young people's wellbeing and resilience, and to empower young people to improve their own wellbeing through a variety of positive coping strategies.

April – June 2021 Headlines

We worked with...

620

**young people aged 4-18
years!**



80%

Young people improved their wellbeing across our Bounce Forward and Wellbeing Coaching projects.

99%

**Young people would recommend
Lancashire Mind projects**

Youth Advisory Group

As part of growing our services for young people, we realise and appreciate the value co-production (working together) can have on our programmes to enable them to be the best they can be and have the most impact.

We now want to develop that further and create our own Youth Advisory Group (YAG). This group is an opportunity for young people in Lancashire to have their say, have an impact on their own local community and the way we run our services. Our aims for the group are:

- ✓ For CYP to have a voice about how our organisation and how our services work.
- ✓ To work together on our children and young people services.
- ✓ To be a focus group across the organisation for issues such as service design etc.
- ✓ To promote our work across Lancashire and be representatives of Lancashire Mind.
- ✓ To be involved in our recruitment process.

Some of the ways you can get involved...



Writing a blog or recording a vlog for us, following us, and promoting us on social media platforms.



Helping us create projects and resources for children and young people, so our services can make the most impact.



Have your voice heard and make a difference in your local area. Tell us what is affecting young people's wellbeing. Help with recruitment and interviewing potential employees.

Youth Advisory Group

Role Description

Hours: A minimum of 2 hours a month. This is a voluntary role, and we know many of you will be juggling other commitments such as work, school, college or university.

Responsible to: Children and Young People's Lead & Children and Young People's Coordinator – Hannah Holden and Amy Bond

Location: Our Head Office is based in Chorley; however, we will offer both virtual and face-to-face meetings throughout the year, 1 meeting per term. You can live anywhere in Lancashire and be a member. We will reimburse any expenses for travelling to and from meetings.

Role Description:

This exciting new opportunity to join our Youth Advisory Group comes at a very exciting time for Lancashire Mind. We've just launched our new 5-year strategy and working with young people to improve their wellbeing is at the centre of the strategy. Our Children and Young People service has grown significantly in the past 2 years, and to truly make an impact in Lancashire, we need to work closely with young people to ensure we get our services right. That is why we now want to create our first Youth Advisory Group (YAG).

We are looking for bold, caring and engaged young people across Lancashire who want to volunteer to become a member of our Youth Advisory Group. The only requirements needed are:

- ✓ **You are 14 years to 25 years old.**
- ✓ **You live in Lancashire.**
- ✓ **You are passionate about making a difference in your local community.**
- ✓ **You have an interest in mental wellbeing and resilience.**
- ✓ **If you are under 18 years old, you must get consent from a parent/carer.**

You will receive an induction and be fully trained for your new role. This will be at a time that works for you and works around your school/college/university/work commitments. You will have other opportunities within the organisation.

Main duties and responsibilities:

- Support the CYP Team with the coproduction, feedback, and evaluation of our services for young people.
- Take part in our Youth Advisory Training programme as part of your induction.
- Be part of focus groups for other teams within the organisation.
- Promote our services in Lancashire and become Lancashire Mind Wellbeing Champions. This could be through word of mouth, signposting, social media, writing blogs, making vlogs etc.
- Follow and adhere to Lancashire Mind's policies and procedures.

What we can offer you:

- A warm welcome with caring staff. Supportive Children and Young People's Team with years of experience working with young people.
- Training: Wellbeing Champion training, general mental health, active listening, interview skills, safeguarding, consent e.g.
- 3 meetings a year (format TBC)
- Opportunities and the experience to be part of Lancashire Mind Recruitment.
- Opportunities to meet other young people and have peer support.
- An insight into the voluntary sector, mental health sector and working with a well-established local charity.
- You will be reimbursed for any travelling expenses (keep your receipts and tickets!)
- References for college, university, or job applications. Good to include on any personal statements or contribute towards a Duke of Edinburgh award.

We are looking for young people who:

Please still apply if you don't meet all below criteria, we can train and support you.

- Are friendly, enthusiastic, engaged and are team-players.
- Are willing to be flexible with their time and offer their time in a variety of ways – whether it be for meetings, for promoting etc.
- Are able to understand boundaries and confidentiality.
- Understand and commit to equality and diversity.

To apply

Please complete the application form that can be found on the website and email it to admin@lancashiremind.org.uk . If you wish to post your application, please post it to:

Children and Young People's Lead
Lancashire Mind,
80-82 Devonshire Road,
Chorley,
Lancashire,
PR7 2DR.

There is no deadline, we have an open application system.

We will hold an informal virtual information event this autumn for you to find out more. Keep your eyes peeled for the dates on our website and social media. If you are successful, we will be in touch for an informal chat.

If you have any questions, please email hannahholden@lancashiremind.org.uk or amybond@lancashiremind.org.uk

