



SUSIE WILLIAMS

#iwill



*Susie Williams, 17 years old
From: Frome, England*

CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Communication | Community Awareness | Confidence |
Humility/Modesty | Self-discipline

#iwill ... encourage youth involvement in healthcare, and empower young people to know they can make an enormous difference in their local communities through volunteering, work and creativity in any area they are passionate about.

I first got involved in social action as part of the Creative Aquatic Swim Team, for the 'Aspire' Swim Challenge. I did a sponsored charity swim to raise money as part of a team for the Somerset Flood Victims, patients of spinal injuries and motor neurone disease aged 13.

I think it's really important to give back to the community and society on a whole, and use the skills I have to support others in their lives! This started with swimming, but has since been through volunteering at a hospital, campaigning for youth involvement in healthcare, setting up a youth forum at my local GP practice and other volunteering roles here and there. I always make the time to be of service in any area when support is required,

because I know anything is possible through working together.

I now campaign for youth rights and involvement in healthcare with the NHS Youth Forum, volunteer at my local hospital and run a Youth Patient Participation Group. My work through the NHS Youth Forum has led me to present to NHS staff about how to better involve young people in their work and also contribute to national documents on this topic. Through this work, I hope to set an example for all other healthcare settings to actively engage children and young people in their wellbeing too.

"I was inspired into doing social action by Simone, my swimming coach, who has done absolutely incredible things for the community, such as offering hundreds of children free swimming lessons, hosting fundraising events and sports days for local schools and generally being a deeply caring and amazing woman!"

Organisations I've Participated With:

Creative Aquatic Swim Team, NHS Youth Forum, my local GP practice

