Micro-volunteer voices for change challenge.

Micro-volunteering is all about turning small actions into big impact, in a way that suits you.

Are you 16 or older, living in Dudley and ready to showcase your skills while influencing change in your community? (Terms and conditions apply)

Join us to showcase your communication, organisation, and community engagement abilities while making a positive impact on healthcare in Dudley!

Prefer printed materials? Drop into DCVS reception at 7 Albion Street, Brierley Hill, DY5 3EE to pick up reports, postcards, or challenge details in paper format.

# Get involved with Healthwatch Dudley, follow these steps and be part of making a difference!

## Register your interest

Fill in our [Voices for Change: I’m interested](http://bit.ly/3V8yROm) form: [bit.ly/3V8yROm](http://bit.ly/3V8yROm) or email hello@healthwatchdudley.co.uk or call local rate 0300 011 1001

## Complete at least FIVE bite-sized tasks chosen by you

* From the comfort of your own home or social circle, at your own pace
* Showcase your skills for your CV
* Gain insights into Health and Social Care Services and the Voluntary Sector
* Fill in our Voices for Change: I’ve completed form: [bit.ly/3V4nneC](http://bit.ly/3V4nneC)

## Rewards

* Receive a participation certificate
* Enjoy a £10 voucher to spend in participating Dudley borough stores
* Opportunity to register as a Healthwatch Dudley Champion Volunteer
* Invitation to our Volunteer Appreciation Tea Party
* Receive a personalised recognition letter

# Tasks

* Sign up to our mailing list to stay updated
* Share your thoughts on 1 of our reports by providing feedback by email to: hello@healthwatchdudley.co.uk
* Tell us how you shared information about Healthwatch Dudley’s role and services in your social circles or community
* Visit 1 Health and Social Care website and tell us how easy it is to use by filling out our ‘User Experience survey’
* Meet us at a Dudley event to find out more about what we do. Take a look on our website, social media or get in touch to enquire about upcoming events.
* Leave feedback about a recent Health & Social Care experience you’ve had on our ‘Have your say’ form
* Actively share 2 Healthwatch Dudley updates on social media or through word of mouth
	+ Facebook: @hwdudley
	+ X (Twitter): @hwdudley
	+ Instagram: @healthwatchdudley
* Pick up 10 of our information postcards from the DCVS reception and share them around your local area to help spread the word about Healthwatch Dudley
* Follow us on at least 1 social media platform to engage with our content and updates
	+ Facebook: @hwdudley
	+ X (Twitter): @hwdudley
	+ Instagram: @healthwatchdudley

# Voices for change challenge terms and conditions

### Eligibility

Must be 16+ years and reside in Dudley.

### Registration

Sign up via the Voices for Change I’m interested Google form: bit.ly/3V8yROm , email hello@healthwatchdudley.co.uk or call 0300 011 1001.

### Participation

Participation in the Voices for Choice challenge is voluntary and does not create any employment relationship with Healthwatch Dudley. Volunteering in any capacity does not receive a salary or wages.

### Tasks

Choose and complete at least FIVE of the following tasks:

* TASK 1 : Sign up for our ‘mailing list’ to stay updated. www.healthwatchdudley.co.uk/mailing-list/
* TASK 2 : Share your thoughts on 1 of our reports by providing feedback via email hello@healthwatchdudley.co.uk
* Reports available to collect from DCVS reception or to view online at www.healthwatchdudley.co.uk/reports/
* TASK 3 : Tell us how you shared information about Healthwatch Dudley’s role and services in your social circles or community via email hello@healthwatchdudley.co.uk
* Our information can be found on our website www.healthwatchdudley.co.uk/about/ or from challenge pack available from DCVS reception
* TASK 4 : Visit 1 Health and Social Care website and tell us how easy it is to use by filling out our survey.
* A Health and Social Care website of your choice, following the survey questions navigate through your chosen HSC website and respond to the 7 survey questions. Submitting these by pressing finish.
* www.smartsurvey.co.uk/s/WEBSITEUSER2/
* TASK 5 : Meet us at a Dudley event to find out more about what we do. Take a look on our website, social media, or get in touch to inquire about upcoming events.
* TASK 6 : Leave feedback of a recent Health & Social Care experience you’ve had on our ‘Have your say’ form.
* www.smartsurvey.co.uk/s/AM6ABG/
* TASK 7 : Actively share 2 Healthwatch Dudley media on social media or through word of mouth.
* Facebook: HWDUDLEY Twitter: HWDUDLEY Instagram: HEALTHWATCHDUDLEY
* Let us know which media you have shared by contacting or tagging us
* TASK 8 : Pick up 10 of our information postcards from the DCVS reception and share them around your local area to help spread the word about Healthwatch Dudley.
	+ Ask for Healthwatch Voice for Change Challenge pack at DCVS Reception, 7 Albion Street, Brierley Hill, DY5 3EE
* TASK 9 : Follow us on at least 1 social media platform to engage with our content and updates.
	+ Facebook: HWDUDLEY Twitter: HWDUDLEY Instagram: HEALTHWATCHDUDLEY

Participants will be required to provide evidence of task completion, such as screenshots, photos, or other documentation, upon request by Healthwatch Dudley.

### Rewards

Complete the tasks and submit the Voices for Change: I’ve completed Google form at bit.ly/3V4nneC or contact us to receive your rewards.

Rewards are our token of appreciation, non-transferable, and cannot be exchanged for cash.

Each participant may only complete the challenge once.

Individualised accommodations, including alternative voucher formats, are available upon request under specific circumstances.

* A named participation certificate acknowledging your contribution.
* £10 voucher for Dudley stores, redeemable for food or café purchases at one location listed on voucher.
* An exclusive invitation to the Volunteer Appreciation Tea Party hosted by Healthwatch Dudley.
* Information provided about opportunities to become a Healthwatch Dudley Champion; T&C apply.
* A personalised recognition letter

### Community Engagement

Participants are encouraged to showcase their communication, organisation, and community engagement skills during the challenge.

### Data Protection

Personal information will be handled in line with data protection laws and our privacy policy

### Conduct & Disclaimer

We expect all participants to treat each other with respect and honesty during the challenge. This means no harassing, discriminating or cheating. If anyone breaks these rules, they'll be disqualified and won't receive any rewards. Healthwatch Dudley, along with our employees and affiliates will not be responsible for any issues directly related to the challenge, including but not limited to injuries or losses that occur during challenge activities or while using rewards. By taking part, you agree not to hold us responsible for any issues directly related to the challenge and to abide by these terms and conditions. We reserve the right to change or cancel the challenge at any time and we can disqualify anyone who breaks the rules or acts inappropriately.

### Contact Information

For any queries, contact Healthwatch Dudley via email at hello@healthwatchdudley.co.uk or visit the DCVS reception at 7 Albion Street, Brierley Hill, DY5 3EE.