Volunteer Role Description

**become a youth change champion**

**Are yo*A vision where “every Child and Young Person in Harrow***

***should feel Happy, Healthy and Safe”***

**Volunteer Role:** Change Champion Volunteer

**Duration:** 1 year with potential to extend

**Benefits:** Travel expenses and food covered

If you are aged between **16-24** and have lived experience in needing support in either mental health, youth violence, inequalities, physical activity or employment, then this role may be for you.

**Overview**

A bold new way of creating and delivering support for young people in Harrow began in April 2019. The ‘Harrow Change Champions’ project has over 50 charities, Harrow Council, 8 schools and colleges, GPs, Met Police, the business community and a team of up to 12 young people signed up to work together under a shared vision of ensuring ***‘Every Child and Young Person in Harrow Feels Happy, Healthy and Safe’.***

The two-year programme will see the different groups, guided by the Change Champions, coming together to review problems for young people in Harrow – and working together with professionals on developing and delivering solutions.

**Change Champions Recruitment Criteria**

* 16-24 years old (under 18’s need parental consent)
* To have lived experience of one or more of the 5 key areas (Physical Activity, Inequalities, Employment, Mental Health and Youth Violence)
* Want to make a positive impact in Harrow in one or more of the 5 key areas
* Exercise mature judgement
* Team player

**What will you be doing?**

* Working as part of a team with the community and fellow Change Champions on various projects that help young people better access services in Harrow
* Speaking about your personal experiences based on one of the 5 areas to benefit other young people for example at events amongst professionals or meetings
* Commitment to attend and actively participate in regular meetings (bi-weekly - monthly)
* Commitment to competing tasks to deadline in-between meetings.
* Open communication with YHF on any change in circumstance

**What’s in it for you?**

* On-going support from a mentor
* Access to on-going training
* Access to opportunities that will build you confidence and leadership skills

All applications will be reviewed however we will prioritising applicants with lived experience of in Physical Activity (Un)employment and Inequalities.

**Goal areas explained**

**Emotional Wellbeing / Mental Health** (e.g. if you have suffered with anxiety, depression; lack of confidence; suicidal thoughts or poor mental health in any way)

**Youth Violence** *(*e.g. if you have been arrested, found yourself involved in cases of antisocial behaviour or have been a victim of youth violence)

**Employment** (e.g. if you have, or are currently struggling to find employment; if you felt / feel unsupported in your desired training / career path; if you felt/ feel lost or disillusioned about your future job prospects)

**Physical Activity** (e.g. if you have felt/ feel there aren’t enough local opportunities to take part in, or improve your physical activity; if you have done in the past, or currently suffer with obesity)

**Inequalities** (e.g. if you are disabled and have found / find it more difficult to access services because of your disability; if you are a young carer; financially disadvantaged; refugee / migrant background; ethnic minority group;)