



# ADAM COUSINS

# #iwill



*Adam Cousins, 17 years old  
From: Liverpool, England*

## CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Confidence | Community Awareness | Communication |  
Citizenship | Self-discipline

*#iwill ... continue to  
participate in planning and  
organising various social action  
activities for my cadet unit.*

I enjoy working with and supporting my local community, from entertaining children at public events to playing bingo at my local care home. This intergenerationality is important to me as I love learning from others, taking part in new experiences, and developing my skills as a consequence.

I regularly volunteer my time with my Fire Cadet unit, sometimes as often as twice a week with the Fire Service Heritage Centre. I support them in their community events such as Air Shows, Open Days, Museum Tours, Armed Forces Events, Carnivals etc. or sometimes I fundraise by holding car washes at the local fire station.

I enjoy being able to put my cadet training into practice, as it enables me to make a difference in my community and help others. I once spotted an elderly blind lady take a fall at a community event after she had gotten lost. I administered first aid, called for an ambulance and made sure she was ok. I've got my training and the Cadets to thank for my ability to do that as well as for the many opportunities that they have given me.

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new experiences, and developing my skills as a  
consequence."*

### Organisations I've Participated With:

Merseyside Fire & Rescue Service Fire Cadets, Merseyside Fire & Rescue Service Heritage Centre

