Young Healthwatch Wiltshire volunteer Robyn - video transcript

Hi I'm Robyn and I'm a volunteer with Young Healthwatch Wiltshire. I decided to join Healthwatch because I'm really passionate about mental health. I want to be a counsellor eventually and I thought it would be a really great way to get some experience in the mental health field.

With Healthwatch I've been able to be involved in some really interesting projects, they've all been really relevant to young people and mental health.

I've also been able to access other opportunities through Healthwatch, for instance I've done some mental health first aid training, and I've been able to join an online mental health board.

One of the projects that we've completed as Young Healthwatch is designing and presenting a student listening training programme, to help schools and other organisations set up peer support groups so that young people can help each other with their mental health.

Through that project we've also created a young persons' resource list, so that we can provide young people with a list of organisations and other resources that would help them with their mental health and we've tried to make as inclusive and diverse as possible.

It's been really great to see the impact of our work with Healthwatch, for instance with our mystery shop project we've been able to work with CAMHS and Barnardo's on developing and improving their websites.

We've also worked with other organisations such as Children and Young People's Mental Health Network and with the CCG on Covid vaccine and young people.

We're always doing more projects with Healthwatch and we're always looking for more young volunteers to join us.

[Approx 1 min 20 seconds]