

# AIMEE LAVERY

Name: Aimee Lavery

Age: 19

Where I Live: County Down

*Life is too short to think you are not capable of moving on with your life when obstacles are thrown in your way. Acknowledge what has happened, learn how to cope, stay strong and never give up! Always remember to spread a little happiness no matter when or where you are in your life for yourself and for others.*



## MY SOCIAL ACTION JOURNEY

When I was little, my Granddad suffered a stroke. It was really hard on him and my Granny, but they got through it and my Granddad found a way to carry on with his life. It made me realise that it can happen to anyone, and I decided I didn't want other people to go through something so difficult. So, I became an ambassador for the Stroke Association NI, taking part in street collections, fundraisers, 10k runs and community health fairs. At the health fairs, I give out information to the public about stroke prevention and the physical and psychological impact a stroke can have upon the person and their family.

My work with the Stroke Association has boosted my communication skills, so much so that I now feel confident giving presentations in public about strokes. It gives me such a feeling of satisfaction and a real sense of accomplishment that I've been able to help others. Inspired by my Granddad, who was a teacher and a Principal, I've decided to pursue a career in teaching, and I know all this experience I've had through social action will come in handy in the future.

## KEY CHARACTER QUALITIES AND VIRTUES

Pride | Communication

**The adult who has most inspired me to get involved in social action is ...**

My Granddad.

## MY SOCIAL ACTION PLEDGE

*#iwill continue to raise awareness of the Stroke Association with all young people and adults to inspire them to get involved and help create a positive atmosphere in the community.*