

Volunteer Role Profile



Volunteer Role

Youth Board Member Volunteer (ages 13-25)

Volunteer Manager

Voluntary Services Team

Where you will be based

Hospital

Why we want you

We need Youth Board members to participate in decision-making processes in the University Health Board. Members are consulted on a variety of topics, but the majority of consultations will be related to Children and Young People.

What you will be doing

- Decision making through members meetings.
- Developing and designing ways of giving children and young people information on UHB services and health advice or after care.
- Being part of developing education for UHB staff.
- Interviewing UHB staff (optional).
- Presenting at conferences (optional).
- Gathering feedback from children and youth people who are using/have used UHB services (optional).
- Promoting positive health messages (optional).

The skills you need

- Willingness to undertake NHS training.
- Available to volunteer for a minimum of 1-2 hours a month during weekdays. (after school hours).

What's in it for you

- Satisfaction of assisting others and providing an invaluable service to the Health Board and community.
- An opportunity to develop personal skills such as; communication skills, (including active listening skills, problem-solving skills, empathy, conversational skills, and increase your confidence.
- Gain experience of team working.
- Reference on request (only available once you have volunteered for six months).
- Training opportunities (in addition to induction training), some accredited.
- Interviewer training.
- Mindfulness.
- Basic motivational interviewing.
- Being an official board member.
- Experiences within a healthcare setting (non-clinical areas).

- Meeting a variety of healthcare professionals.
- Mentorship opportunities.
- References for UCAS forms/other opportunities, work opportunities.
- Potential for hours towards Welsh Baccalaureate.