

AGED 14-22

# YOUTH OPINION AND ADVISORY GROUP

YOUNG DYNAMOS

YOUNG DYNAMOS

The group gives young people the opportunity to get involved and have their voice heard on young peoples NHS services and care.

It will give you valuable experience for your future career. More importantly, the group is a really positive social space where strong friendships can be built.

You can get involved with:

- Designing NHS Services
- Interviewing NHS staff
- Shaping research and taking part in research
- Presenting and public speaking
- NHS work experience & volunteering
- Training and education opportunities

**The group meets once a fortnight during term-time on a Thursday 5.30pm til 7.00pm.**

**More information**

Young people's involvement | BDCT  
01274 228298

youngdynamos@bdct.nhs.uk

Instagram: @bdcftyoungdynamos

X: BDCFT\_YourVoice

**NHS**

Bradford District Care  
NHS Foundation Trust



**YOU WILL:**

- Meet new people.
- Develop skills in presenting and communication.
- Get team building skills and confidence.
- Be able to contribute to your personal statement.

Scan the QR code to take you to our website where you can get more information and complete a registration form



**better lives, together**

W: [www.bdct.nhs.uk](http://www.bdct.nhs.uk)

T: @BDCFT