

Welcome Pack



Volunteer Recruitment Youthwatch Darlington





Who are Healthwatch Darlington?

Healthwatch Darlington Limited is your independent consumer champion for health and social care in Darlington. We help to shape and improve local health and social care in your community.

We are a part of the Healthwatch national network, established by the Government to ensure local patients and users have a greater input to shaping and designing local services.

What we do:

- Enable local voices to influence the delivery design of local health and social care services
- Empower Health Connector volunteers to gather views and experiences from local people
- Involve and engage local people, putting YOU at the heart of Health and Social Care service decision making
- Enable local people to make informed choices about their own, their families and friends' health and social care
- Influence the way services are planned, designed, commissioned and delivered
- Have strong relationships with Health and Social Care commissioners and providers as a critical friend using community views to influence and improve planning and delivery of services
- Provide information and support about local services and signpost to them

You can get involved by becoming a Health Connector and supporting your community!





Who are Youthwatch Darlington?

Youthwatch is a group made up of young people aged 14 - 25 years old living in Darlington. The group sits within

Healthwatch Darlington but is led by young people and driven by the ideas of young people who want to make a difference to health and care services in Darlington for their age group.

Youthwatch also raise awareness about important pressing health issues. For example, mental health, cancer, and others such as dementia.

How do young volunteers contribute to Healthwatch Darlington and why should you join us?

Our Youthwatch members share their time, energy and experience to help others and we would love to welcome you to our team!

Our Youthwatch members kindly give their time to make sure Healthwatch Darlington is there for young people whenever they need us.

Encouraging young people to **#speakup** and share their experiences and ideas about how services can be improved means we can also ensure our residents are involved in local decision making right from the start.

By joining our valued volunteering team you will be making a difference not only to your community but also to vulnerable individuals who may be struggling to find the right support from their health & social care services. You will be making a difference to young people who live in the area.

Volunteer





Benefits

Becoming a Youthwatch member is a rewarding, flexible and influential role.

Some of the benefits of volunteering to individuals:

- Positive impacts on your health and wellbeing; building confidence, enjoyment!
- Opportunities to meet new people; reducing isolation and loneliness
- Personal development; new skills or building on existing experience and knowledge
- A route to employment or training
- Taking on something you enjoy which can be flexible around your own life - you choose when to give your time

Some of the benefits of volunteering to communities:

- Delivering positive change in your own community
- More resilient communities working together
- Increased understanding between different cultures; overcoming barriers to health & social care services

Three reasons you should become a Healthwatch volunteer:





What roles do we offer?

Youthwatch Team Champion Volunteer

You will develop your leadership skills to represent the Youthwatch group. You will go join online groups, meetings and events to speak up for young people in your town. You will lead the groups online team meetings and help to drive forward everyone's ideas to achieve results. You will be given support by Healthwatch Darlington's, Senior Volunteer and Outreach Coordinator every step of the way.

Virtual Youthwatch Outreach Assistant Volunteer

To extend the reach of Youthwatch Darlington through virtual outreach activities. Assisting the Senior Volunteer & Outreach Coordinator with attending virtual online sessions with other young people sharing our work. Communicating with young people discussing health & social care services and providing information and awareness raising. Promote Healthwatch Darlington and raise awareness of how we can help young local people through ensuring they have a voice when it comes to local services.

Youthwatch Social Media Volunteer

Engage with young people via social media platforms such as Facebook, Twitter and Instagram. Provide assistance in updating social media platforms with interactive and interesting posts to increase followers and maintain existing followers. Promote Youthwatch Darlington and activities through social media to extend the reach of Healthwatch into the community.

Youthwatch Project Assistant Volunteer

Creating ideas and helping to coordinate Youthwatch projects. You will be involved with designing plans so that Youthwatch Darlington's ideas come to life. You might be designing posters, leaflets or social media posts. You might be attending events and helping during online community sessions. This is a varied role.

Youthwatch Research & Report Writer

You will assist in typing reports and researching facts and stats. When Youthwatch conduct projects, they aim to write reports to highlight how they have made a difference and what impact they have made. You will be able to use creative skills to develop interactive reports.

Youthwatch Digital Volunteer

You will assist with raising awareness and helping young people by listening to their views and sharing information. You will be making use of digital technology and sharing your exciting ideas so our young volunteering group can reach out to more young people across Darlington. You won't be shy and happy to take part in online videos with other volunteers in an effort to share information with families in the town.

All roles are currently 'from home' using a computer due to the pandemic. You will need access to a device and internet feeling comfortable to take part in online video sessions with other volunteers.

Who to contact?

Now the exciting part...

If you have filled out our participation form and have decided that we are the team for you then please return this to the following address: **Healthwatch Darlington, Sterling House, 11 St Cuthbert's Way, Darlington, DL1 1GB** or alternatively you can email this back.

You will then be invited for an informal interview to discuss your application further.

If you're undecided but want to ask more questions about our exciting volunteering programme then please contact **Abbey Lax** our **Community & Volunteer Officer** who will be happy to have a chat with you via:

Email: info@healthwatchdarlington.co.uk

Telephone number: 01325 380145

“Volunteering for Healthwatch Darlington helps you make a huge difference, to yourself and others!” - *Health Connector, Georgia Walker, Darlington, 18 years old.*

PARTICIPANT ENROLMENT FORM

Becoming a Healthwatch Darlington Participant

Welcome to Healthwatch Darlington. Please take a moment to fill out this form to help you get the most out of your participation.

(The following details are confidential to Healthwatch Darlington and for the purposes of supporting our participants in any role they choose.) Consent must be obtained before sharing any personal details in accordance with Data Protection Act 1998.

Participate in: Receiving Newsletter, E-bulletin, Updates Attending Network Meeting
 Volunteering Other

<p>Name:</p> <p>Address:</p> <p>Phone:</p> <p>Email:</p> <p>Emergency contact: Phone:</p>	<p>Date enrolled:</p> <p>.....</p> <p>How recruited:</p> <ul style="list-style-type: none"> • HWD directly • Referral • Marketing • BME Project • Other?
<p>Interests / Goals:</p> <p>What's important to you?</p> <p>How can we support you?</p>	

Development needs:	
Actions:	
Monitoring: Case Study of volunteer experience?	Yes / No
ID:	Ref/No.

What areas covered by Healthwatch Darlington would you be interested in?

- Healthcare
- Children & Young People
- Mental Health
- Carers
- Disability (including physical, sensory and learning disabilities)
- Older People

What would best describe you in relation to this application? Please tick as many as apply to you.

- User of health services
- Member of general public
- Staff (Voluntary Sector)
- Retired health or social care professional
- User of social care services
- Carer
- Staff (Health or Social Care)

Other

Participant: I confirm that I have completed the details on this form and I am happy for Healthwatch Darlington to use this information as agreed

Print Name: _____ Signature: _____

Date _____