

JAMIE TRUSLER

Name: **Jamie Trusler**

Age: **18**

Where I Live: **Leicester**



“The more I tell my social action story, the more I believe I have a voice that can inspire. And I intend to use it!”

I was 13 when I first heard about St John Ambulance. The opportunity to learn life-saving skills and use them to help those in need was too good to miss, so I signed up immediately. Five years later, when I used those skills to save my Dad's life, I realised just how much that decision changed me. I believe everyone should be able to do what I did, which is why I've spent the past couple of years delivering Basic First Aid training to 2,000 young people across Leicestershire.

But it's not only first aid skills that I've learnt. I used to be really shy, and at 13 I'm not sure I'd have believed that just a few years later I'd be speaking onstage at the Sunday Times Festival of Education, meeting HRH Princess Anne, or representing St John Ambulance at the National Parade of Remembrance. It's also led me to more social action opportunities, whether it's doing National Citizen Service, campaigning for a living wage through the British Youth Council and UK Youth Parliament, or being a Youth Ambassador for the International Lions club.

All these experiences have truly made me who I am today, and helped me work towards fulfilling my dream job as a Police Officer – something I know I could never have done without social action.

Organisations I've Participated With

- National Citizen Service
- St John Ambulance
- International Lions
- British Youth Council
- UK Youth Parliament



#iwill campaign to put Basic First Aid on the National Curriculum.