

**14-25 years old and living in Nottingham & Nottinghamshire? Would you like to be part of a new youth-led project on mental health?**

**MH:2K** **Application Guidance Notes**

*Please read carefully before filling in your application form.*

1. **What is MH:2K?**

MH:2K is an exciting new project in Nottingham & Nottinghamshire which will enable young people to explore mental health issues and influence decision-making in their local area.

MH:2K will empower 14-25 year olds to:

* Identify the mental health issues that they see as most important;
* Engage other young people in discussing and exploring these topics;
* Work with key local decision-makers and researchers to make recommendations for change.

MH:2K is delivered by a partnership of two independent organisations, Leaders Unlocked and Involve, both of whom specialise in getting people involved in decisions that affect their lives.

1. **Who can join MH:2K?**

We are looking for participants aged 14-25 years who are currently living in Nottinghamshire and have a strong interest in mental health issues. Anyone from this age group who is living in Nottingham or Nottinghamshire can apply. In total, we are seeking to recruit up to 25 young people.

We are looking for young people who are team players and willing to get involved with all the events and activities that are part of MH:2K (see the next page for more information on what’s involved).

We are also very keen to ensure that the team is made up of a diverse group of young people who broadly reflect the make-up of the local population in Nottingham and Nottinghamshire, including those who may have personal experience of mental ill-health – either themselves or through family and friends.

1. **If I join, what will I have to do?**

Between October 2017 and May 2018, members of the MH:2K team will:

* **Take part in 3 ‘Design Days’:** You will participate in three MH:2K Design Days – one in October, one in November 2017 and one in January 2018. At these days, the members of MH:2K will come together to share views on mental health and select priority topics for the project to address. Working with experts, you will explore and discuss research around mental health, and design ‘Roadshow events’ to get other young people engaged. At these Design Days you will also develop practical skills to prepare you for the Roadshow events.
* **Become a Citizen Researcher on the MH:2K Roadshow:** You will act as a ‘Citizen Researcher’, helping to run Roadshow events with other young people in Nottinghamshire. In total we will organise around 25 events, reaching a minimum of 500 young people across Nottinghamshire. As a rough guide, we would expect each member of MH:2K to attend at least 2-3 Roadshow events between January and March 2018. Roadshow events usually last 1-2 hours each.
* **Take part in a Results Day to develop recommendations for change:** In April 2018, MH:2K members will come back together to work with experts to discuss and analyse the information gathered from young people through the Roadshow, and develop realistic recommendations for change to be put forward to local decision-makers.
* **Help to host the Big Showcase event in May 2018:** At this final showcase event, you will have the opportunity to present MH:2K’s results and recommendations to the people who can make change happen. You will be a part of discussions with decision-makers, experts and other young people.

**4. What will I get from being part of MH:2K?**

* **Discuss issues with decision-makers and researchers:** You will meet experts and decision-makers from organisations working on mental health from across Nottinghamshire, and help them to understand what young people in your area think about mental health and the changes they’d like to see.
* **Develop your knowledge, skills and experience:** You will gain valuable knowledge, skills and experience, including research and public speaking skills, which you will be able to use for your CV, when applying for jobs or to Further or Higher Education.
* **Become ambassadors for other young people:** You will give a voice to young people in your area by helping them to get their views heard.
* **Meet new people:** You will meet a diverse range of other young people living in Nottingham & Nottinghamshire, and work alongside professionals from different organisations.

**5. Will my expenses be covered?**

Yes, we will reimburse your travel expenses to and from all MH:2K events, and we can also cover the travel expenses of a chaperone if you are under the age of 18. Your travel expenses will be reimbursed in cash on the day of the event, as long as you bring your receipts along with you.

We provide all the food for MH:2K events, so travel costs should be your only expenses.

Please note: We expect members to take public transport (e.g. train, tram or bus) wherever possible. However, if you think you need to drive then please do let us know in advance and we may be able to cover the costs of petrol (paid at 45p per mile). If you’re only option is to take a taxi, we may also be able to cover your taxi fare, but only if you check with us in advance.

**6. How do I apply?**

* Please fill in the enclosed application form and email it to kaytea@leaders-unlocked.org by the end of **Thursday 12th October 2017**.
* If you have any questions about the form or MH:2K, please email Kaytea Budd-Brophy at kaytea@leaders-unlocked.org or call her on 07766 066714

**7. What happens next?**

Once we receive your application, we will then carry out brief telephone interviews with a shortlist of applicants. All applicants will be informed by Thursday 19th October whether they have been selected for interview.

**Remember: please email your completed application form to** kaytea@leaders-unlocked.org **by the end of Thursday 12th October 2017**.