

Hi,

Thanks for expressing an interest in volunteering. We've put this letter together to let you know what it's like to be a Wellbeing Ambassador at Newport Mind.

These are all of the different roles you will be able to get involved with once you're a Wellbeing Ambassador:

- **PEERS Training** - we create and deliver training to professionals who work with young people around talking to them about their mental health

"I love delivering PEERS training, it gives us the opportunity to explain to adults how we would like to be spoken to as young people in a space where we are heard" - Katie

"Peer mentoring is a really good opportunity to develop your skills while also mentoring others." - Ben

- **Peer Mentoring** - we providing other young people with support and tools for their mental health

- **Social Media** - we plan and create social media posts and campaigns which are posted on our Newport Mind and Changing Minds social media account, to raise awareness and provide information to other young people

- **Social Action** - learn how to raise awareness of young people's mental health and needs via campaigning

"When I was a new volunteer at Newport Mind, I attended a social action workshop from the Wellbeing Ambassadors and now it is great to be a part of designing these training sessions" - Katie

- **Funding Bids** - get involved in coming up with new projects, and be part of applying for funds, learning new skills and shaping future services

"Being part of a funding process, and being successful in gaining the funding gave me a sense of fulfilment knowing that we are able to put on more services to help young people." - Cerys

- **Fundraising** - in the past we have raised funds for Newport Mind at local sports events (Football / Rugby matches) in Rodney Parade, we have also raised funds at our own Wellbeing Ambassador planned events

- **Young Person's Interview Panel** - have your say in recruiting new workers to the Children & Young Persons team, and have your thoughts counted in the final decision

"I've sat on the interview panel for new recruits. You get an opportunity to share your opinions on candidates hoping to work on the young people's team. This gives you a glimpse of how teams are created, and behind the scenes." - Ffion

- **Youth Voice Group** - a sub-group for the board of directors, we have our say on the matters that the Board of Directors discuss

- **Training Opportunities** - there are so many opportunities to get involved and attend various training (e.g. i - act training, detached youth work, social action, Mental Health First Aid, Connect 5, resilience framework and peer mentoring)

"The Youth Voice Group might seem daunting at first, but it's actually a really interesting experience and a great chance to do something a bit different. Plus it'll look great on a CV!" - Morgan

Volunteering online:

• Recently, a large majority of our work has been done online. We understand that it isn't for everyone but just give it a go before you decide. **It isn't like online school work!**

- There is plenty to do and keep you busy, and lots of training available which you can fit around other commitments
- It still feels like you belong to a community and know everyone there, even if you haven't met most of them in person!

"The training courses that I've attended as part of my volunteering have provided me with the tools and confidence to fully immerse myself in the role of being a Wellbeing Ambassador." - Poppy

“Being a Wellbeing Ambassador has been a really good experience. The training sessions were delivered online which was a new experience for me, but they were interesting and I was able to learn a lot. In our online meetings we have done many interesting things such as coming up with new ideas for projects that could be run, as well as ideas on how existing projects could be added to in some way.” - Ella

FAQ's:

- *How much time does volunteering take?*
 - There are no compulsory attendances required. You can use as much of your free time as you would like. A typical Wellbeing Ambassador meeting lasts only an hour, and we have one a week – but you don't have to attend every week! We're given warning for other meetings and events so you can choose whether to attend.
- *How much do I have to be involved in?*
 - Up to you! You can play to your own strengths and participate in the things you would like to improve upon, or use the skills you already have to the group. For example, if you are a very creative person, you can help design social media posts, logos, artwork, etc.

“I would recommend volunteering to anyone, especially those who want to do it, but are scared to take the plunge!” - Cerys

- *Do I get to choose what things I do/what projects I volunteer on?*
 - Absolutely! You can choose what projects you get involved in depending on what you're interested in or passionate about.

“We, as young people, are given the opportunity to change and evolve particular services for other young people in the Newport area. With the help of PEERS training, we can tailor local mental health services to the needs of our demographic, which is a big step forward.” – Ben

We hope you decide to join us as a Wellbeing Ambassador, and you'll meet some of us in the training session!

From,

The Wellbeing Ambassadors