



# KAY DAVIES

# #iwill



*Kay Davies, 20 years old  
From: Trefeglwys, Wales*

## CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Leadership | Community Awareness | Resilience,  
Perseverance & Determination | Creativity | Communication

*#iwill ... stress the impact and importance of young people's voices being heard by organisations and #iwill highlight the benefits of recognising, rewarding and sustaining young volunteers.*

After becoming injured and unable to play sport, I wanted to make a difference and help in any way I could. I was passionate about getting others involved in sport. I was also keen to support a charity that has helped one of my close friends from an early age. So, I combined the two by volunteering at sports sessions within my school and community, alongside fundraising for Children's Liver Disease Foundation (CLDF), raising money in a 24 hour team bike ride.

I then eventually went on to volunteer at 5 different local sports clubs & organisations a week running various sessions (Hockey, Golf, Tennis, Badminton, and Energize Volunteer Academy). I am now a Cardiff Met Young Rugby Ambassador running events to get university students active.

I am also a member of the WRU Youth Board, helping to facilitate and promote my local and university clubs including the girls only rugby team Rebels Rygbi.

As a Higher Education Young Ambassador, I mentor large groups of up and coming coaches/ambassadors in key skills; how to coach, deliver and adjust sessions. In this role I support Sport Cardiff with their events and Young Ambassador programme. I also actively volunteer with the Sport Powys, Sport Cardiff and Energize Volunteer academy whenever I can.

I also campaign to promote Welsh Hearts & British Heart Foundation along with developing a new project to improve the support young people with heart conditions receive.

*"Social action is so important and the more people that join in, the larger impact we can make."*

### Organisations I've Participated With:

CLDF, Sport Cardiff, Sport Powys, Rebel Rygbi girls, Cardiff Met, Welsh Hearts & British Heart Foundation

