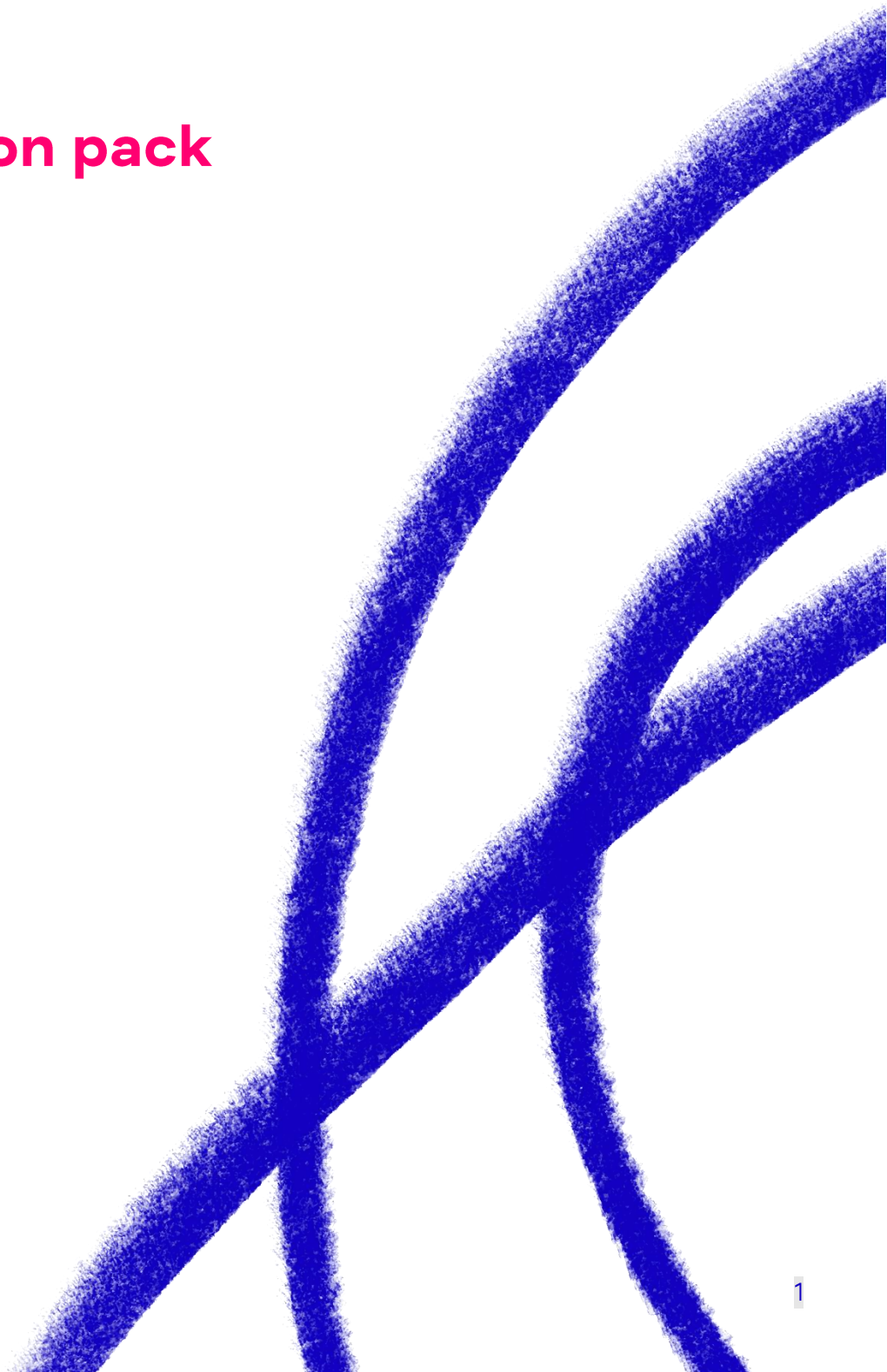


Youth Advisory Group

Information pack



Who are we?

Lancashire Mind is an independent mental health charity. We reach over 10,000 people each year.

We're an active member of the national Mind Federation, linking us with over 100 other local Mind organisations across England and Wales.

Our goal is to support people in Lancashire to achieve the best mental health and wellbeing possible.

We are determined to be an organisation that represents of the diversity of the whole county.

We Connect Minds through ongoing engagement and co-creation.

We Change Minds by challenging stigma and increasing knowledge around mental health.

We Support Minds by being a source of help, where, when, and how people need it.

2022-2023 Headlines:

We supported

1,208

young people

127 young people were supported through 1:1 wellbeing coaching support and **1,081** were supported through group work

83%

improvement in wellbeing for young people who had 1:1 wellbeing coaching

**We value being:
Real, Open, Bold and
Caring**

Youth Advisory Group (YAG)

What is the Youth Advisory Group (YAG)?

The YAG is a new initiative at Lancashire Mind, with the goal of bringing a group of young people together to help us understand issues that affect young people. By understanding these issues, we can make sure that our services are better able to support children and young people.

If you'd like to have a say on decisions that affect you and other people your age and are interested in making a difference in your community, the Youth Advisory Group is a great way to do this.

The YAG is in its initial stages, which means your ideas, perspectives and creativity are essential to build the YAG from the ground up. We need your insight and voice to raise awareness of mental health, and to eventually create change in the projects and services that are available to support young people.

Who can join the Youth Advisory Group?

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 are:

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

We are particularly interested in hearing from young people who have been affected by mental health, either directly or indirectly. We are also looking for young people who are team players and are willing to get involved with the meetings and activities that are a part of the YAG.

You do not need to have any formal training or experience to be a part of the YAG.

If I join, what will I be doing?

The following list is an example of what you may get up to as part of the Youth Advisory board. We are more than happy to discuss working around your time commitments and availability.

- **Take part in Youth Advisory Group sessions and meetings.** You will take part in one meeting every 6 weeks or so via Zoom. These meetings will be interactive and will give everyone a chance to share their views and ideas. These will be 2-3 hours in length, with most of the meetings running online.
- **Support with the coproduction, feedback, and evaluation of our services for young people as well as be a part of focus groups for other teams within the organisation.** Your insight and experiences are important in shaping services. We want teams across the organisation to hear from you.
- **Take part in our Youth Advisory Training Programme as part of your induction.** You will be given practical training to build key skills in mental health, service design and coproduction as well as support to carry out any other YAG activities.
- **Wider YAG activities and promoting our services across Lancashire.** This could be through word of mouth, signposting, social media, writing blogs, making vlogs etc. We will organise these activities together.

What will I gain by joining the Youth Advisory Group?

We hope that you find the experience of being a part of the YAG as beneficial and rewarding as possible. Here are some benefits of joining the YAG:

- A warm welcome from caring staff. Your wellbeing is super important! We will make sure you feel heard, safe, and included as part of the YAG.
- Training: General mental health, interview skills, safeguarding, etc.
- 4 face-to-face meetings a year where you can meet each other in person.
- Taking part in recruitment at Lancashire Mind, where you could help to interview potential new staff.
- Opportunities to meet other young people and have peer support.
- An insight into the 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.

How do I apply?

If you wish to apply for the YAG, fill in the application form to provide key information (for e.g. address, date of birth, contact details). On this form you will be asked to choose how you would like to apply. There are 4 options:

- **In writing:** To apply in writing, you can complete written answers using the application form.
- **Send us a video:** You can create a short video (no more than 3 minutes) to tell us who you are and why you want to join the YAG.
- **Imagery:** You could create a mood board or a piece of artwork to tell us who you are and why you want to join the YAG.
- **Phone:** To apply by phone, you can select this option in the application form, and we will get in touch to arrange a time to talk over your answers.

Email your application to Aliah, our Engagement and Participation Coordinator, or you can post it to: Engagement and Participation Coordinator, 80-82 Devonshire Road, Chorley, Lancashire, PR7 2DR. If your video file is too large to email, please send it to Aliah via WhatsApp, 07856912329.

There is no deadline, we are accepting continuous applications.

What happens next?

Once we receive your application, we will carry out informal telephone interviews. We will call you within 10 days of receiving your application to arrange these.

If you have any questions or need any help with your application, please email our Engagement and Participation Coordinator, Aliah Malik: aliahmalik@lancashiremind.org.uk.