

In Our Own Words

What is the project about?

In Our Own words will train young people aged 14-25 to become researchers and lead their own projects investigating other young people's experiences of emotional wellbeing and mental health. The programme will run from **March – October 2024**.



The project focuses on hearing from young people who have not participated in user voice services before and are **neurodivergent** and/or **young carers**.

Surrey University will be putting together a training course and young people will learn all about how to do social research.

These 'young researchers' will use what they learn to lead their own research project investigating other young people's experiences and thoughts around mental health and wellbeing in Surrey. As well as the training sessions, they will be supported with 1-2-1 monthly mentoring.

Using the data they collect, the young researchers will present their findings to key decision makers about what services can do to improve and what they are already doing well.

What are the roles and responsibilities?

Design group:

- Helping to design and develop the training programme.
- Reviewing applications and selecting 'young researchers'
- Helping to monitor, evaluate and review the programme
- Helping to organise networking events in later months.

Peer mentors:

- Coming along to training sessions and some of the 1-2-1 mentoring sessions
- Helping to support young researchers with their projects.

What are the time commitments?

Design group

We will be running 3-4 'design days' between January and March. We would like all design group members to attend as many as possible but ideally all the sessions.

You will have the option to continue to support the project in the following months, for example helping us to evaluate the project and monitor its progress.

Peer mentors

4 to 5 hours a month from March – October 2024. There will also be a mentoring training session that will take place before March.

What's in it for me?

A new experience...

This is a great opportunity to do something different. You're not just participating in a group but designing and building something new. It will look great on your CV!

You'll be helping other young people who have not had experience of participation before. You can use your experiences of participation to shape a programme that will place young people's needs at the very centre – giving them a positive first experience.

Getting paid...

You will be paid hourly for your time in vouchers.

Interested?

We will be holding an information session on **Tuesday 23d January 6-7pm** online.

It's a chance to find out more information about the project and have a Q + A session to answer any questions you might have. We will also discuss next steps.

Please email user.voice@surreycc.gov.uk to sign up.

If you haven't already, please make sure that you have a completed [Health and Safety form](#) as well as [Parent/ Carer/ Guardian](#) consent form if you're under 18.

