

# GRACE CHAPLIN

Name: Grace Chaplin

Age: 18

Where I Live: Hampshire

*“When you start to recognise that you have been of help to a team of people whose focus is the improvement of lives, a lonely patient or a worried young volunteer, the amazing feeling you get is incomparable.”*



## MY SOCIAL ACTION JOURNEY

I used to be really shy. But that all changed when I started helping out at Southampton General Hospital. I soon realised how I could help others, and at the same time I became so much more confident, especially when it came to getting to know new people.

I've taken on quite a few activities at the Hospital, including volunteering in the wards, helping to mentor other students who have come to volunteer, and starting up an e-newsletter to keep everyone updated on the good work

we've been doing at Southampton General. I even helped to develop another young person's volunteer role in the Emergency Department.

Now I'm able to organise new volunteers and check and negotiate with the Volunteer Manager about what we're able to do. It's such a wonderful opportunity to start new initiatives and develop as a person at the same time.

### KEY CHARACTER QUALITIES AND VIRTUES

Compassion | Confidence

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

Malcolm Kitson MBE, the volunteer mentor at University Hospital Southampton NHS Trust.

## MY SOCIAL ACTION PLEDGE

**#iwill** continue to train and mentor volunteers, and produce newsletters that will bring the community closer together.