

Youth Panel Role Description

The Midlothian Early Action Partnership (MEAP) is looking for young people aged 16 – 25 to volunteer for a youth panel which will develop and support a youth led fund to improve the mental health and wellbeing of young people and their communities in Midlothian. MEAP believes that young people have the experiences, ideas and skills to be a key part of the decision making process and conversation in how youth mental health could be better.

What is MEAP?

The Midlothian Early Action Partnership is a group of professionals based across different services who have been awarded National Lottery funding to improve the mental health and wellbeing of children, young people and young adults aged between 5 – 25 years in Midlothian.

We want people of this age to feel positive about themselves, to understand their thoughts and emotions better, and to build healthy relationships, allowing them to be active members in their community. MEAP's vision is that all children and young people get the best possible mental health support and are able to deal with life's challenges.

What does a Youth Panellist do?

MEAP has created a £30,000 fund that young people and adults, aged 12 – 25, can apply for to help the wellbeing of their peers and people in their community. The application process for the fund and decision making on who receives it will be developed by the panellists.

You will also have a chance to talk about things such as:

- How young people's mental health and wellbeing has been affected by the pandemic
- How mental health services are currently run and could be improved on
- What organisations and groups can support the fund and share its message

The decisions you make will shape the fund and encourage other young people to apply.

What is the time commitment?

The project will take 6 months from July to December 2021, with the potential to be extended. The panellists will meet as a group, in person, under Covid guidelines, to get to know each other and decide on the aims and objectives going forward. We will meet every two weeks in different locations across Midlothian. Throughout the project period you will be expected to give your commitment to attend and contribute to each session.

What do I get out of it?

You don't need to be the perfect public speaker or most confident person to apply. We're looking for passion and someone who wants to make a difference in their community. We will support you to grow your voice in the best way for you. Other benefits to you are -

- Growing confidence in your opinions on mental health and wellbeing
- Understanding how funds are spent in the local authority
- The opportunity to make decisions that impact your peers positively
- Learning to think strategically and ask good questions
- Building positive relationships for the future and making new friends
- Putting the hours you volunteer toward a Saltire Award
- Being able to collect Young Scot points

Travel costs will be paid (with prior approval). If you feel there are any barriers to becoming a member then get in touch with Natalie (details below) to see how we can best support you.

How do I apply?

We have a short application form that can be filled out [here](#) which asks for some personal details and why you're interested in being a part of the panel. You have until the **22nd July** to fill out the form, but the sooner we receive it the better! We are looking for 8 -12 volunteers for the panel who are from a range of different backgrounds and experiences so if you are not successful there may be future opportunities for you to be involved with MEAP. Email natalie.thomson@mvacvs.org.uk if you have any questions.