



# Recruitment Pack

## Our Minds Our Future Campaign Steering Group

### Introduction

Youth Access are looking for eight enthusiastic young volunteers (aged 18-25) to make up the second steering group for our national campaign – Our Minds Our Future – demanding young people’s right to better mental healthcare.

Our Minds Our Future is a campaign led and delivered by young people. As a member of this new steering group, you’ll pick up where last year’s group left off – building on their campaign strategy to grow the campaign through its second year.

This is a fantastic opportunity for young people who are passionate about improving mental health services and making sure young voices are taken seriously by the people in power. You’ll get training and support to develop key skills in campaigning, project management and communications, as well as a certificate and references at the end of the year.

Not sure if it’s for you? Don’t be put off if you don’t have tonnes of experience. You might have been involved in campaigning or activism, you might have first-hand experience of the impact of mental ill health, or you might just be really keen to apply your skills to this area. Your enthusiasm, willingness to learn and commitment to driving the campaign forward are what’s most important to us.

This is an unpaid, voluntary role, requiring around 3 hours per month of your time to develop plans and attend monthly video meetings, plus 3 weekend-long meetups in London.

To apply, read this recruitment pack carefully, then send a covering letter outlining your relevant experience and why you would like to be on the steering group (max 500 words) to [morr@youthaccess.org.uk](mailto:morr@youthaccess.org.uk) by 5pm on Sunday 28th April.

## About Youth Access

[Youth Access](#) is the membership organisation for a growing national network of 190 Youth Information, Advice and Counselling Services (YIACS). We are building a movement of organisations and individuals who share our vision of a society in which all young people have somewhere to turn to, and someone to talk to, wherever and whenever they are in need.

[Make Our Rights Reality](#) is a programme coordinated by Youth Access. Through training, advocacy and social action, we aim to equip young people with the tools and confidence to use their rights to challenge injustice.

## About Our Minds Our Future

[Our Minds Our Future](#) is the first national campaign from Make Our Rights Reality. It is led by young people who know their rights and how to fight for them.

Back in September 2017 we recruited our first steering group. There was no campaign plan - just a vision of a mental health system that was properly funded, didn't cut us off from support at age 18, and included services designed specifically for young people available on our highstreets and town centres.

The first steering group was made up of ten young people from all over the country, all walks of life and with all kinds of experience of the mental health system. Over the course of their role, they received training in key areas like campaign planning, human rights and debating, giving them the tools to come up with a national campaign strategy.

They decided the best people to fight for young people's services were young people themselves - right in their own communities where decisions about local services and spending are made. They wanted young people all over the country to get trained so they could also understand the rights they have when it comes to mental health, and how to fight to make sure those rights are met.

These young people, called "Rights Advocates", get training and support from us to run the campaign where they live. Together with staff and the steering group, they have coordinated their own local actions to get more young people involved, written blogs and stories to promote the campaign online, and written and launched a national petition calling on decision-makers to take the [#MyRightsMyMind](#) pledge, promising to put human rights at the centre of plans for the mental health system.

Over the next year, the new steering group will pick up where the last group left off. With training and support, you'll build on their strategy; mapping out how the campaign can grow and how Rights Advocates can have the most impact on the mental health system.

## About the role

This is a fantastic opportunity for young people who are passionate about improving mental health services and making sure young voices are taken seriously by the people in power.

### **The steering group exists to...**

- Act as advisors for the Our Minds Our Future campaign – building on the existing campaign strategy by contributing ideas, asking questions and challenging where necessary.
- Manage overall direction of the campaign - setting the goals, priorities and milestones which Youth Access staff will deliver against.
- Make sure Youth Access staff are on track to deliver what young people want and what we have promised.
- Bring your perspective and experiences, as young people, while also considering and respecting the diverse views of those beyond your own community. We all have different passions, but we are working as a collective to build a movement where everybody feels heard and valued.
- Be the face and voice of the campaign, in the ways you feel comfortable. This could be through blogs, vlogs, public speaking, or providing a quote for an article – there are lots of options and we'll always offer support.

### **The steering group is not there...**

- To set a new direction for Our Minds Our Future. You'll be picking up where last year's group left off, building on the strategy and taking the campaign forward over the next year.
- To promote a personal agenda. We are supportive of one another's work and activism outside of Our Minds Our Future, but our meetings should focus on the collective goals for our campaign.
- To act as a peer support or therapy group. While we have built a welcoming and friendly community, the purpose of the group is to campaign and lead change.
- To stay inside our bubble. We want to hear from young people from all walks of life, with all kinds of experiences. If you've never been involved in something like this before – even better! Your enthusiasm, passion and willingness to contribute to something bigger is more important than specific skills or experiences.

## **Expectations and time commitments**

**As a steering group member you agree, to the best of your ability, to:**

- Attend three overnight or weekend-long meetups (usually in London)
- Attend each regular monthly video meeting with the whole steering group for 12 months from starting the role
- Attend at least 1 video meeting with our national network of Rights Advocates and represent their perspectives in steering group meetings
- Take on at least three additional one-off tasks, for example:
  - o Taking over our social media channels for a day or week
  - o Writing a blog or creative piece for our website
  - o Speaking at a national event or debate
  - o Producing a video clip or vlog
  - o Writing or filming interviews with other young people
  - o Providing quotes and testimonials for things like press releases and emails to our supporters
  - o Chairing a meeting (pulling together an agenda and making sure we stick to it)
  - o Participate in an evaluation activity (feeding back on how the project is going)

These additional tasks can be selected and adapted based on your personal skills and goals.

There may also be opportunities to take part in paid consultation activities or take on additional paid tasks, but this is not guaranteed.

## **Who are we looking for?**

Our Minds Our Future should be a movement that includes all young people, so we are looking for a steering group that can bring a broad range of voices and experiences, and represent and welcome a broad range of young people.

If you've never been involved in something like this before – even better! Personal experience of mental health issues is just as valuable to us as experience in campaigning/activism or in-depth knowledge of the mental health system. Your enthusiasm, passion and willingness to contribute to something bigger is more important than specific skills or experiences.

As a guideline, we will be looking for young people, aged 18-25, who can demonstrate:

**Experience:**

- Lived experience of mental health issues and/or the mental health system (this could be first-hand or through a friend or family member. You might have used NHS or charity-run services, or experience of being refused from services, or experience gained working in the system – all experiences are valid and valued)
- You might have experience of campaigning or activism
- You might have experience of developing plans, delivering projects, setting goals and meeting targets through projects at school, university, work or volunteering

**Passion:**

- Creative ideas for leading change and ability to use your initiative
- Enthusiasm to develop and apply new skills to drive the campaign forward
- Ability to see the bigger picture and work towards collective goals

**Qualities:**

- Excellent ability to work as part of a team, including the ability to handle conflict or disagreement
- Good communication skills, either written or spoken, and the ability to represent the shared vision and messages of the campaign through, for example, blogs/writing, videos, presentations at events or quotes in press articles
- Reliability and efficient contact – this will require access to a computer for regular meetings and IT literacy, as well as good time management
- The ability to represent the perspectives of our whole network of young people, bringing diverse views to the table and respecting collective goals
- Empathy and good listening skills

## **What we offer you**

As a steering group member you receive a package of support to help you fulfill your role. This can be shaped by your own goals and skills and will rely heavily on your commitment and participation in the spaces we provide. These include:

- Three residential (i.e. overnight or weekend-long) meet-ups in London, where the whole team will meet with Youth Access staff and, where necessary, a trainer or expert who will support the team to develop an aspect of the campaign. Dates will be given for the year in advance, falling in roughly May, September and January.
- Monthly group video meetings to share updates and build on ideas in between residencies

- Regular email bulletins from Youth Access staff to feedback on progress with the campaign and a link to give anonymous feedback
- A calendar of key dates to help plan your year
- A personal journey planner, helping you map out your personal goals and opportunities to build skills and experience
- Three one-to-one phone/video calls with a member of Youth Access staff to plan and monitor your personal development over the year
- Personalised certificate and references
- Ongoing access to the wider community of young people and professionals in our movement for young people's right to better mental healthcare
- Ongoing access to our platforms to have your voice heard, e.g. through continued blogging on our website etc.