



# LUCY AUR KEELING

AGE: 19 years old FROM: Wales

**TOP FIVE CHARACTER VALUES:** RESILIENCE, PERSEVERANCE & DETERMINATION | COMMUNICATION | CONFIDENCE | COOPERATION | OPEN MINDEDNESS

*"I wanted to take social action to ensure the next generation can achieve everything they want and discover opportunities they never knew existed."*

Coming from an underprivileged background, I wanted to take part in social action to ensure the next generation can achieve everything they want and discover opportunities they never knew existed. I knew that if I could get through hard times I could help others realise they could do the same.

Jamie Tworkowski, founder of a small mental health charity, has done phenomenal work to change lives - despite his charity not being very well known. He inspires me to help others to feel good about themselves, just as he has!

Volunteering in a local school, I talked to children as young as six and discussed their dreams for the future, as well as their worries. It felt good to support my home community.

Since then I have done a range of social action activities. I have helped teenagers with a range of learning difficulties to complete their Bronze Duke of Edinburgh Awards, coached primary school children in Maths, as well as joining a

residential trip with them, and a relative becoming unwell has also prompted me to take up charity runs for which I have raised funds for many causes including cancer research. I am also Regional Youth Ambassador for Duke of Edinburgh.

Taking part in social action has given me a sense of purpose, and now I am at university I continue to visit my secondary school when I can and take action online to raise awareness for mental health.

Character virtues: Resilience, perseverance and determination; communication; confidence; co-operation; open mindedness.

