**MCAS Voices Handbook**

**About MCAS Young Voices**

Mast Cell Action have created MCAS Young Voices to be a community-led group for children and young people to come together with others their age who also live with MCAS or suspected MCAS. We hope that members will offer support and companionship for other children and young people living with MCAS - forming treasured friendships, sharing stories, connecting with those who may be experiencing similar journeys, and enjoying themselves beyond the everyday challenges of MCAS.

**Activities**

In addition to enjoying a social space together, this group will help plan projects and develop resources like posters, leaflets and other campaigns to support other young people living with MCAS.

Together, we will develop social media campaigns to help change the way young people with MCAS are viewed and treated, e.g. through online story sharing and videos on YouTube and TikTok.

**Membership**

MCAS Young Voices will support the direction of our work for children and young people at Mast Cell Action whilst making sure that our community’s young voices are heard.

We aim to encourage a diverse group of young people with a variety of experiences and skills to participate to ensure that a large proportion of our community is represented.

**Code of Conduct**

* Participate in projects and focus groups that you are interested in
* Feel free to tell us your thoughts, be open and honest
* Treat other members, employees and volunteers equally and with respect regardless of their background or experiences.
* Represent Mast Cell Action positively
* Information is private and confidential and remains in the group

**MCAS Young Voices Member Role**

**Key duties:**

* Act as a sounding board for ideas and projects for children and young people with MCAS
* Help to work on the projects, services and support that you believe will help people like you
* Give us your ideas on project plans
* Offer your input and suggestions
* Participate in the projects where you feel you could bring some of your skills or experience
* Support decision-making to help direct our work for children and young people
* Complete questionnaires, vote in polls and complete surveys, sharing your thoughts
* Take part in and together develop social media campaigns