



KIERAN SMITH

AGE: 14 years old FROM: Scotland

“Volunteering has changed my life and gave me so many opportunities that I would otherwise not had - from gaining confidence and life skills, to meeting new people and friends.”

My home life was difficult when I was growing up, so I didn't find it easy to concentrate at school.

Things started to change when I began playing for my school football team at the age of nine. I felt happier and more positive.

I carried on playing for the school team while helping out with setting up drills and giving demonstrations to younger children. I was made captain in my final year at school, which felt like a real step up.

Around this time, I asked if I could become a volunteer for SAPC Community Sports Hub SCIO, the community sport centre that ran the after-school football sessions at my primary school. I like to see young people smiling and enjoying sport, and I wanted to give something back to my local community.

I've now been volunteering with SAPC for four years, including spending whole school days delivering free football and cycling sessions at my former primary school. I help out at weekly football activities and annual and international events, including travelling to Split in Croatia in 2017 to help to deliver an EU Erasmus+ Sport event to local children.

I've had some of my best experiences through volunteering. It's made me realise how much I can do and I've made lots of new friends. It's also made me more confident. Last year, I spoke in front of over 900 people at an SAPC EU Erasmus+ Sport event in Glasgow, welcoming delegates from the Romanian and Swedish Sport Confederations.



ORGANISATIONS I'VE WORKED WITH

SAPC COMMUNITY SPORTS HUB

CHARACTER STRENGTHS

LEADERSHIP, CONFIDENCE, RESILIENCE, PERSEVERANCE AND DETERMINATION, COMMUNITY AWARENESS, SOCIAL JUSTICE

