



TEENS! WE NEED YOU!

Are you aged between 13 and 18 and live in Lincolnshire?

**Would you like to input into an exciting new project this summer?
The Sleep Charity needs your help!**

We are recruiting an advisory panel of young people to support our new project to help teens with sleep issues in Lincolnshire. You will join other young people in online Zoom meetings to input your thoughts on our work.

For this project you will need to live in Lincolnshire or access an education provider in Lincolnshire. You will also need your parent/carer's to consent to take part and if you are successful we will check with them first that they are happy for you to be involved.

You will be expected to attend virtual meetings for around 30 minutes, every week for the duration of the project. The project is expected to be completed by December 2021.

Skills needed

You don't have to have lots of experience of volunteering work, you just need to be keen to offer support to others and be reliable.

When completing the application please don't worry about spelling or grammar, we are looking for passion around getting involved. We are also looking for input from a wide range of young people who have different backgrounds and experiences.

What's in it for you?

- The chance to meet new people
- Get involved in the development of a tool that will help young people understand and manage their sleep better, enabling them to meet their full potential
- List your participation in the advisory panel as an in your academic Record of Achievement
- Have your voice heard and to make a real difference
- A certificate to acknowledge your time on the board.

How to apply

To apply, **click here and complete the application form**. If this is not accessible to you, then please email a video clip or audio clip answering the question "Why are you interested in joining the advisory board?" to info@thesleepcharity.org.uk. If there is another way of applying that is more accessible to you then please do let us know. Deadline is Sunday 11th July.

To find out more please contact us on info@thesleepcharity.org.uk



@thesleepcharity