



LINKS



Involving Young People in Decision Making Learning from NCB

Introduction

NCB has committed to having three Trustees under the age of 25 (at the time of their appointment) on its Board.

In addition to these three Trustees, there are also currently four Young Representatives under the age of 18 who are involved in Board business including attending meetings. The Young Reps have no legal standing as they are under 18 years but their voice is still influential and they provide a strong link between the Board and Young NCB's Advisory Group.

Two of the current Trustees under 25 were previously Young Reps, so they are now able to develop as mentors to the new Young Reps and share their learning with them.

Factors that help the involvement of young people in decision making at NCB

- **Prior** to the BOT meeting the papers are circulated to all members, including the young people.
- This is followed up with a phone call **in advance** of the meeting to go through the papers and ensure that all of the content is understood.
- **On the day** of the BOT meeting a pre-meeting is held with the young people which aims to act as a 'warm up' for the actual Trustee's meeting to ascertain if the young people want to ask questions and if so how such questions might be worded etc.
- **At the meeting** the young people are facilitated/prompted by the Chair, Trustees under 25 or NCB staff present, e.g. asking 'Jo, did you want to ask a question about x?'

Challenges in ensuring the involvement of young people in decision making at NCB

- **The timings of meetings:** Most are during the day which does not always suit young people who are at school, college, university or have other commitments. There is occasionally an evening or weekend meeting and NCB also tries to use IT to ensure that young people can be facilitated to video/phone link into the meeting if they cannot be physically present.
- **Trying to keep the meetings accessible:** Young people's lives change more frequently than adults, so as young people transition from one stage of their lives to another and encounter different changes, it may be that the Board meetings are not as accessible as they once were.