

## Royal Berkshire Foundation Trust Youth Forum

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### Summary of role:

The Royal Berkshire Foundation Trust youth forum aims to get young members of our community who are aged between 16- 24 heard and involved in the decisions made by the Royal Berkshire Foundation Trust. As a member of the youth forum, you can help to make changes and influence hospital decisions to improve services for young people and future generations.

### Duties and Responsibilities:

As a youth forum member, you will share your thoughts and ideas on how the hospital could be improved and participate in workshops and events where you can share your experiences or provide a fresh perspective. Some of the opportunities to get involved will include:

- Attending regular Youth Forum meetings where you can present your ideas and opinions
- Training Workshops
- Hospital walkabouts – where you will tour as part of team and assess the wards
- Interview panels
- Getting involved in projects around the hospital

### Skills required:

Some skills that will be very useful to a member of the youth forum include:

- Teamwork – being able to work well with others
- Communication – Good at talking and listening
- Reliability- being trustworthy and responsible
- Punctuality – Good at being on time
- Creativity – being able to think of new ideas and questions.

### What you will gain:

Participating in the youth forum will not only give you an opportunity to shape your local hospital but also make your CV and applications stand out to future employers and universities. You will get the opportunity to:

- Learn more about the hospital environment
- Learn more about healthcare careers and work closely with NHS employees.
- Get access to lots of training, including fire safety, infection control safeguarding and more!
- Get to know lots of other like-minded young people in your community.

The Youth Forum is extremely flexible – our ultimate aim is that members will run it themselves with minimal input from Trust staff, so we are already working with existing members to find out how it works best for them.

So far, this involves evening or weekend meetings in person, and Teams meetings when in person doesn't work. There is no minimum time commitment or attendance – if you need to take time out, then that is absolutely fine. All we ask is that you keep in touch.