



PREETI (GURPREET) KAUR

AGE: 19 years old FROM: England - Greater London

“Social action has made me realise how much power we have to impact other people’s lives. You throw a stone in the water, and the ripples spread far and wide.”

As a young woman who had grown up in East London, living in a low-income, BME household - I have always held the desire to break through these socio-economic and somewhat political barriers. Social engagement and volunteering with a myriad of charitable organisations has made me hungry for change, with an unstoppable drive to make a difference in my local community.

My social action journey began when I volunteered with Wings of Hope as part of my Sixth Form enrichment. My team of five students raised money to help educate underprivileged children in India and Malawi. We also helped raise awareness of the charity, including gaining the support of Instagram stars. It felt really worthwhile to put my energy into this cause, and it sparked a desire to do more.

Since then, I’ve devoted myself to a variety of social action projects that make a difference to people’s lives. Three in particular stand out.

As a Young Women’s Trust Advisory Panellist, I’ve worked

with the UK Government and lobbying groups to help improve the prospects and employability of women. Women all over the UK are benefiting as we are championing their rights as well as informing prospective governmental policy.

I’ve also provided intergenerational activities in care homes for The Together Project, with the aim of combatting ageism, enhancing social integration and tackling the stigma around dementia. Care home residents tend to be socially isolated, so it’s been very rewarding to see the impact on their happiness and wellbeing.

Most recently, during my gap year, I’ve been working as a full-time volunteer mentor for City Year UK, a charity that provides mentoring in under-achieving schools. In my first month, there was an average two-point grade improvement among the group of 5-11 years olds that I was supporting.

After completing my Geography degree, I hope to work in the charitable sector, and continue to give back to my community and beyond!



ORGANISATIONS I’VE WORKED WITH

CITY YEAR UK, THE TOGETHER PROJECT, UK YOUTH EMPOWER, WINGS OF HOPE, YOUNG WOMEN’S TRUST

CHARACTER STRENGTHS

LEADERSHIP, CONFIDENCE, RESILIENCE, PERSEVERANCE AND DETERMINATION, CREATIVITY, HUMILITY OR MODESTY

