



# KATIE HEATH

# #iwill



*Katie Heath, 20 years old  
From: Southampton, England*

## CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Community Awareness | Communication | Confidence |  
Resilience, Perseverance & Determination | Gratitude

**#iwill** ... *highlight the opportunities available for youth social action in my local area and demonstrate the benefits of getting involved in this, both for the individual and the community.*

I first volunteered as a way to give back to my community and because I wanted to use my free time over the summer in a way that was productive. When I was 16, I spent a few months with my local library's summer reading challenge, volunteering in the children's section three times a week. For this work I earned the Oxfordshire Young People's Award.

After the library, I then took my social action abroad with VSO to Nepal for 3 months, and then a social enterprise in Kenya, before returning to Southampton and volunteering to support the local homeless population. I now help run the homelessness program in Southampton, volunteer with Scratch Charity, and support Student Minds in

developing mental health resources for students. I am also the International Development Coordinator for Student Hubs in Southampton, and I am organizing a sustainability conference for both students and the public.

I have learned a lot about the people around me from doing social action, particularly whilst working with a poverty charity in Southampton. I learnt that people around me were experiencing great hardship, and this was something that had never really been impressed upon me before.

*"Through social action, I learnt that people around me were experiencing great hardship, and this was something that had never really been impressed upon me before."*

### Organisations I've Participated With:

Scratch Charity, VSO, Student Minds, Student Hubs,

