

# Young Healthwatch Westminster

## Making young voices heard in conversations about health and social care.

We are a network of volunteers who live, work or study in Westminster. We are all between 14 and 25 years old and are keen to make a difference in health and social care.

Proud members of

UK YOUTH

### What's one thing we all have in common?

We are interested in young people's rights and wellbeing.

Our aim is to put young people at the centre of conversations about their health and social care services, whether it is to influence their development, or to improve the ones we have.

### What do we do?

#### 1. Raise awareness...



...of different health issues that affect young people.

#### 2. Reach out...



...to young people in our area, gathering their views on the issues that matter to them.

#### 3. Work with local leaders...



...to improve our local health and social care services.

#### 4. Grow our skills...



...as we build our understanding of how to work on local issues.

## Why should I join?

Just have a quick glance to your right for some of the reasons we think you should join us....

The most important part of Young Healthwatch's work is that you decide which issues are important! We will support you in order to help you develop the skills you need and share the messages that you value.

## How do I join?

If you are aged between 14 and 25 and live, work, live or study in Westminster, you can apply.

Just email Alex on [alex.weston@healthwatchcentralwestlondon.org](mailto:alex.weston@healthwatchcentralwestlondon.org) or call us on **020 8968 7049** and ask for an application form 😊

- Conduct research with young people who use NHS services and help to make positive change
- Design surveys and questionnaires to gather young people's health stories
- Meet other young people who are passionate about inspiring change
- Benefit from loads of training options
- Get involved in a whole range of fun, health-related activities

## Join now as we gear up to launch our first project

Our first project will focus on improving mental health services for young people by speaking to the people who use them. Get involved today.

YOUNG  
**healthwatch**  
Westminster

E: [alex.weston@healthwatchcentralwestlondon.org](mailto:alex.weston@healthwatchcentralwestlondon.org)