



YOUNG ADULT *Representative*



Could this be you?

This is a simple, practical role for a young adult who cares about helping others feel welcome, connected, and involved in Quaker life. You do not need to have everything worked out. If you enjoy noticing what could help, sharing ideas, and encouraging people, this could be a great role to try.

What would I actually do?

- Be a friendly link between young adults and Area Meeting
- Share news about events and opportunities for 18–35s
- Notice and share what helps young adults feel included
- Encourage ideas like shared meals, conversations, worship and socials
- Help meetings make space for young adults to join in and belong

You won't be doing this alone. The role can fit your gifts, confidence, and time—it can start small and grow.

For Area Meetings

Appointing a Young Adult Representative shows young adults matter in your meeting. It ensures their ideas, needs, and energy are valued. The role is simple, flexible, and valuable.

- Choose someone connected to young adult life, or interested in helping it grow
- Keep expectations realistic and manageable
- Offer encouragement, practical support, and a listening ear

Building community starts with small, simple steps. If you're a young adult considering this role, or a meeting thinking about appointing someone, this is a great place to start. Young adult Quaker communities offer connection, belonging, and opportunities for people aged 18–35, with support from local and national groups.

You don't need to be an expert—just willing to notice, encourage, and help make space.

For more details contact us at youngadults@quaker.org.uk

“Creating space for young adults to speak into our community's discernment has deepened our intergenerational life.”