

# HDRC BOARD

Youth Representatives



**NIHR**

Health Determinants  
Research Collaboration  
Sandwell

# How did we do it?



## Mapping current offer

- Identifying boards within the council that had young people representatives
- Identifying any training offers.



## Young People Consultation

- Held a workshop with SHAPE Youth Forum and discussed the support they would need to join a board.
- Collated the feedback and shared with the forum.



## Coproducing documents

- Created an information pack for young people in partnership with the SHAPE Youth Forum
- Created training materials with work experience students based on feedback from SHAPE.



## Recruitment

- Young people were invited to put in an expression of interest for the role.
- Held interviews with those interested and decided who would be the best fit.

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Click on me to find out more

# What did we ask the young people?

Click on the boxes below to find out more



What Does  
Research Mean to  
You?



What would help  
you to be part of  
our board?



“ Reaching out to specific demographics to gather information relating to their projects and aims ”

“ Using data that has been collected from local people to get an authentic insight ”



“ Finding a source, or analysing one, to find an interpretation or data for a purpose ”

“ Collecting data to achieve a specific purpose or to answer a question ”

“ Research is collecting a set of data, information, facts on a certain topic or fact that you want to achieve ”

# What help did the young people want?

Click on the icons to find out more information



# Information



Provide a welcome to the board pack



Make documents easy to understand for young people



Share full information on discussion topics before the meeting

# Respect



**Make sure their voices are heard and valued equally on the board**



**Give them opportunities and support so they can speak in the meetings**



**Give them equal time to speak and prepare as other board members**

# Time & Support



**Schedule meetings at times when young people can attend, as most are in education**



**Have a clear point of contact in the team for check-ins and debriefs**



**Hold short sessions before board meetings to answer any questions**

# Training

We supported our work experience students to develop a training package for the young people before they join the board. These training topics were those identified through our consultation with the SHAPE Youth Forum.

## Meeting Skills & Communication



Youth Voice



Confidence



# Resources

If you would like to access the resources we have created or have any questions, please contact us at:  
[sandwell\\_hdrc@sandwell.gov.uk](mailto:sandwell_hdrc@sandwell.gov.uk)

## Meeting Skills and Communication



**NIHR** | Health Determinants  
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## HDRC Board Information Pack



**NIHR** | Health Determinants  
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## Youth Voice in Governance: Advocacy, Inclusion and Lived Experience



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