



Little Hearts Matter

Youth Event Volunteers

Youth events are vital to our youth members aged 11 - 18. Here they not only learn about their heart and day to day life but meet other youth members that live in a similar situation thus helping alleviate any sense of isolation and building lasting friendships.

LHM youth events are the only events catered solely towards young people with single ventricle hearts and their siblings in the UK and Ireland. Because of this parents are confident that their children and young people are safe, understood and having fun.

Whether it is a day trip, heart workshop or a residential event running over a number of nights we ensure that the safety, health and enjoyment is at a very high standard.

In order to ensure these youth events not only run but run to a high and safe standard we are looking for Youth Event Volunteers to join our youth leader in the smooth running of these events.

What being a Youth Event Volunteer means

Youth Event Volunteers

Youth Event Volunteers are there to offer:

- A safe adult who can relate to the youth members during a LHM youth event.
- Support to the youth leader in the running of the youth event.
- A source of encouragement and support to youth members trying to hit targets or improve skills during a youth event.
- A safe adult able to sign post youth members to trustworthy sources of information in regards to life with half a working heart.

Are there any restrictions on who can become a Member Volunteer?

All Youth Event Volunteers must be aged 18 or over.

All Youth Event Volunteers must be able to fill out and provide an LHM Enhanced DBS.

All Youth Event Volunteers must agree and adhere to the LHM safeguarding policy. The LHM service team run volunteering training events where people can chat to other volunteers and the LHM team to discover if the Youth Event Volunteer role is a

good fit for them. Here they will also be able to sit in workshops with the youth leader to gain training in LHM youth work.

All volunteers are able to take a step back from their support role if their personal journey becomes challenging. For example if another family member is unwell or stressed or if the volunteer themselves needs a break from the support role.

Some of the attributes LHM would be seeking are:

- Being able to listen.
- Being able to provide support and encouragement.
- Being able to support and care in a professional way.
- Be able to follow the safeguarding protocol should an incident arise.
- Ability to signposting to specialist support.
- Being able to share personal experiences without dominating a conversation.
- Understanding when it is a good idea to seek support.
- The ability to cope with the emotions of members seeking support.

If you are interested in becoming a Youth Event Volunteer just give Lexie a ring on 0121 455 8982 or email her on lexie@lhm.org.uk

Thank you.