

Youth Board Member Volunteer

Youth Volunteering (ages 13-25)



TIME COMMITMENT

Minimum 1 hour per month (virtually and/or in person)

LOCATION

Cardiff and Vale UHB hospital and community sites
Other off-site locations

REQUIRED CHECKS*

Enhanced DBS (16 years old and above)
Occupational Health Check
Individual Risk Assessment
Two references

***All carried out by the Health Board**

CAV HYB members are asked to participate in decision-making processes in the University Health Board (UHB). Members will be consulted on a variety of topics, but the majority of consultations will be relating to Children and Young People.

What else you could be doing (for those that are interested)

- Interviewing UHB staff.
- Presenting at conferences.
- Being part of developing education for UHB staff.
- Gathering feedback from Children and Young People who are using / have used UHB services.
- Promoting positive health messages.
- Developing and designing ways of giving Children and Young People information on UHB services and Health Advice or After Care.
- Creating videos/animations for Children and Young People, to explain procedures (such as scans) and UHB services (such as 'The role of the School Nurse).

What we ask of you

- The expected time commitment is a minimum of an hour per month. This can be used to comment on consultations or give opinions via email, it does not mean an hour per month in person. It is, however, compulsory that the induction training and any updates are attended.
- Willingness to undertake NHS training
- You must be aged 13-25 to be eligible for this role

What's in it for you?

- Satisfaction of assisting others and providing an invaluable service to the Health Board and community.
- Personal development: Improve your communication skills, including active listening skills, problem-solving skills, empathy, conversational skills, and increase your confidence.
- Training opportunities (in addition to Induction training), some accredited.
- Interviewer training.
- Mindfulness.
- Basic Motivational Interviewing.
- Being a board member.
- Experiences within a Healthcare setting.
- Meeting a variety of healthcare professionals.
- Mentorship opportunities.
- References for UCAS forms, work opportunities.
- Potential for hours towards Welsh Baccalaureate.

