

PAULINE MEYER

Name: **Pauline Meyer**

Age: **20**

Where I Live: **Greater London**

Social action is so much fun – especially when I convince my friends to get involved too! I can really see the difference I make both individually and as part of a team.



MY SOCIAL ACTION JOURNEY

I've been involved in social action for the last five years for a few different charities. I started out volunteering every week in my local Cancer Research shop, where I stayed for three years. I've also taken on various social action projects through my school. I travelled to Romania to support a local community to become more self-sufficient, raising all the money for the trip there myself. I also helped set up and run a Fair Trade shop, and organised a tea party for elderly people in my community. I mentored younger students too, and now that I've finished and I'm doing an apprenticeship, I still go back to help out on open days and talk to the Sixth Formers about coping with exam stress and social action opportunities they can get involved in. I've also

volunteered for Kids Company, Marie Curie, and for the last six months I've been volunteering for Immigrant Counselling and Psychotherapy (icap) and Team V, where I'm a leader responsible for recruiting others to help run social action projects.

There are so many things I've learnt through social action. I love the fact that it gives me a sense of purpose – I know I can make a difference to causes I really care about, and it's a great feeling.

KEY CHARACTER QUALITIES AND VIRTUES

Purpose | **Citizenship**

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

Dr JR Lewis, my teacher.

MY SOCIAL ACTION PLEDGE

#iwill *create at least five volunteering opportunities for other young people to help me run three social action campaigns as part of vInspired's Team V programme.*