

NATASHA LAWTON

Name: **Natasha Lawton**

Age: **17**

Where I Live: **East Dunbartonshire**



“What could be better than teaching someone to love the sport you love? Seeing the shy, nervous newcomer become a confident individual standing on the podium collecting their medals makes me so proud.”

MY SOCIAL ACTION JOURNEY

I used to struggle at school because of my dyslexia, but since I've started volunteering my whole life has changed. First I started helping out my kayak coach at the Glasgow Kayak Club. I really wanted to paddle competitively that year but because of my shoulder injury I wasn't able to. Instead my coach invited me to start coaching and now my self-confidence has shot up!

I also help with the Forth and Clyde Canal Society, volunteer at Russells Hall Hospital in Dudley with my grandfather, and I set up a Community Action Project at my school, Bishopbriggs Academy. Our aim is to get

as many people volunteering as possible. I set up the Project after training as an East Dunbartonshire Voluntary Action Volunteer Champion, which I couldn't wait to put to good use! I love encouraging other people to volunteer because I know how I've changed because of what I do. Now I'm much more positive, whether it's leading tour groups down the Forth and Clyde canal or purchasing 'Community Ambassador' badges for students at school, and I feel so much more confident in myself.

KEY CHARACTER QUALITIES AND VIRTUES

Resilience | **Service**

The adult who has most inspired me to get involved in social action is ...

Adam Rzepinski, my kayak coach.

MY SOCIAL ACTION PLEDGE

#iwill *continue promoting canoe sprint to inspire the community to try something new.*