

Youth Volunteers and the benefits they bring to your organisation

young **addaction**

Five reasons to involve youth volunteers

1. To empower young people within health and social care
2. To develop young people-their skills, understanding and aspirations-as your potential future workforce
3. To engage with ALL your community and ensure you are meeting their changing needs
4. To support improved health and well being for young people
5. To improve patients' experiences of care and support you to meet statutory objectives

Ask the experts....

“...we hope this will help to embed social action and volunteering in the everyday lives of young people and improve the health and well being of everyone”

Oonagh Aitkin, CEO of Volunteering Matters

“...we have strong evidence of the benefits of volunteering and social action for young people. These include young people learning new skills, benefiting from broader experiences, gaining from interactions and empathy with others, supporting further education and building new social networks”

Jeremy Hunt MP, Secretary of State for Health

The BIG question...
Why should young
people volunteer?

1. To empower young people within health and social care

Volunteering in Health and Care* found that support provided by volunteers and peer mentors is of particular value to those who rely heavily on services

Volunteer engagement sends positive messages out about your organisation and some of the aims you want to achieve

*The King's Fund Report 2013

Benefits for young people:

- Offers the opportunity to influence health and care policy
- Helps enhance their skills and career prospects
- Volunteering enables young people to feel part of their community, more included and with a stake in wider society
- Aids personal development, helping to raise young people's aspirations and promote personal resilience
- Volunteers gain a better understanding of the factors influencing health and wellbeing, empowering them to make informed lifestyle and health choices
- Opens up the variety of career opportunities within health and care, enhances CVs through experience and shows interests outside of education

2. To develop young people

Six key principles of quality youth social action:

1. **Be Challenging:** make opportunities stretching and engaging as well as exciting and enjoyable
2. **Be Youth Led:** enable young people to inform the opportunities, develop their own, or have a role to play in reviewing and future developments
3. **Be Socially Impactful:** ensure roles create positive social change that is on benefit to the wider community
4. **Be Progressive:** consider how young people can progress from this role to other opportunities or activities
5. **Be Embedded:** consider how the role will support young volunteers developing a habit for life
6. **Be Reflective:** ensure the role enables young people to reflect on their social action and recognise their achievements

Hear from young
people who
volunteer with us

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3. To engage with ALL of your community and meet changing needs

Benefits for your wider community can include....

Share best practise with other organisations

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Recruiting and managing young volunteers

Engaging in harder to reach communities

4. To support improved health and well being for young people

Develop confidence

Enable their own strength and resilience

Offer their skills and value to your organisation

Gain employability skills

Prepare them for the world of work

5. Support you to meet statutory objectives

The Frances Enquiry (2013) supports recommendations on improving services for young people in the following ways:

- Peer to Peer Support
- Influencing public health policy
- Organisational level roles
Leadership of others

Further resources

- Volunteering Matters: Full Time Volunteering, Health Champions, Positive Futures, VIBE
www.volunteeringmatter.org.uk
- Institute for Volunteering Research: free volunteering reports and evaluations, bespoke advice services
www.ivr.org.uk
- Charities Evaluation Services www.ces-vol.org.uk/tools-and-resources/evaluation-methods/making-connections-tools
- Adult Social Care Outcomes Framework
www.gov.uk/government/publications/adult-social-care-outcomes-framework-2014-to-2015