

## **Little Bliss Parent Panel Member Role description**

### **What is the Little Bliss Parent Panel?**

Little Bliss is a magazine for the families of premature or sick babies. Each issue of Little Bliss contains specialist features, real life stories, research updates and news from Bliss. The magazine is distributed twice a year to the families of premature and sick babies and is ordered by over 90% of neonatal units in the UK, as well as Bliss volunteers.

As a member of the Little Bliss Parent Panel, you will help us to ensure that Little Bliss magazine is appropriate, interesting and relevant, by reviewing the content and design and suggesting what to include in future issues based on your experience of having a baby in neonatal care.

### **What's involved?**

- Expectation that you will attend at least one of two parent panel meetings per year (virtually or in person) and providing feedback on both issues of the magazine
- Reviewing the content and design of recent issues of Little Bliss magazine and making suggestions for improvement
- Monitoring the range of subjects/topics covered in Little Bliss and suggesting ideas for articles in future issues
- Discussing the strategic development of the magazine as well as its distribution and marketing
- Completing surveys and questionnaires about Little Bliss when needed
- Completing surveys and questionnaires and providing feedback on other Bliss information or services from time to time
- Taking occasional actions from meetings. This may include doing some research in relation to something discussed, sharing useful articles with other members of the Little Bliss Parent Panel, or reading a piece of content prior to publication.

### **What we can offer you**

- A varied and interesting way to make a difference for other families with a child in neonatal care
- Access to ongoing support from the Communications Team at Bliss
- A reference after 12 months of involvement in the Panel
- Copies of Little Bliss magazine posted to you (which will continue even after your term is complete if you wish)
- Access to the Little Bliss Parent Panel Facebook page to stay connected with other members
- Reimbursement of reasonable expenses
- Lunch and snacks during meetings

## **Who we are looking for**

It is our goal to have a diverse and representative panel. We welcome applications from parents and family members of full term as well as premature babies, and of all genders, ethnicities and family structures from right across the UK.

All Bliss volunteers are asked to carry out their roles in alignment with our values. These are:

### **Trusted**

We are entrusted to give a voice to all babies born premature or sick. We believe that trust is earned and our actions must always be based on what is best for babies.

### **Supportive**

We believe that developing supportive relationships is at the heart of what we do, and only by supporting others are we able to achieve our goals.

### **Ambitious**

We always go the extra mile to deliver excellence and seek improvement in all we do.

In addition, you must:

- be aged 16 or over
- have had a premature or sick baby who spent time on a neonatal unit in the last three years (siblings, extended family and close friends will also be considered)
- be available to attend meetings, usually held on a Saturday in spring and autumn and lasting around 4 hours (panel members will have the opportunity to vote for when meetings will be held and have the option of joining virtually or in person at Bliss' head office in London)
- be able to communicate effectively and feel confident in sharing feedback as part of a group discussion
- be able to listen to feedback and experiences from other members of the panel and respond without judgement
- have experience of using email, social media and the internet – with access to all

## **Expectations**

We ask that Little Bliss Parent Panel members attend at least one of two meetings per year for a minimum of two years. Involvement in the Panel will be for a maximum of three years (six issues of Little Bliss). As the main target audience for Little Bliss is families in the neonatal unit, this allows for new members to join with recent experience.

Bliss' relationship with our volunteers is based on mutual trust and understanding. The expectations set out in this role description are non-binding and no enforceable obligations, contractual or otherwise, can be imposed on panel members.

**Next steps:**

If you would like to be considered for the Little Bliss Parent Panel please fill in the application form at [bliss.org.uk/little-bliss](https://bliss.org.uk/little-bliss). If you have any questions at all please email Katy Moore, Editor of Little Bliss at [katymoore@bliss.org.uk](mailto:katymoore@bliss.org.uk)