



FYNLEY KEW

AGE: 15 years old FROM: England

TOP FIVE CHARACTER VALUES: COMMUNICATION | COURAGE | COMMUNITY AWARENESS | COOPERATION | LEADERSHIP

“Social action helped me to get out of a period of bad physical and mental health. There needs to be more social action opportunities for young people in rural communities, so that we can all benefit.”

I suffered from a brain abscess just as I was starting secondary school. As I recovered I was left coping with anxiety, which meant that I became isolated and depressed, and really struggled with meeting and mixing with new people.

I started taking part in social action when I was thirteen, volunteering for Eco-Kidz, and went on to work with Desire Change CIC, a community organisation which supports wellbeing through farming activities. I helped set up the Youth Board at Desire Change, before being elected as Chair. I have helped to run a whole range of events, from a music festival and dog show to children’s activity days. Where I live it is very rural and there is not much going on, so these kinds of activities are really valuable for young people. The wider community also benefits, particularly older people, who can be isolated and unable to achieve certain jobs, who really value the help we can give.

I have found that getting involved in social action has allowed me to gradually face my fears and learn to manage my anxiety around meeting and mixing with new people. I have really been inspired by the other young people I have volunteered with and the friends I have made.

Social action helped me to get out of a period of bad physical and mental health, and I really want to pass the message on to other young people about how it could benefit them.

