



Dear NHS...

Can you open up more youth volunteering opportunities?
“Volunteering has transformed the way I see myself and my future.”

Evidence shows volunteering gives young people self-worth and the confidence to take on new opportunities. It also benefits patients and organisations by bringing youthful energy and ideas along with an opportunity to grow the future workforce and influence behaviours in society. It's a 'win win' for all!

Health and social care organisations can offer exciting openings to young people to volunteer in areas such as wards/care homes, help to navigate people around services, support administration and practical tasks; through youth voice and engagement work, such as being part of a youth forum and through peer education and influencing roles such as being an antibiotic guardian, a mental health first aider or sexual health peer educator. The potential opportunities are endless!

The NHS Youth Forum have come up with several questions that we believe organisations can ask of themselves to encourage the development of flexible and inclusive volunteering opportunities to engage and support young people.

Remember it's our NHS too; help us be part of it by opening up more volunteering opportunities.



@NHSYouthForum



NHSEnglandYF

1. What are you doing to advertise and facilitate access to volunteer roles for young people?
2. How connected are you with your local youth groups and schools based in your community? They can be a great way to engage new volunteers.
3. Young people who have a disability, come from Black Asian Minority Ethnic backgrounds, are 'looked after' by the Local Authority or are from disadvantaged backgrounds are not as highly represented in youth volunteering roles. What are you doing about this?
4. Are your application and induction processes for volunteering roles young people friendly?
5. How are you opening up a range of roles for volunteers, specifically in non-clinical areas of the NHS?
6. How are you helping young volunteers grow and develop key skills for life?
7. What do you do to retain volunteers in the long term? e.g. how do you keep young people interested?
8. How do you celebrate the contribution of young volunteers?

For more information on youth volunteering take a look at Youth Social Action in Health and Social Care Toolkit published by Volunteering Matters:
www.volunteeringmatters.org.uk



#DearNHS