



The Friends of Youth Talk

Youth Talk is keen to establish the broadest possible base with which to support the important work it undertakes with young people in the community.

This isn't just about fundraising – its also about networking, winning hearts and minds in this powerful and wealthy district; and about a wider sharing of the responsibility for nurturing and safeguarding the services at YT which St. Albans needs so badly.

The Friends of Youth Talk has been founded to progress this aim. We are looking for volunteers to get involved in The Friends to contribute their resources and talents in a number of possible ways, such as:

- Participating in the work of the committee, leading to involvement in areas such as:
 - Design and artistic work.
 - I.T. work, such as maintaining and developing our website,
 - helping with social and fundraising events,
 - direct fundraising activities (organising collection tins in pubs; making funding bids).
- Regular contributions via Direct Debit, in return for which we supply a Newsletter, and involvement in social and other events in our calendar.

In return, we think that YT can offer volunteers a range of experiences and outcomes which may be valuable both intrinsically (i.e. in terms of personal rewards and satisfactions) and extrinsically (in terms of personal and career development). Such rewards might include:

- Career building: a valuable experience in terms of a developing CV in health, education, social care and other related fields.
- Experience of committee procedures.
- Experience of project management.
- Experience of Third Sector marketing and promotion.
- Insights into the work of therapists, and the ethos and operation of a community counselling agency.
- Awareness of mental health issues.
- Insights into the needs and workings of the broader local community.
- Interest, fun and satisfaction.

Volunteers to the FoYT should be 27 years old or more. Any volunteer whose input requires access to the counselling centre will need to be CRB-checked.