

What next?

If you are interested in any of these opportunities, please speak to a worker who will be able to talk with you about the next step. Some of the opportunities are easy to join and you will be able to access them quickly. Others may need an application or informal interview before you can start.

Or if you have a different idea about how you can help, let us know!

For more information or to let us know you are interested fill in the form on the back of this leaflet and give it to a YMCA DLG worker or contact YMCA DLG Participation Team
call 07841 067414
email participation@ymcadlg.org



Interested? Fill in the form and give it to a worker.

Name:
Age:
Phone number:
Email:
Areas you are interested in:

YMCA DownsLink Group

Reed House
47 Church Road
Hove, BN3 2BE
Phone: 01273 222550
participation@ymcadlg.org

Registered Charity number: 1079570

YMCA



GET INVOLVED!

We believe that every young person has a contribution to make!

YMCA DOWNSLINK GROUP

Want to get more involved at YMCA DLG?

This leaflet tells you about some of the opportunities you can get involved with at YMCA DLG.

Benefits to you:

- Learn new skills
- Improve your CV
- Give something back
- Gain confidence
- Meet new people
- Learn more about YMCA DLG
- Get something back!

You could help make decisions that will develop services and make the organisation better!

Emilee (24) who got involved in making a film to show the Board of Trustees says, *“It was a great opportunity to finally meet the trustees that we had heard so much about. We were so proud of the film we made and that it got such a great response from all that attended... thanks for this amazing opportunity”*.

Why do we want you to get involved?

We believe we can only continue to get better if we listen to what you tell us. By getting involved you can help us change for the better.

We believe that by having young people involved in our development, we are making sure that our services are meeting your needs. By getting involved you are helping other young people who use our services.

Some opportunities are decision-making opportunities, some are feedback opportunities. By getting involved you can feel like you are making a difference.

You may gain credits, or receive thank you vouchers, or gain important new skills. By getting involved you improve too.

You will get support from us, new skills and learning that will help you achieve your own goals whilst you are with us.



How can you get involved?

Staff Inductions (all ages)

Help us welcome new staff at the YMCA DLG Induction sessions. With support you can let new staff know what is important from your view point – what makes a good worker? What has YMCA DLG been like for you?

Residents’ Reps (ages 16 yrs +)

Become a resident rep for your housing project. Organise and lead residents’ meetings and feedback to managers. Promote involvement in your project.

Participation Forum (ages 11 yrs +)

Join other young people and staff to develop all our involvement opportunities. Help us know what works well.

Young Trainers’ Programme (ages 16 yrs +)

We are always looking for young people to help deliver some of our training to staff and other professionals. Full training and support given.

Young Recruiters (ages 11 yrs +)

Interview potential new staff and be part of a young people’s panel, or a joint panel with staff. Ask them questions and help make the decision about who joins the staff team next.

Focus Groups/One-off projects (all ages)

We sometimes hold events to learn more from our service users or have specific projects to offer (like making a film or feeding back on a service).

Young People’s Board - YPB (ages 16 yrs +)

Apply to become a member on the YPB which meets 4 times a year with the Board of Trustees. Make decisions, and shape the future of the organisation. Support and training given.