



GABRIELLE MATHEWS

AGE: 20 years old FROM: England

TOP FIVE CHARACTER VALUES: RESILIENCE, PERSEVERANCE & DETERMINATION | COMMUNICATION | COMMUNITY AWARENESS | CONFIDENCE | EMPATHY

“I was motivated to take social action by my interest in the people that lived around me, both old and young.”

I first fundraised when I was at primary school by arranging a charity event for a hospice. I then started volunteering when I was fifteen, by helping in my lunch break at a care home which primarily looked after elderly people with dementia, talking to residents and helped them with tasks. I also went on to volunteer in the summer at the local library.

I was motivated to take part in social action by my interest in the people that lived around me, both old and young. As I worked with both these groups I felt I could greatly increase their quality of life through building interpersonal relationships by increasing access to people to help them develop skills in reading and technology.

This saw me continue my social action as a subject mentor at school and working on the Young Person's Advisory Group at Birmingham Children's Hospital of which, five years on, I am now Chair. We work to increase youth engagement in healthcare through organising patient experience events,

taking part in ward walkabouts, sitting on staff interview panels and consulting on upcoming projects. It is so satisfying knowing I have an impact, for example through advising on the design of new centres which reimagine how end-of-life care is delivered.

I am now part of the NHS Youth Forum and volunteer at St Mary's Hospital on the paediatric wards, I mentor students through an outreach programme at Imperial College London and am a volunteer technical advisor on Public Health England's collaboration with the World Health Organisation. I have also been elected to lead welfare campaigns for the Imperial College School of Medicine Student Union this academic year.

I will invest the wealth of experience I have gained from engaging in social action into future projects.



... highlight the personal and community benefits of reaching out and volunteering in your local area and utilising your past experiences to affect change.

