

# NHS YOUTH FORUM



## RECRUITMENT PACK

The NHS are looking for young people between **11 - 24 years old** to help **shape healthcare policy** and **influence decision-making** in England, helping to improve young people's health across the country.

Deadline for Youth Forum and Young Researchers applications:  
**2nd March 2025**

# WHAT ARE THE DIFFERENT GROUPS WE ARE RECRUITING FOR?

## NHS Youth Forum

The NHS Youth Forum is a growing group of young people making their voices heard through taking part in many different opportunities.

Members take part in monthly consultations where NHS teams will present and ask for young people's opinions about services, resources and projects which are being worked on!

## NHS Young Researchers

The NHS Young Researchers are a group of 25 young people who work alongside each other and NHS policy teams, specifically focusing on and developing 4 research projects on topics concerning young people within the NHS and wider health sector.

# OUR COMMITMENT TO YOU

We want to create communities and spaces for young people to come together and make change happen.

We are committed to creating a space for everyone, different perspectives, backgrounds and lived experiences. In this, we are aiming to put equality, diversity and inclusion at the heart of the programmes.

- We want to embrace anybody for who they are, no matter who they are or where they come from
- We will aim to support any and all access/additional needs to help you take part
- We will not tolerate hate within the group
- We will listen to your words, giving you the space to be heard
- We welcome all different forms of lived experiences of the national health services (NHS)

**THE**

**FORUM**

**STRUCTURE**

## NHS YOUTH FORUM

All members of the Forum can join us for our monthly consultations, as well as being sent loads of other opportunities for you to get involved with!

### CONTENT CREATORS

YOU inform and create social media content and comms focusing on healthcare, making young voices heard online!

### YOUNG RESEARCHERS

YOU work with NHS policy teams across a 1 year research project and represent the NHS Youth Forum/Barnardo's at events

### LOCAL REPS

YOU share what's going on in your local youth forums

### YOUTH FORUM

YOU take part in monthly consultations, focus groups and other opportunities!

The Forum is like an umbrella - there are lots of different roles within the wider Forum! Each role has specific requirements, and you can apply for them separately!



# WHICH IS

# RIGHT

# FOR ME?

	NHS YOUTH FORUM	CONTENT CREATORS	LOCAL REPS	NHS YOUNG RESEARCHERS
Age	11-24 years old	16-24 years old	11-24 years old	16-24 years old
Term in post	Ongoing (we'll ask you to opt back in each year)	Ongoing (we'll ask you to opt back in each year)	Ongoing (we'll ask you to opt back in each year)	1 Year, joining the larger Youth Forum after
Monthly time commitment	1 hour per month - Don't worry if you can't make every meeting. Just attend when you can	As and when! We might reach out to you with specific opportunities	1 hour per month + sending updates about your local forum's actions!	4 hours (1-2 hours fortnightly)
Regularity of meeting	Monthly	As and when	Monthly	Every other week
Method of engagement	Virtual	Virtual	Virtual	Virtual/in-person residentials
Type of Voice and Influence work	Consultation	Online/Social Media	Consultation and Connection	Delivery
How to apply	Application Form	Register interest within Youth Forum application	Register interest within Youth Forum application	Application form and Interview

# ABOUT OUR CONSULTATIONS...

I enjoyed meeting new people, learning more about NHS, speaking in public and starting my new journey of participating in the NHS Youth Forum.

I liked how there is a sense of community and everyone is so nice.



# ABOUT THE RESEARCH PROJECTS...

I really liked working collaboratively with the group on the surveys. I have enjoyed getting to know people and analysing the responses.

It has felt different to anything I've done before. The ownership over the projects and power to do stuff is really good.

# ABOUT OUR EVENTS...

“The RCPCH Parliamentary Round Table was an amazing opportunity where we were able to share our views on Child Health and have a direct input into the NHS 10 Year Plan. As a young person part of the Youth Forum, I felt like my ideas were valued by everyone there. It was such a unique and memorable experience – thank you!”



# ABOUT OUR RESIDENTIALS...

Thank you so so much for the best weekend. It's been wonderful. Thank you for giving me this opportunity, it's honestly changed my life and allowed my confidence to grow so much and thank you so much for [allowing parent/carer to attend], it made me feel so much more comfortable knowing that [they] were nearby.

# NHS ENGLAND YOUTH FORUM

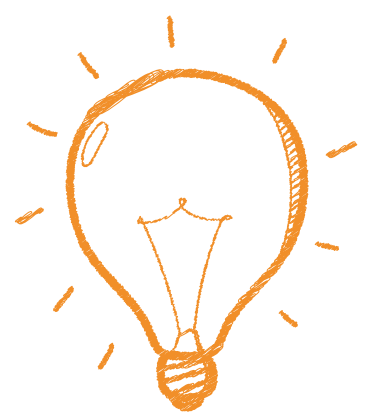
The NHS Youth Forum is a wide group of young people making their voices heard within NHS England through taking part in loads of different opportunities.

Members take part in monthly consultations where NHS teams will come to young people and ask for their opinions about services, resources and projects which are being worked on!

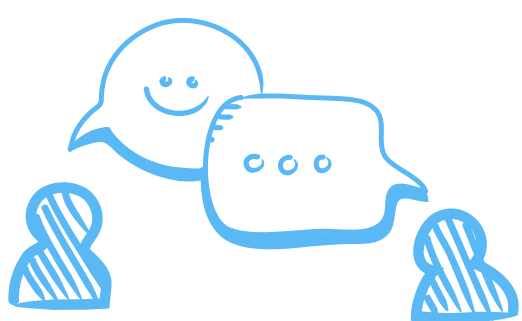
## AS A MEMBER OF THE NHS FORUM, YOU WILL...



- Advise policy makers.
- Meet people and make friends across the country.
- Learn about different things going on across NHS England!



- Advocate and be a voice for young people within health services.
- Suggest new areas to learn about and explore.



- Attend at least 1 consultation/opportunity per 3 months.
- Be able to access virtual workshops (like Zoom).



# WHY SIGN UP?

- Meet like-minded people.
- Volunteer and give back.
- Provide feedback – make a change!
- Learn about youth voice.
- Advocate and be a voice for young people within health services.
- Dip your toes in the water of youth voice work!

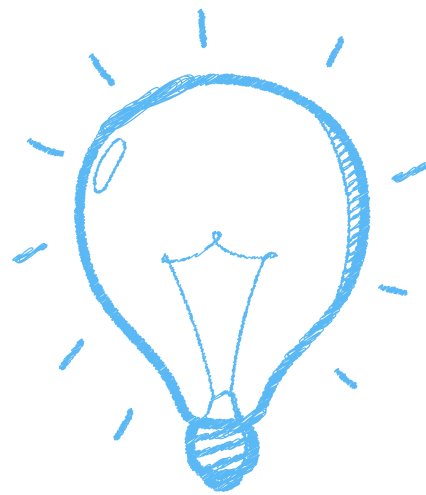
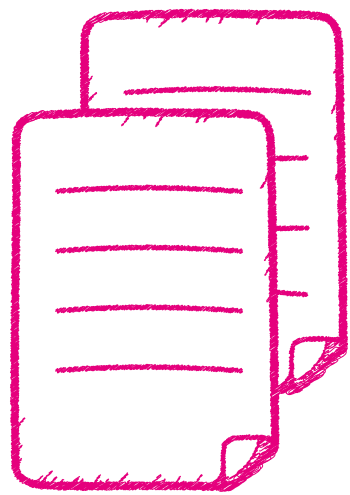
I love how engaging and exciting it is, i also love the impact of our suggestions.

I liked how there is a sense of community and everyone is so nice

I enjoy learning more information about how the NHS works, and is run.

# WHAT SKILLS OR EXPERIENCE DO I NEED TO HAVE?

- Interest in or experiences of NHS services and the wider health sector
- A passion to learn about advocacy and youth voice
- We welcome anyone and everyone from any background to apply!
- We will work with you to make your membership as accessible as possible

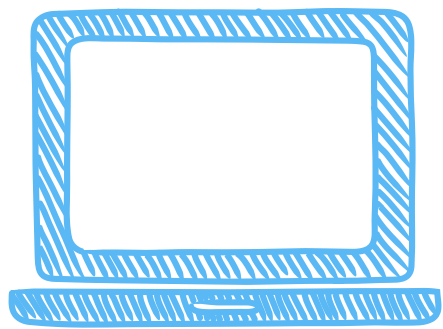
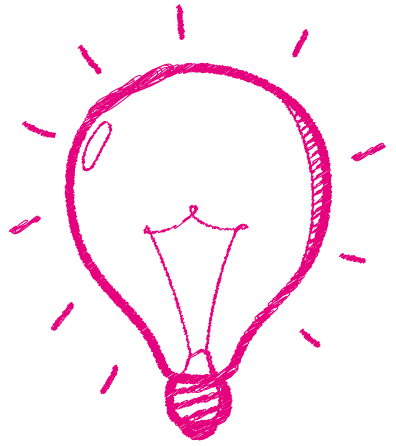


## SESSION SCHEDULE

Consultations take place on the **2nd Thursday of each month**

We will send out reminders in advance about these consultations

# WHAT WE WILL OFFER



- We have two full time staff members at Barnardo's who are on hand to support you with questions or any additional support you need to take part. We'll be on hand to give you information that will help you do the exciting project work, as well as chat to you if you're struggling to fit everything in.
- We also work with the NHS Youth Board who will offer peer support

## ABOUT YOU:

- Between 11-24 years old
- Keep up-to-date with opportunities through the online hub
- Be able to commit around 1 hour per month
- Have internet access and a space to take online calls - we can offer digital support if you don't have internet access!
- Live in England

# HOW TO SIGN UP

Click [here](#) to sign up for this position!

If you have any questions or would like a different way to sign up, contact the team:

NHSYouthForum@barnardos.org.uk



NHS

YOUTH

FORUM



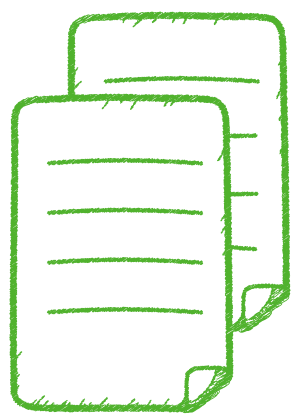
Apply for the NHS England Youth Forum  
by scanning the QR code!

For more information, email:  
[NHSYouthForum@Barnardos.org.uk](mailto:NHSYouthForum@Barnardos.org.uk)

# NHS YOUNG RESEARCHERS

The NHS Young Researchers are a section of the wider Forum. It is made up of 25 young people from ages 16-24 who work together to produce youth-led research projects. The researchers advocate for young voices and influence policies/services within the NHS and wider sector through powerful surveys and reports.

## AS A MEMBER OF THE YOUNG RESEARCHERS, YOU WILL...



- Be part of a group of 25 young people interested in making a difference through research
- Work within a subgroup of around 5 other young people on a specific topic, formulating a research project based on this topic leading to producing a report.
- Attend and speak at national events to policy makers and stakeholders about issues concerning young people.
- Effect change to policies and services within the NHS and wider sector.
- Attend skill workshops to support your development.

# WHY APPLY?

- Meet like-minded young people interested in making a difference.
- Gain new skills and make a real difference to improve services for other young people.
- Gain experience working on a national programme.
- Ongoing support from peers and staff.
- The chance to meet new people and work as part of a team of amazing young people.
- References for future job applications.



Since joining the Youth forum, my confidence has grown immensely

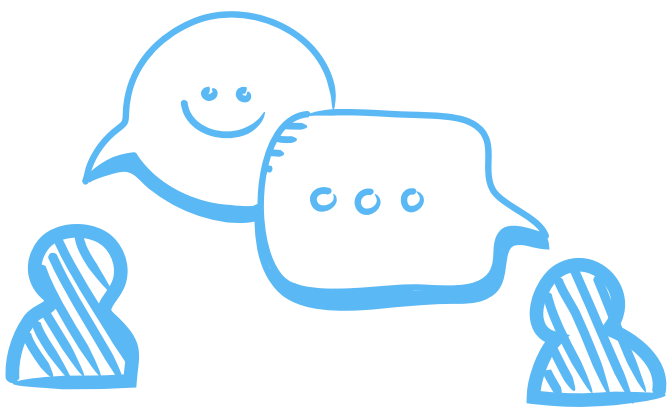
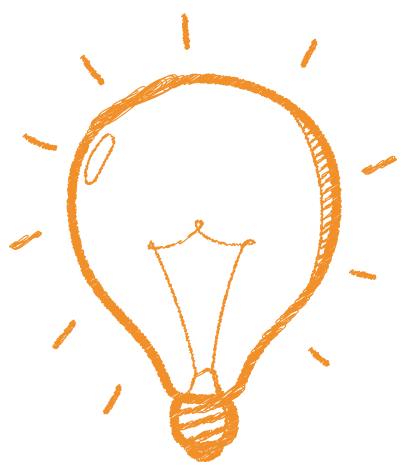
# WHAT SKILLS OR EXPERIENCE DO I NEED TO HAVE?

- Interest in the NHS & wider health sector
- Passion for youth voice & advocacy
- A willingness to learn and be part of a team
- We welcome anyone and everyone from any background to apply!





# WHAT WE WILL OFFER



- We have two full time staff members at Barnardo's who are on hand to support you with questions or any additional support you need to take part. We'll be on hand to give you information that will help you do the exciting project work, as well as chat to you if you're struggling to fit everything in.
- We will support you in developing new skills and discovering new things.

## ABOUT YOU:

- Be between 16-24 years old
- Be able to commit around 4 hours per month, meeting every other week with your subgroup and once a month as a wider Youth Forum
- Have the ability to attend 2 residentials in the year
- Have internet access and a space to take online calls



# HOW TO APPLY

Click [here](#) to apply for this position

If you have any questions or would like a different way to apply, contact the team:

NHSYouthForum@barnardos.org.uk

**Deadline for applying: 2nd March at Midnight**

## APPLICATION DEADLINES

24th Jan	Application form open
2nd March	Application form closes

NHS

YOUTH

FORUM

YOUNG RESEARCHERS



Apply for the NHS England Young Researchers by scanning the QR code!

For more information, email:  
[NHSYouthForum@Barnardos.org.uk](mailto:NHSYouthForum@Barnardos.org.uk)

# TERMINOLOGY - WHAT DO ALL THESE WORDS MEAN?

Voice and Influence

Voice and influence is used to describe different ways to listen and act on the views and lived experiences of children and young people.

Term in Post

Term in post means the amount of time you will be in the position that you have applied for.

Delivery

When we say 'delivery' we don't mean that we are delivering your favourite clothes parcel. We mean that we are delivering the amazing work you are doing!

Consultation

Children and young people are asked for their views at specific points during a project or service journey, which are taken into account when decisions are made.

Residential

Residential means that we are going away for a short amount of time.

TBC

This literally means 'to be confirmed'.

Policy

A policy is a set of ideas or plan for action followed by an organisation

Policy  
Maker

A policy maker is someone/a group who have decided on and enacted a policy within an organisation

Health  
service

The NHS is the National Health Service, covering all public services providing health and medical care.