



# CHARLI CLEMENT

AGE: 19 years old FROM: West Midlands

“The voices of disabled young people have too long been silenced. It’s time we were heard!”

Social action gives me a sense of purpose and has allowed me to grow as a person due to the broader perspective I’ve gained. As an LGBTQ+, disabled girl I’m no stranger to adversity, but I’m extremely aware of how different and difficult life can be for others.

This has helped me develop empathy and has encouraged me to speak out about my own disabilities.

I’ve been diagnosed with Hypermobility Spectrum Disorder/ chronic pain, Dyspraxia, Autism, Postural orthostatic tachycardia syndrome (PoTS) and Anxiety, and am keen to share my experiences with others to spread understanding of these conditions.

At school, I gave a speech to staff about my Autism Spectrum Disorder and was a leader of a Mental Health Champions group that raised funds and awareness.

I’ve also discussed all types of disabilities, including my

own, during my volunteering work with the Cub Scouts. I’ve worked with them for the past three years and have led the Disability Awareness badge twice.

My work in Scouting has given me so much more confidence. I never used to be able to lead a team or stand in front of a group of 15-30 young people and discuss important issues.

This summer, I’ve been volunteering at a ‘stay and play’ group for disabled children, children with special needs and their siblings. I’m off to university, where I’m very excited to join the societies looking at LGBTQ+ equality and mental health advocacy. I also hope to speak out more on my chronic illnesses and Autism Spectrum Disorder.

Sometimes it feels as though disabled young people are not seen as normal or important. But every voice needs to be heard because we all have such unique perspectives. This is what drives my social action every day.



## ORGANISATIONS I’VE WORKED WITH

SCOUTING ASSOCIATION (32ND BIRMINGHAM), SQUARE PEG ACTIVITIES LTD BIRMINGHAM, BARR BEACON SCHOOL, STAY AND PLAY

## CHARACTER STRENGTHS

LEADERSHIP, CONFIDENCE, COMMUNICATION, RESILIENCE, PERSEVERANCE AND DETERMINATION, COURAGE

