

Volunteer Role Description

Young Healthwatch Volunteer

What is a Young Healthwatch Volunteer?

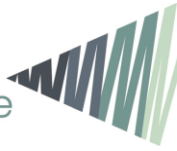
Young Healthwatch volunteers work with other volunteers and staff to plan and take part in a range of health and social care projects. Our volunteers take part in different events, activities and meetings to share their views, experiences and opinions of different health and care services, to make sure that young people are listened to and involved in the decisions that effect them.

What's Involved?

You will have the opportunity to take part in a range of different activity, which could include:

- "Mystery-shopping" reviews of websites
- Survey and questionnaire design
- Attending conferences, events and meetings (these may be online or in-person)
- Audits of healthcare settings
- Attending engagement events and talking to young people and the public
- Attending meetings with professionals to give your experiences, ideas and opinions

Young Healthwatch have regular meetings, where we meet to discuss current and future plans and activity. In addition we hold wider Healthwatch volunteer meetings, where our volunteers of all ages have a



chance to meet and discuss activity, and share their experiences. These meetings are held both online and in-person across East Sussex.

What you can expect,

- Develop new skills
- Gain experience and knowledge of health and social care
- Training opportunities
- Make new friends

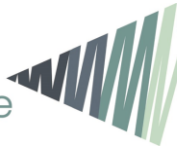
You don't need any previous experience of health and social care to volunteer with us, just some spare time and a real interest in making things better for young people.

Extra Information

Time commitment: How much time you spend volunteering depends on you, what you are interested in and what projects and events we currently have for you to get involved in.

As a guide, we suggest that you should be able to commit 4 hours per month to the role (although this is flexible and can be less or more as needed/wanted).

Duration: Flexible. Some may only want to volunteer for a few months, or for a certain project, while others may want to volunteer for longer periods.



Expenses: We pay out of pocket expenses for travel between home and place of volunteering, and other reasonable expenses agreed in advance

Interested in applying?

Call: 01323 403590

Email: volunteer@escv.org.uk