



ABBY LANG

AGE: 19 years old FROM: Scotland

“Social action is important to effect change and remove the ‘un’ in situations which are unfair, unjust or unreasonable.”

Every week, around 12 people under 35 in the UK die from Young Sudden Cardiac Death (YSCD). The majority of my social action focuses on volunteering and campaigning to prevent more young people from dying in this tragic way.

In June 2017, I had my heart tested at my school by Cardiac Risk in the Young (CRY). This was paid for by #4Pete, a memorial fund set up in tribute to Peter McAvoy, a 22 year old footballer who died of an undiagnosed heart condition.

Inspired by Peter’s dad, Peter McAvoy Senior, I researched YSCD and organised fundraising activities, including a charity fun run attended by Dundee and Dundee United football club players.

My fundraising and campaigning efforts were recognised in June 2018 with an invitation to deliver the Time for Reflection speech at the Scottish Parliament on YSCD and CRY’s work. With only one Scottish MP pledging support for a national strategy to prevent YSCD, I actively promoted the CRY campaign and secured the backing of the remaining 58 MPs in Scotland.

I also recruited several other MPs across the UK, including Jeremy Corbyn and Sir Vince Cable.

Subsequently, I was a keynote speaker at CRY’s parliamentary reception at the House of Commons in November, where I met parents whose children had died of YSCD.

Now that my first year of medical school is finished, I intend to continue to fundraise and campaign for both #4Pete and CRY.

It is my hope that sharing my social action story with over 1,000 secondary school students at this year’s Youth & Philanthropy Initiative National Event will encourage other young people to continue changing their communities for the better.

In my experience of social action, age is no barrier and no issue is too big for young people to tackle.



ORGANISATIONS I’VE WORKED WITH

CARDIAC RISK IN THE YOUNG (CRY), YOUTH & PHILANTHROPY INITIATIVE (THE WOOD FOUNDATION), YOUNG SCOT

CHARACTER STRENGTHS

LEADERSHIP, COMMUNICATION, RESILIENCE, PERSEVERANCE AND DETERMINATION, EMPATHY, HOPE OR OPTIMISM

