



# ALEX CRAVEN

# #iwill

## CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Community Awareness | Communication | Social Justice |  
Confidence | Leadership



*Alex Craven, 17 years old  
From Ebbw Vale, Wales*

*#iwill ... help to promote  
youth promo projects and to  
improve mental health services  
in Wales.*

I started doing social action by getting involved in volunteering at the age of 13 with GAVO. It's been four years and I'm still loving it as social action has boosted my confidence, and provided me with a platform to share my views with others.

My main passions are campaigning for greater awareness of the issues surrounding mental health, autism and disabilities. I do this with various organisations, as well as setting up my own Facebook page Living With Autism to support and give guidance to people living with autism and also their parents/guardians/professionals.

I have also fundraised for various youth services providers such as GAVO (Communities First), Blaenau Gwent Youth Service and Newport Mind and I have been a peer mentor for a number of years with projects such as School Transition and Mental Health Mentoring, as well as being a part of my local Youth Forum.

I now volunteer by going to mental health conferences to better improve CAMHS (Children and Adolescents Mental Health Service) in Wales to ensure they listen to young people, and embed youth voice into designing their services.

*"I believe that young peoples' views need to be heard throughout society, from local councils up to the Welsh and UK governments."*

### Organisations I've Participated With:

GAVO (Communities First), Living with Autism, CAMHS, Blaenau Gwent Youth Service, Newport Mind, my local Youth Forum.

