

# Volunteer role: Co-facilitator

## DiscoverME #ReinventUs

North Tyneside Recovery College for Young People



### What does DiscoverME offer?

DiscoverME is the recovery college for young people aged 16 to 25 in North Tyneside. It offers a safe and supportive space for young people to come and learn new skills, engage in positive experiences, and make new friends! DiscoverME's overall aim is to empower young people to better understand themselves and their own health. We will offer a variety of free activities and sessions such as arts and crafts, music, gaming, sports and more.

### Volunteer with DiscoverME

#### *Are you interested in developing and delivering sessions for other young people?*

As our sessions will be co-designed and co-produced by young people, we are looking for volunteers to help with the planning and delivering of sessions alongside staff.

### Co-facilitator

What this will involve:

- Being part of the planning and preparation prior to a session being delivered
- Introducing your own interests/ideas and working with staff to develop this into a session
- Delivering sessions alongside staff
- Offering peer support during sessions

### Who can volunteer?

- Any young person aged 16-25 years old
- No experience/skills/qualifications required
- Not required to hold a DBS as will be working alongside staff who are DBS checked.

### What DiscoverME will provide to you as a volunteer:

- Volunteer training
- Ongoing support from staff
- Learn new skills to put onto your CV
- Opportunities to develop
- Expenses
- Opportunity to meet other volunteers and young people your age
- Regular social "meet ups" to ensure our volunteers are rewarded for their hard work!
- All volunteers will be covered by VODA's policies and procedures

**How to apply:** Get in touch with our friendly staff for an informal chat!

Email: [discoverme@voda.org.uk](mailto:discoverme@voda.org.uk)

Mobile: 07598 893116 or 07543 281722