

WAYNE INSTRELL

Name: **Wayne Instrell**

Age: **17**

Where I Live: **Bedfordshire**

“Rugby has taught me that when you are given an opportunity, you should grab it with both hands, otherwise that opportunity may not come around again and you may regret it for the rest of your life!”



MY SOCIAL ACTION JOURNEY

When an England rugby player came into my school and gave us a one-off rugby coaching session, I was inspired to take up the sport. I knew that I wanted to play and coach rugby too. Finding a passion like rugby was a huge step for me, as I had been bullied at school and had been taken out of mainstream lessons. I knew that I needed something that could give me my self-confidence back, and rugby was it.

Now I play for a local rugby club, the Bedford Blues, every week. I also took part in the Sky Sports Living for Sport programme to help me find my confidence. Through that programme

I've been volunteering as a rugby coach for primary school pupils outside school time, and I was really proud to win the Student of the Year Award recently! All of this happened because I found something to do that I enjoyed. I'm no longer bullied at school, and I've also returned to mainstream lessons. Just by volunteering and contributing to something that was entirely new in my life, I've rediscovered who I am and am now doing really well at school.

KEY CHARACTER QUALITIES AND VIRTUES

Purpose | **Future-mindedness**

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

Margaret Alphonsi, England and Saracens rugby player, who was my Sky Sports Living for Sport mentor.

MY SOCIAL ACTION PLEDGE

#iwill *continue to be a role model within my school and community. I will do this by volunteering my own free time to coach rugby and mentor the young pupils. I want to inspire them and continue to have an impact on their lives.*