

KYLE KINSELLA

Name: Kyle Kinsella

Age: 19

Where I Live: Greater London



Volunteering has given me a purpose. Not only has it enabled me to build my own skills while supporting others, but it is also really fun and means I'm not just sitting at home. The people at the youth club I volunteer at have become my family and my life has been completely shaped as a result of my volunteering.

MY SOCIAL ACTION JOURNEY

Before I started doing my Duke of Edinburgh's Awards around three years ago, I had hardly any confidence and didn't socialise much outside school. I decided to get involved mainly because I wanted to go camping, not realising just how much of an impact it would have on my life. Now, I feel like a completely different person. As part of my Bronze and Silver Awards I volunteered for Phab Hounslow, a local youth club encouraging people of all abilities to come together on equal terms. I now spend 10 hours a week volunteering there, helping young people build communication and life skills, and it's inspired me to become a youth worker. I'm currently studying for my BTEC Level 3 extended

diploma in Health and Social Care, as well as working towards my Gold Award.

The volunteering has definitely been my favourite part of the Awards and has given me a real purpose. If it wasn't for that, I wouldn't be where I am today, which is why I'm passionate about getting young people at Phab Hounslow doing their Awards too. We've got our own group and our disabled members have the opportunity to complete their Expedition by canoe, which I hope to do for my Gold Award.

KEY CHARACTER QUALITIES AND VIRTUES

Beneficial Purpose | **Caring**

The adults who have most inspired me to get involved in social action are ...

Those at Phab Hounslow.

MY SOCIAL ACTION PLEDGE

#iwill continue to help create awareness of young people with disabilities and to get more people involved with volunteering at local youth centres and care homes.