



PALACE OF WESTMINSTER
OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD

04 July 2019

The British Citizen Award Sponsors



PATRON



SARAH, DUCHESS OF YORK

“My heartfelt congratulations to all 35 extraordinary individuals being recognised at today’s medal presentation ceremony. I’m sorry I am unable to be with you in person at such an auspicious occasion, but I am very much with you in spirit. To read such accounts of stoicism, tenacity, kindness, selflessness and commitment is uplifting and fills me with pride to be a Patron of the British Citizen Award.

“Each of your individual contributions is truly inspiring and heartening, but collectively the effect is enormous, making Great Britain the special place that it is. The endeavour that you have all undertaken, whether driven by personal circumstance or through a desire to serve others, makes you all thoroughly deserving of your special day.

“The select group receiving their BCA Medal today are joining a group of 318 whose recognition over the past four years has impacted the news agenda, changed attitudes, educated thousands, raised millions for good causes and made life better for entire communities. The medal recipients represent every corner of this country, every culture, every religion, united by empathy, kindness and giving.

“I am proud of The British Citizen Award. I am proud of each of you. It is your turn to be proud of your recognition and be very proud to wear your BCA Medal. Thank you to you all”.

A handwritten signature in cursive script, appearing to read 'Sarah'.

Sarah, Duchess of York
The British Citizen Award, Patron

PATRON



THE LORD DHOLAKIA OBE DL

Educated in India and Tanzania, Lord Dholakia came to Britain to study at Brighton Technical College. His first job was as a Medical Laboratory Technician at Southlands Hospital in Shoreham-by-Sea.

He became active in the Liberal party and was elected to Brighton Borough Council between 1961-64. From 1976 Lord Dholakia served as a member for the Commission for racial equality and has been involved in the Sussex police authority, police complaints authority and Howard League for Penal reform. He is the

current chair of Nacro and also chairs its Race Issues Advisory Committee.

Lord Dholakia is involved with a range of charities including being a Patron of the British branch of Child in Need India. In 1994 he was made an officer of the Order of the British Empire (OBE). In 2000 he was named 'Asian of the Year' and won the Pride of India Award in 2005.

The Rt Hon. the Lord Dholakia OBE DL is a Liberal Democrat Life Peer sitting in the House of Lords since 24 October 1997.

PRESENTER



MATT ALLWRIGHT

Matt Allwright is a journalist and television presenter with integrity, his own style, and a knack for getting to the heart of the story.

He is known for his work on investigative show Rogue Traders, and as a presenter of BBC's flagship consumer programme Watchdog for over 22 years, but his work has a broad reach. He's covered royal weddings and natural disasters, cracked international scams and interviewed (and played with) rock gods.

He is currently making a series of programmes about inequality and opportunities in the housing industry, having devised and presented Housing Enforcers and

The Empty Housing Scandal.

Matt was born in Reading in 1970, was schooled locally and after university worked as a teacher in Japan. He plays a variety of instruments, loves country music and supports Liverpool FC. It's Matt's second time presenting the British Citizen Awards.

"This is my second time presenting The British Citizen Award and it never ceases to amaze me the diversity and invention that people employ to help make this country a better place.

"I am really looking forward to celebrating the achievements of the truly incredible individuals".

We are extremely grateful to the following people for their support, belief and above all their commitment to our vision. They collectively have contributed to the development of The British Citizen Award so that it may serve as an inspiration for others to emulate the deeds of those being honoured. Thank you all.

PATRONS

Sarah, The Duchess of York

Dame Mary Perkins
Co-Founder, Specsavers

The Rt Hon. the Lord Dholakia OBE, DL
House of Lords

Bradley Walsh, Actor & TV Presenter

Michael Underwood, TV Presenter

BCA TEAM

Head of Strategic Advisory Panel

Des Benjamin, Chairman, Royal Hospital for
Neuro-disability

Head of Ambassador Programme

Reece Ryan BCAV, Ambassador
James Bulger Trust & Fundraiser

AMBASSADORS

Shane Yerrell BCAC
Founder, Through The Fight

Alison Bond
Founder & Director, The Halo Works

James Cathcart
Author & Former CEO, British Youth Council

Capt. Tristan Loraine, BCAi
Director, Fact Not Fiction Films

Shane Board, BCAV
Founder, Pop4Diabetes

Keith Davies BCAV, Abergavenny's Elvis

Madi Sharma
Entrepreneur & Member of the EESC

LeighAnne Wright BCAV
Founder, Little Things & Co

Courtney Hughes BCAV BEM
Founder, Secret Santa 365

Benjamin Carpenter BCAe
Ambassador, LGTBQ Fostering

David Campbell BCAe
Co-Founder, David Campbell Soccer School

Lorraine Sass BCAe
Co-Founder, David Campbell Soccer School

Dr Peter Minto BCAe
Prison Visitor and Law Tutor

Andrew Baker BCAV
Founder, Play2Give

Carlos Dennis BCAV
Founder of PINT

PATRON



DAME MARY PERKINS

“Welcome to the tenth British Citizen Awards, which is growing from strength to strength with every ceremony. The title is so very apt as it recognises those who demonstrate true citizenship by working tirelessly to make a positive impact in their community, without thinking of themselves.

“Those who have been nominated have come from all over the UK and are truly ‘unsung heroes’. Many have quietly helped in areas where they themselves have benefited from in the past.

“The independent assessment panel were moved and greatly humbled to read about so many individuals doing great things to make our communities special. I

thank them for their integrity in keeping to the eight worthy individual categories.

“All the nominees have, behind the scenes impacted on the lives of those around them and deserve public recognition. That recognition is the ‘people’s honours’ under the banner of The British Citizen Award, who will now bestow a medal and the right to use the letters BCA.

“I thank you for making our world more human with your acts of goodness”.

A handwritten signature in cursive script that reads "Dame Mary Perkins".

Dame Mary Perkins
The British Citizen Award, Patron
Co-Founder of Specsavers

PATRON



BRADLEY WALSH

"My filming schedule usually precludes me from being an active supporter of many causes but, when I was invited to become Patron of The British Citizen Award and heard about the brilliant work they do honouring the nation's unsung heroes, how could I refuse?"

"Championing the work that these amazing people do for others is a great honour and I only hope I can do them justice. Just reading about the contribution that today's recipients have made to our society is truly humbling.

"To be part of the BCA is a truly humbling experience. The selfless

acts constantly made by people never cease to amaze me and yet to them they are nothing more than an everyday gesture.

"These people doing extraordinary things are true superheroes, without masks and capes.

"I wish them all the very best in their many divergent endeavours – continue to light up the world with your selflessness."

A handwritten signature of Bradley Walsh in black ink, written in a cursive style.

Bradley Walsh
The British Citizen Award, Patron
Actor and TV presenter

The background of the slide is a nighttime photograph of the Houses of Parliament and Big Ben in London, illuminated with warm golden lights. The text 'ROLLOF HONOUR' is prominently displayed in the center. The word 'ROLLOF' is in a large, bold, sans-serif font, with the letters filled with a dark blue color and a subtle gradient. The word 'HONOUR' is in a similar font but with a more pronounced golden glow and a slight shadow effect. The overall composition is clean and professional, with a dark blue background on the left and right sides of the white rounded rectangle containing the text.

**ROLLOF
HONOUR**

SAYD AHMED BCAhon

Somerset



Each year, since 2001, Sayd selects a different organisation to help through donating the entire Boxing Day takings from his convenience store. To date 22 different local

organisations have benefitted from significant cash injections. Sayd is committed to improving the lives of people from across a very diverse part of his local and wider community.

Sayd provides food at four centres for homeless, vulnerable and people on the margins of society in Weston-Super-Mare, including Victoria Kitchen which helps sofa surfers and rough sleepers. He supports the Multicultural Friendship Association which shares the traditions, customs and cultures of different countries with the people of the surrounding areas. This promotes diversity and shared learning in a positive way. Through his

contribution the group now supports minorities representing over 60 countries.

Sayd is devoted to his community, providing food at community events, helping schools raise money for equipment as well as supporting local sports clubs. He gives talks on cooking and culture and helps children to understand the reasons for cultural differences, enhancing tolerance, respect and equality amongst young people. To date he has raised over £125,000 for his local community.

Nominated by:
Christopher Millard

EMMA RIGBY BCAhon

London



Following the 2011 London riots Emma felt that something needed to be done to mend a broken inner-city borough and bring her local community together. She set up 'Love Your Doorstep'; primarily

a Facebook group bringing the community together and getting to know one another locally.

It soon became clear this was more than just a local chat forum. Emma went on to develop a platform where local businesses, schools and charities gain local engagement and visibility of services quicker than any other resource with an outreach of 25,000.

With one of the schools being targeted by gangs, Emma, with support of the local authority and police set up Enfield Community

Patrol, enabling parents to patrol at lunch times and after school to act as a deterrent. Violence decreased dramatically and it is now being rolled out to other schools within the area.

Emma's drive and determination has changed the community in many ways. People now know one another, local businesses are thriving, local groups are now filled with people, it feels safer, and local charities are benefiting from more donations.

Nominated by:
Nova Watt

PAUL ATWAL-BRICE BCAC
South Yorkshire



Paul has committed over 20 years promoting diversity and inclusion, in addition to caring for two sets of adopted twin boys with his husband, Michael: one of which has both boys

severely disabled with epilepsy and autism; the other, now in their teens, are considered 'hard to place'.

From a challenging background, being fostered and in children's homes until being adopted himself at the age of seven, Paul now works alongside the fostering network taking part in video's promoting fostering to different ethnic groups and to the LGBTQ community. He also volunteers with the National Autistic Society, raising awareness of the challenges facing individuals with Autism face.

He is actively breaking down the barriers preventing LGBTQ and mixed-race people from fostering

and adopting. Promoting adoption, particularly for children that are hard to place or have additional needs is a passion for Paul.

Paul mentors new LGBTQ foster carers, giving support and advice for families who may be looking after children with additional needs. Through channelling his energies this way Paul is directly responsible for helping those in the care system whose lives can seem hopeless and meaningless, find a safe, loving and friendly home.

Nominated by:
Michael Atwal-Brice

**TONY NISBET BCAv &
FRANK MCGOWAN BCAv**
Dumfriesshire



Tony (70) and Frank (59) founded Newstart Recycle, a non-profit social enterprise in December 2016 to serve all of the communities in Annandale, Eskdale and occasionally further afield. They receive donations

of second-hand furniture and household goods, recondition them and make available to the community at minimal cost and free to homeless set ups or local community organisations.

The pair primarily support the homeless, those experiencing poverty and on low-income, but also sells goods to fund free activities. Tony and Frank used their own money to fund the venture and use their own vehicles to transport goods. Through their community spirit, goodwill and personal drive to help people Newstart has grown and developed into a much-needed service in the community.

Shelter, NHS, the Armed Forces and Housing partnerships all make use of the service. Local schools and community clubs' also benefit from goods and services free of charge. Since starting, the pair have supported over 330 homeless people locally to set up new homes. Tony & Frank also initiated a school uniform project that helped parents who could not afford to buy new, where previous pupils passed on their school uniforms so they could be given to follow on pupils.

Nominated by:
Archie Dryburgh

BRETT TOWNSLEY BCAC
Aberdeenshire



Brett is dedicated to helping community causes and charity fundraising at every opportunity. A former member of the UK Armed Forces he climbed Mount Fuji, raising funds and awareness for

a veteran's charity, which he continued to support through several races and challenge events since 2006.

Brett has raised funds for a holiday for a local family whose four-year-old daughter suffered with Neuroblastoma. He was subsequently asked by the family to become a founding trustee of a charity in her name and worked with the board to build the charity's reputation while raising awareness of Neuroblastoma. The charity coordinates three support projects in commemoration of the little girl, Puddles Angels, Puddles Healing Hearts and Puddles Bench Buddies, each aiding grieving families or children facing the terrible disease.

Following the loss of his Dad in 2014, after a 2-year battle against lung cancer, he decided he wanted to help others going through the pain that his family had faced for 21 months. Brett tenaciously tackled several challenges including the Spartan Race, Shark dives, and the Great Scottish swim raising over £15,000 for The Roy Castle Lung Cancer charity.

Brett is always someone who gives back to society and will continue to dedicate his time and energy to serve a good cause whenever he can.

Nominated by:
Sarah Townsley

CHRISTINE REID, BCAV
South Yorkshire



Christine has volunteered at the Ashton Edwards Trust since 1991, offering the chance for people with disabilities and the elderly in inner-city Southwark to use the community

minibus for leisure and recreational outings. She has been responsible for the general running of this small charity whose purpose is to benefit disadvantaged groups of people in the community. During the last 25 years Christine has organised trips, driven the minibus alongside other volunteer drivers and even maintained the minibus.

Although now retired, Christine's volunteering has had a massive impact in the community. Many hundreds of people with disabilities in the borough have had the chance to enjoy leisure outings thanks to her dedication. Not only has she sacrificed many hours to the trust, she also contributed financially to

cover costs. Until eight years ago Christine's job was a Dial A Ride Driver in the Southwark and it was from this background together with her knowledge of the needs of people with disabilities that she decided to give back to the trust and volunteer when she retired.

Christine is a core part of the Ashton Edwards Trust. Her consistency, commitment, time and compassion have given people hope and opportunities they would otherwise not have.

Nominated by:
Pippa Gascoigne

**CAROL DARBY BCAa &
RON DARBY BCAa**

Liverpool



Carol and Ron, both in their 70's, run The Elektrik Apple Theatre Group based in Liverpool, for adults with disabilities and special needs. Established in 2012, and inspired

by their own disabled daughter (aged 40) who couldn't find any groups to join, today The Elektrik Apple now runs three days a week for over 20 disabled adults with classes in dance, music, drama, health and fitness, personal hygiene, social skills and dangers around the home and City.

The group perform all over the country and are well-known for their hard-hitting, controversial drama, including pieces on bullying, domestic violence, drugs and a spectacular and emotional piece on the 96 lives that were lost in the Hillsborough Disaster.

Carol and Ron take the group on outings and holidays and make sure they all live life to the full. They have created a fun environment for all the members where they can feel safe, talk and learn.

The pair volunteer for three days every week at The Elektrik Apple Theatre Company and the other four days a week volunteer at their other daughter's dance school on reception, in the kitchen and looking after all the children.

Nominated by:
Nicola Broadley

DENNIS JONES, BCAC
Wiltshire



In 1994 when he retired, Dennis' daughter got him involved in his granddaughter's school. He started to teach the children how to play chess,

for an hour at lunchtime as a volunteer, once a week. When another grandchild started a different school, he offered to do the same there on a different day.

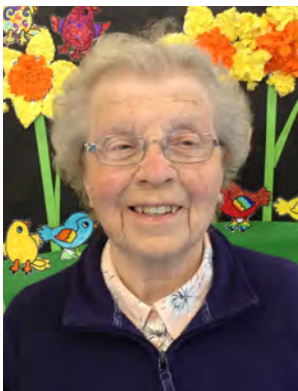
The clubs became so popular that he has between 15 and 25 in each school year in both schools. He is a great role model, encouraging the children to think logically, forward plan and compete in a fun way. Not stopping there, both schools needed help with the football after school club, so he started volunteering there, helping with both football and cricket, at the mere age of 80.

For over 18 years he has dedicated himself to volunteering at two primary schools. The chess club took part in national challenges, which resulted in some children attending regional competitions.

"It is rare that a school has the benefit of someone like Dennis who gives so much of his time freely to enhance the children's life and educational experiences in an extracurricular capacity. Mr Jones is loved by teachers and pupils alike".

Nominated by:
Wendy Hoole

NORA BRYAN, BCAe
Lincolnshire



27 years ago, Nora was appointed by her local primary school as midday cover. Following her retirement two years later, Nora became a

permanent volunteer member of the midday team. One of the teachers enquired if Nora would have time to listen to her class pupils read each week. From that moment Nora's volunteering role snowballed and despite her growing family, she found the time to listen to classes read throughout the school. Her timetable now is every morning and afternoon, with classes eager to read with her.

Nora is warm and knowledgeable and at 80-years-old, shows no signs of reducing her volunteering at the school. She is dedicated and committed to the children and families of Cliffedale Primary

School and has given her time and energy so freely over 27 years to enable the children to have someone to read to.

The school's motto is 'Be The Best You Can Be'; and Nora is a shining example of that. Nora would have given back to the community no matter where she lived. Nora no longer lives close to the school and relies on public transport to reach the school every day, but never misses a session listening to the children read.

Nominated by:
Kathryn Turner

SUZANNE FERNANDO, BCAh
North Ayrshire



Suzanne left the military scarred, broken and suffering with PTSD. She battled with cervical cancer during her second pregnancy, and at aged 26, had

a toddler with autism, a new-born and cancer, pushing her spirit to the limit.

For the past 20 years Suzanne has been an active ambassador for many causes, including improving her community, local services, perceptions of Autism and health and wellbeing.

Suzanne has worked hard to raise awareness of cervical cancer across North Ayrshire, working in partnership with Jo's Cervical Cancer Trust, encouraging women to take up opportunities for cervical smears and helping educate them in the importance of this for their health. She also organises an annual Walk For Fun event in support of

the charity which attracts a great deal of support in terms of fundraising.

In addition, she has established and runs an online global support group for cervical cancer, which has attracted 15,000 members with numbers continuing to rise.

A long-standing member of The British Legion and having served in the military, Suzanne's charitable work also extends into the area of Cancer Research, where she became the first ever Scottish Ambassador for the Charity. She has also helped increase the profile of three Veterans Breakfast Clubs.

Nominated by:
Jordan Fernando

SHWETAL SHAH, BCA hon
London



Shwetal has contributed to British Society since moving to the UK six years ago. She has undertaken various outreach

initiatives addressing the lack of role models within the tech industry by organising science lectures, making documentaries, undertaking youth empowerment policy work, and tackling social exclusion via community events in a voluntary capacity. Women in Technology is a passion of Shwetal's and her work is empowering others in minority communities to come forward and engage.

Moving to the UK at the age of 21, Shwetal consistently from her first year, volunteered, led and created projects to address various issues whilst she was pursuing her masters and working full time thereafter. Starting in Scotland, she volunteered

with the Scottish Youth Parliament going to schools in Glasgow, to inform young students of their political choices.

Shwetal started volunteering when she lived in India, first organising an art exhibition to raise funds for the homeless, then selling perfumes at the age of 16 to donate toys at a local hospital in Mumbai for cancer patients. Her most important direct work in India, was with young people to mainly teach English to homeless children, volunteering with Each One Teach One and Hamara Footpath.

Nominated by:
Gary Smith

DAVE MCPARTLIN, BCAe
Lancashire



Dave, a headteacher, has an unwavering belief and pride in his school and his students. He leads Flakefleet Primary School where,

through his 'dare to dream' vision, he inspires students and people throughout the neighbourhood that if you work hard your dreams can be realised.

One example of this was how the primary school reached number 3 in the Top 20 official trending Christmas chart in 2018. This idea started in assembly when one child said: "I would love to be a popstar and get to number one". The whole school got involved in writing 'Light up' and the recording involved all of the schools 471 children and Dave produced the accompanying video on his phone and edited it on his home computer. All proceeds went to the Alzheimer's Society.

More recently Dave entered the school choir into Britain's Got Talent and they performed 'Don't Stop Me Now'. They were catapulted into the live semi-finals.

Dave has an exceptional belief in his students and staff and acts with absolute integrity supporting their dreams. His spirit has captured the imagination of all the parents and the school has now become a social hub. His achievements extend beyond the school into the community.

Nominated by:
Natalie Klausen

ELAINE McCARTHY, BCAC
Kent



Elaine is a true ambassador for community cohesion and health and wellbeing. Aside from her role as a Community Centre Manager, she strives to support

the most vulnerable members of the local community in a volunteering capacity. Her determination to support people is inspirational and she is often coordinating a plethora of services in order to get the help needed.

She helps the local community providing food and liaising between agencies, local authorities and other community-based groups. She is a true voice for several diverse groups who are often on the margins with very little chance of being heard. Each month she interacts with literally hundreds of individuals and groups, each time generating a positive outcome for them.

She has been actively supporting the community for over a decade with her selfless attitude delivering support and hope for those often in despair. She looks for the good in everyone and works tirelessly without reward to solve their various challenges.

She has gained trust, respect and friendship among the various EU communities she helps, creating community cohesion and a stronger community spirit - a spirit which helps bond and unite the various services and agencies that have started to work in unison thanks to Elaine's determination.

Nominated by:
Andrew Bigginton

NAHIM AHMED, BCAa
London



Nahim was raised in one of the most deprived areas of the UK, the London Borough of Tower Hamlets, where many young people

are affected by poverty, gang culture, violent crime and mental health issues. Nahim has not only transformed himself but has helped transform the lives of hundreds of young people he has worked with over the past decade.

He has devoted his time to the young people in Tower Hamlets and uses the art of storytelling to engage and gain the trust with large audiences of young people. Nahim explains how he managed to turn it around, from failing his GCSE's and being caught up in various issues as a young person to completing his studies from leading universities in the UK.

Nahim uses all of his experiences and tackles youth violence and youth unemployment by visiting hotspots described as 'no go areas' by many residents and reaches out to the hardest-to-reach young people, bringing them into his youth centre. This is a safe space for young people where he offers tailored one-to-one support and over the past two years has helped over a hundred young people get into employment, training and apprenticeships.

Nominated by:
Abdul Malik

CAROLINE BESTWICK, BCAh
West Midlands



Children's tooth decay is a growing medical concern often overlooked. In Wolverhampton around 15 children each week, some as young as two year's old are having

multiple teeth extractions under general anaesthetic the biggest admission for children into hospital.

Caroline is the oral health specialist for Wolverhampton and works at Special Care Dental Service, where she has dedicated her time to community groups and hard-to-reach families, going way beyond the remit of her role. She attends all of the special needs schools helping those with compromised health conditions and works closely with playgroups and nurseries reducing the number of reception children starting their school life with bad dental health.

Caroline has also engaged with the homeless community for three years and offers advice and guidance to help address dental concerns. She will attend soup kitchens and hostels on a weekly basis, offering guidance and one-to-ones for those suffering from alcohol or substance abuse. She has also set up a drop-in clinic to allow easier dental access for the most vulnerable groups including those with mental health issues, anxiety and a those with a fear of being judged for never going to the dentist before.

Nominated by:
Dean Bestwick

CORINNE HUTTON, BCAC
Renfrewshire



Corrinne (or Cor as she is known) contracted Sepsis five years ago following a bout of pneumonia. Given less than 5% chance of

survival, Cor beat the odds and survived, but in order to save her life the blood supply to her extremities was lost, so surgeons had to amputate both her hands and both her legs below the knee.

During her rehabilitation Cor identified a lack of peer support so decided to start a charity to provide the support that was missing, just weeks after her initial surgery 'Finding Your Feet' was born. Today, Finding Your Feet supports over 500 amputees and runs 50 clubs per month, including swimming, Pilates, Ampu-Teas (coffee morning and peer support), craft club, bowling, climbing, skiing and karting. The

charity also offers counselling services as well as access to a holistic massage therapist.

In the last 5 years, Finding Your Feet has raised over £700,000 to support clubs and activities. Cor, who defies all conceptions of disability, has personally raised a substantial amount of this money. She has completed the London Triathlon, and became the first female quadruple amputee to climb Ben Nevis and is also the first female quadruple amputee to summit Mount Kilimanjaro.

Nominated by:
Fiona Conway

DWAIN LONGLEY, BCAh

West Yorkshire



Dwain is passionate about supporting St John's Ambulance, The Sea Cadet Corp, West Yorkshire Medic Response Team and gives almost 1,000 hours per year

volunteering for his community as a paramedic. Dwain's day job is with the Yorkshire Ambulance Service but since 2005 he also volunteers as a first responder for West Yorkshire Metropolitan Ambulance Service.

Dwain gives up his time to arrange and teach at Continuing Professional Development (CPD) events and supports the regional college of paramedic events. He also supports his local youth organisations with first aid training and ambulance familiarisation, ensuring local youths are given as much information about saving lives as possible.

From 13 years old Dwain has always been community minded. He has

volunteered for almost 20 hours per week for the past 16 years. During the last decade he has held a number of senior volunteer positions within the St John's Ambulance organisation and has been instrumental in driving both organisational direction and change following the national process of re-organisation. He has also undertaken a number of projects to save the charity money, resulting in savings of around £25,000 per year through identifying surplus and unnecessary equipment.

Nominated by:
Sarah Hall

SIOBHAN FENNELL, BCAC
Derbyshire



Siobhan is the founder of 'Accessible Belper', was a voluntary venture established to ensure the town of Belper in Derbyshire is accessible for all people with all ranges of disabilities. Despite living with

advanced Multiple Sclerosis, Siobhan, herself a wheelchair user, has campaigned strongly for accessibility, inclusion and awareness in her community. She has motivated a diverse range of people and recruited a team of volunteers who assist her in raising awareness to all businesses and organisations within Belper.

Through her tireless effort Siobhan has been presenting training awareness for individuals, businesses, local councillors, schools and local ambassadors, and has developed partnerships with Disability Derbyshire, Coalition for Inclusive Living, Dementia Friends, Alzheimer's Society and MS Society. Siobhan's drive in establishing

Accessible Belper comes from her own experience as a quadriplegic woman with no movement from the neck down. Despite having MS for many years, Siobhan has worked to transform Belper into a national example of a welcoming, workable and accessible town for people with all kinds of disabilities.

Although Siobhan's health is steadily deteriorating, she is bravely maintaining her fighting spirit and involving herself with Accessible Belper to ensure disability equality.

Nominated by:
Pauline Latham OBE MP

SEAN MOLINO, BCAh

Bridgend



Sean established Forces Fitness in 2008, running Employability Boot Camps and weekend residential Boot Camps across the South Wales area.

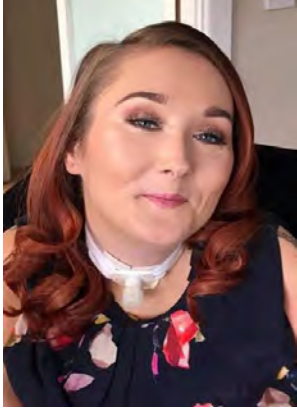
Based on joint research with teachers from Pencoed Comprehensive and Palmerston Primary in Barry, Sean developed a programme to reduce the growing incidence of childhood obesity in Wales. Sean started the School Team Fitness Challenge which involves conducting free-of-charge sessions for all primary schools in Wales. The aim is to help children realise that fitness can be fun and exciting whilst learning healthy tips that will change lives for the better. These voluntary sessions have reached 88 schools in total so far, with over 4,000 pupils attending.

The sessions help young people not only to eat healthily, but also to overcome challenges both

mental and physical. More importantly, they teach young children life skills such as teamwork and communication, both of which are vital as the youngsters reach adolescence. Sean entirely self-funds this programme and has since developed free Health & Well-being Sessions for all the family. This saw 12 sessions where all the family could train, bond and learn healthy living together. This was a huge success and over 30 families locally took part, with around 150 members in total.

Nominated by:
Rhia Molino

LAUREN DOHERTY, BCAv
North Yorkshire



Eleven years ago, Lauren was involved in a life-changing road traffic accident, which left her paralysed, needing round the clock care. Following several operations

and a 16-month stay in different hospitals she was determined to breath on her own without a ventilator. Two years later she was able not be totally dependent on a machine to breath. Five years after the accident, Lauren moved into her own purpose-built accommodation.

Having experienced the devastation that a lack of concentration could cause, Lauren wanted others to learn the consequences of road safety. Her message is relevant to all age groups. From her first primary school, speaking to a group of 10 children in 2016, she has since spoken to over 3,000 children and young adults to

date. Children respond to Lauren and the fact that she delivers the message personally really does have an impact. Seeing her in person, needing someone to hold her notes, give her a drink if she needs one and that she has a tracheotomy in situ, means you can hear a pin drop when she talks.

The Learn and Live campaign is now delivered in collaboration with North Yorkshire Police, Harrogate & District NHS Foundation Trust, 95 Alive, North Yorkshire County Council and Harrogate Borough Council.

Nominated by:
Rebecca Blunstone

ADRIAN DUCKER, BCAC

Surrey



Adrian has been volunteering in various roles at 1st Hinchley Wood Scouts for 45 years. He has led the group through lean times,

he is a shining example to other volunteers. The group, under Adrian's leadership now has a waiting list for all sections and has won Top Troop trophy 12 out of the last 13 years and contributed almost half of the Esher District's contingent of candidates for this year's World Scout Jamboree in West Virginia.

He has devoted countless hours to the betterment of others, giving up weeks of annual leave to take 25 teenagers camping, cooking, climbing, kayaking and cycling for the last 30 years. He has kept the group going by making the maximum use of frugal funds and innovative fund raising. He

finds time to apply for various grants and together with the group, collates, collects, labels and delivers in excess of 500 Christmas trees every year.

Adrian achieves this through interacting with his whole community, schools, churches, charities, associations and residents. One of his major annual contributions is the May Fair where the whole community get together in what can be quite an isolated area.

Nominated by
Ian Broderick

DR BILL WEBSTER, BCAh

Arbroath



Originally from Scotland, but latterly residing in Ontario, Canada, Dr Bill Webster has changed the way that bereavement services are offered today. When his wife died suddenly in 1983, there was little understanding

or support of the difficulties and trauma faced by the remaining family. Bill was determined to provide a solution to support anyone in a similar situation.

Understanding the first port of call for a bereaved family is often a Funeral Director, Bill began to work with the National Society of Allied and Independent Funeral Directors, facilitating seminars and, to this day, supplying articles for their newsletter.

He was fundamental in creating a Grief Counselling and Support element at one of the points of extreme distress, making the process far more empathetic for those suffering loss. This enabled

funeral directors to understand the far-reaching consequences of the family of the bereaved and to deliver services suitable to their specific needs.

Bill formulated a 'Community Bereavement Support Facilitator Course', which has paved the way for Funeral Directors to hold their own regular local bereavement support groups. Bill's 'The Grief Journey' approach combines education, empathy and encouragement as part of a comprehensive package of grief support methods and materials.

Nominated by:

Linda Jones

ALEX EADES, BCav

East Sussex



Alex lost her 19-year-old daughter to Glioblastoma in 2016. This is an aggressive brain tumour which kills over 5,000 British people each year and is currently incurable. Grief

was a powerful driver for Alex, and she set up 'Charlotte's BAG' (Battle Against Glioblastoma). Since 2016, Alex has overseen and taken part in fundraising just over £190,000 as well as ensuring that Glioblastoma awareness has grown substantially via global and UK media coverage and social media networking.

Charlotte's BAG has enabled the appointment of a senior neuro-oncologist based at Kings College Hospital. This work includes the provision of much faster results, reducing the time frame it took for Charlotte (four months) to less than a week. This means that patients will receive much more tailored care, enabling them to maintain a better quality of life for

a little longer. The results of this research will be shared with the neuro-oncology community worldwide, benefiting people on a national and international level. Every penny raised for Charlotte's BAG goes directly to research; all expenses are funded personally by the chair and trustees.

Since 2016, Alex has continued to update new and existing followers of Charlotte's journey via Charlotte's YouTube channel, which has been viewed over 7.5million times.

Nominated by:
Cressida Brooks

LEIGH YATES, BCAe
Cornwall



Leigh moved from London to Porthleven in 2010 and initially joined the PTA to “make new friends”. She told them ‘she didn’t want to get too involved, just help out at events’. Nine years later and

Leigh has raised over £500,000 for Porthleven school.

Leigh is dedicated to all 260 pupils and for some, her input has been life-changing. Leigh ensures inclusivity by uniting every family to attend events and become involved, including the children, who Leigh encourages to help fundraise.

One of Leigh’s most positive impacts on the school was securing funding from the Armed Forces Community Grant for £70,000, used to fund a multi-use sports facility - where football, netball, running and climbing is available. Many of the children using the facility

did not engage with sport before this was built.

The school also had an empty classroom and a need for an art and cooking facility. Leigh persuaded Interserve to donate a £30,000 pupil kitchen. She fully equipped the kitchen and pupils are taught healthy cooking, with parents invited to participate too. This facility has changed the way children view food and healthy living. Leigh even persuaded a Michelin star chef to come in and cook with the children.

Nominated by:
Charlene Price

KAREN SCHURER, BCAV

Buckinghamshire



Since the death of her youngest daughter Liberty in October 2017, just two weeks after her 14th birthday, Karen has worked relentlessly to raise awareness and funds for research into Ewing

Sarcoma, a rare and aggressive form of bone cancer which predominantly affects children and young adults, most especially teenagers.

Throughout Liberty's gruelling treatment she was an absolute inspiration to those around her. On discovering her terminal prognosis, it was Liberty's wish that her family fundraise in her name so that no other child should suffer as she had. Karen started 'Liberty's Legacy', a special fund of the Bone Cancer Research Trust and to date they have raised over £260,000. This has already helped to fund two promising new research projects into Ewing's, with a further project due to be announced later this year.

Liberty's school friends have cut their hair to make new wigs for cancer patients and taken part in numerous fundraising events in support of Liberty's Legacy. But it is Karen's energy, commitment and sheer determination, even through her grief, that has been the inspiration for so many.

Karen is determined to raise awareness of Ewing Sarcoma and ensure that Liberty's death has meaning, and she is equally determined that Liberty is not forgotten.

Nominated by:

Janet Angilley

JOAN BRIGLIN, BCAC
East Yorkshire



Joan (80) is a very well-respected member of the village community and has been for over 60 years, always the first to offer help, known for listening, and giving her time freely without question. She

works continuously to raise funds for many different charities.

Joan is actively involved in the weekly coffee morning Saturday and Thursday, always there to serve a cup of tea to the participants. She joins in the annual harvest auction raising money for All Saints Church Easington and Care-After Combat which she has done for over 30 years.

Joan is meticulous about making sure flowers are in the church and the church is clean for weddings, christenings and funerals. She is an annual seller of the British Legion Poppy Appeal, holding fundraising

events to raise money to have approximately 100 wooden crosses made for the village cenotaph for Remembrance Sunday every year. Joan also helps with Wednesday bingo at the community hall and is very active in evergreen activities.

Everyone knows her in the village, and she goes about her business helping others quietly and without looking for praise or return of favour. Joan is passionate about making the lives of people within her community better and has done so for six decades.

Nominated by:
Beverley Coverdale

NEIL PARSONS, BCAC

Devon



Neil formed Lypstone Amateur Boxing Club in 1968 and has been involved for the past 51 years. He has guided thousands of youngsters over the years and kept many away

from criminality. The club has suffered setbacks over the years, a burglary where the equipment was stolen, and a fire in the shop above which left the club with severe water damage. Through Neil's determination the club got through these hard times.

Neil works closely with local schools who send young people to the club, many with anger management and Neil, although with no formal counselling training, is able to communicate with the young people and give them better options. He also works closely with emergency services and the probation service and the club is today, one of the top boxing clubs in the West of England.

In 2012 Neil's committee decided to raise funds to extend the club premises so they could accept more members. Neil spent 30 hours a week for the next year researching funding opportunities and by 2013 £92,000 was in the bank. Building work started straight away and within six months a brand-new extension was built. Neil's dedication for the past half century has been of real benefit to the community of Exmouth.

Nominated by:
Kieran Lambert

DEBORAH SLATOR, BCAV
Cambridgeshire



Deborah is the founder and chair of Defibrillators for All, a registered charity established in 2013. Inspired by the death of a close family friend from cardiac

arrest, Deborah has worked tirelessly to create a charity to install defibrillators in the local area. Whilst working at Royal Mail, she obtained her first aid education and was determined to ensure more public access to defibrillators was available together with more information on how to use them. She has devoted all her time to charitable first aid activity.

Deborah has raised more than £100,000 to install and maintain forty-five public access defibrillators across the town of Whittlesey, this is more per head than any other town in the UK. The town has a population of 16,000 people. Deborah also provides help, advice

and support to other schemes in nearby towns. She has raised considerable public interest for the need for CPR. Thanks to Deborah, no one in Whittlesey is more than 5 minutes away from a defibrillator.

Deborah has also supplied defibrillators to all five local schools and through a series of talks at school assemblies, has inspired every child to know what to do if they came across someone suffering a cardiac arrest.

Nominated by:
Alan Sharkey

WILL HARRIS, BCAv

West Yorkshire



Will was one of Luv2MeetU's first volunteers when the organisation was created over 10 years ago. Luv2MeetU is a friendship and dating agency for people with learning disabilities run by the national

learning disability charity HFT, which is a community interest company managed and run by adults with learning disabilities. Luv2MeetU supports people to make friends, share interests and develop relationships. It supports over 300 members that attend around 600 events per year in the community.

Every month Will organises and supports up to 6 people with learning disability to attend a day of activities in the local community or surrounding area. Whilst having a disability himself, Will is dedicated to supporting people to make friends and grow in confidence. Unlike other volunteers Will independently organises and facilitates day trips to different towns and cities in

addition to having a full-time job himself. Will has accumulated nearly 1,000 hours of volunteering despite suffering from cerebral palsy.

Will personifies the aims of Luv2MeetU and contributes to the lives of people with learning disability in more ways than just volunteering. He supports a group of people that would otherwise not leave their homes and enables them to enjoy meeting new people and socialising.

Nominated by:
Sharon Kennedy

HENDERSON MOORE, BCAC
Cheshire



Henderson (or Henny as he prefers to be called) set up the ACE Club 36 years ago for adults with special needs and disabilities. Henny calls it 'A Special Club for

Special People'. There are weekly Disco's and he also arranges special parties for occasions such as Bonfire Night, Halloween and Christmas, also giving out Christmas presents.

Henny arranges day trip outings for all the club members, taking them to places of interest and education. Henny also arranged funds for a large static caravan with wheelchair access, which is located at Presthaven Sands in North Wales. Club members use this for holidays, and he runs this service with his team of enthusiastic volunteers. Henny also runs many fundraising activities to support the club.

The club is accessible to people with special needs from all around the area, the Wirral, Cheshire and North Wales. There are no other clubs like this locally and it gives users an opportunity to experience a social life, reduce isolation and a forum to meet friends and enjoy themselves.

Henny has been running Ace for 36 years and clearly enjoys giving back to people in his community and he is dedicated to keep Ace going for as long as possible.

Nominated by:
Elaine Richardson

MOLLY BIRD, BCAv

West Midlands



Molly is one of the most popular and long-serving volunteers at Marie Curie, who during 25 years of service has provided a regular, supportive presence as part of the reception team at West Midlands Hospice in Solihull.

Molly provides a warm welcoming face to visitors of the hospice, assisting them with their enquiries and signposting them in the right direction. She is a great comfort to patients and families who are new to the hospice, providing a calm and reassuring presence during a very difficult time in their lives. Molly always maintains a professional and responsible approach and understands the boundaries within her volunteering role.

In addition to her volunteering at Marie Curie, Molly also volunteers with other local charities such as The National Trust, also for 25 years and is an active member of her local church. Not only has Molly

volunteered for Marie Curie for 25 years, but this year also celebrates her 90th birthday – still continuing to volunteer. Molly's contribution to volunteering has positively impacted the local community.

The number of patients and families that access the hospice services rely heavily on support from volunteers, Molly's reliable and consistent dedication, has enabled Marie Curie to maintain a high level of support to those families.

Nominated by:
Hannah Nolan

MARGARET WOOLHOUSE, BCAC
Buckinghamshire



Margaret, known as Peggy, joined the Women's Institute in the 1950s when a small group of members wanted to form a singing group. Peggy had been given opportunities to develop singing at an early age and played the

piano. Through Peggy's leadership the reputation of the choir grew and soon community members not in the WI wanted to join. 50 years ago, the Heath Singers Ladies Choir was formed, with Peggy at the forefront, volunteering her time to promote the choir at every opportunity.

The choir joined in with village pantomimes and Peggy helped with village carnival floats and soon the choir was giving concerts in the village community centre and raising money for local charities.

Peggy is now 88 and still full of determination, always willing to

be involved in music within her community. 16 years ago, having lost her beloved husband, Peggy picked herself up carried on supporting thousands of adults and children to both participate and enjoy music. She has the rare talent of being able to play an audience and involve them with the choir. The choir exists because of Peggy and without her the choir would not enjoy the huge community involvement that it does.

Nominated by:
Lynette Rimmer

TONY FOULDS, BCAC

South Yorkshire



For 66 years, Tony Foulds has tended a memorial garden in memory of lost souls from the US Air Force in WW11. Tony was just a child when a US Aircraft, damaged by the Luftwaffe, flew

overhead while he was playing with friends in a Sheffield Park. The pilot waved to the children to go from the area as they tried to land in the only open space available. Not realising, the children simply waved back. The Pilot pulled up and crashed into trees instead, killing all on board. Tony realised the US Airmen crashed to avoid killing him and his friends.

When a memorial was built to commemorate those who had passed, Tony aged 17 started tending it and the surrounding woods regularly, originally spending half an hour a week,

which has built up to 4 hours a day, 6 days a week.

A chance meeting with a BBC Presenter, Dan Walker allowed Tony to tell the story of the Airmen. He dreamed of having a fly-past in their honour and the presenter, touched by Tony's tireless dedication helped make his dream come true - just 6 weeks after the meeting, a fly-past commemorating 75 years since the crash took place.

Nominated by:
Lorraine Sass BCAC



Places for People is a leading placemaker in the UK. We believe that places work when they work for everyone. Our places are designed for the long term, with heart and soul, and sustainable value at their core. We take a commercial approach to delivering social impact – this is what makes us different.

“We are very proud to once again be supporting the British Citizen Awards which celebrates the positive impact each of the medallists is having on their communities. On behalf of Places for People, I am delighted to be part of the celebrations and would like to extend my thanks and congratulations to each and every one of the recipients for their truly inspirational contributions.”

Pat Egan,
Group Executive Director for Affordable Housing at Places for People



We are a retail convenience business with over 950 company and franchise stores operating in neighbourhoods across Great Britain. We employ more than 10,600 colleagues many of which are from the local communities we serve.

The majority of our stores open seven days a week from 6am to 11pm and offer local communities a range of convenience food and household goods. For added convenience many stores offer additional services including free cash machines, Post Office, PayPoint, lottery

We pride ourselves in giving back to our local communities, over the last three years we have donated in excess of £1 million to local communities through our carriers for causes scheme and volunteered over 90,000 hours.

"We're proud to sponsor the British Citizen Awards for the first time this year. We pride ourselves in serving communities across the country and giving back to them on a daily basis. It's an honour to help recognise individuals that go above and beyond in their local areas, and change people's lives for the better every day. Such commitment deserves to be celebrated."

Jonny McQuarrie, Managing Director, One Stop Stores Limited



Pampers® was founded in the 1950s by Victor Mills, an American engineer, who was working for Procter & Gamble (P&G). At the heart of Pampers values is its' commitment to every baby's happy, healthy development and the range includes both nappies and wipes. Pampers has supported communities through global programmes such the Pampers-UNICEF campaign established to eliminate maternal & neonatal tetanus as well as national programmes such as #thankyoumidwife which celebrates the supportive role of these caregivers towards parents & families in the early days of life.

Pampers' holding company, P&G, was founded in 1837 and its brands are used by nearly 5 billion people around the world: we believe in doing what's right and being a good corporate citizen. Our Community Impact activities in the UK include signature programmes such as our long-standing relationships with In Kind Direct to whom we donate products which are then passed onto thousands of charities across the UK and our support for Look Good, Feel Better a charity dedicated to helping boost the physical and emotional wellbeing of people undergoing cancer treatment. Visit pg.co.uk for more information.

“Supporting the communities in which we live and work is a fundamental belief for us. All those being recognised with a British Citizen Award have achieved greatness, showing real determination and commitment and doing so because they care in their causes and communities. They truly are the unsung heroes of our country and we congratulate each and every one of them on their achievements”

Nicole Hallak, Brand Manager, Pampers, Northern Europe



The Co-operative Bank plc provides a full range of banking products and services to around four million retail and SME (Small and Medium Sized Enterprises) customers and is committed to values and ethics in line with the principles of the co-operative movement.

The Co-operative Bank is the only high street bank with a customer-led ethical policy which gives customers a say in how their money is used. Launched in 1992, the Policy has been updated on five occasions, with new commitments added in January 2015 to cover how the Bank operates its business, products and services.

“The Co-operative Bank is delighted to celebrate the achievements of ordinary people who have made extraordinary things happen in their local communities. As a business that’s driven by our customers’ ethical values, we recognise the social, economic and environmental impact of our activities. In a similar way, the medallists have made a hugely positive contribution to their communities and it is right that they should be recognised in this way.”

Deborah Darlington, Head of Brand & Marketing, The Co-Operative Bank



Experian is the world's leading global information services company. During life's big moments – from buying a home or a car, to sending a child to college, to growing a business by connecting with new customers – we empower consumers and our clients to manage their data with confidence. We help individuals to take financial control and access financial services, businesses to make smarter decisions and thrive, lenders to lend more responsibly, and organisations to prevent identity fraud and crime. We have 16,500 people operating across 39 countries and every day we're investing in new technologies, talented people and innovation to help all our clients maximise every opportunity. We are listed on the London Stock Exchange (EXPN) and are a constituent of the FTSE 100 Index. Learn more at www.experianplc.com or visit our global content hub at our global news blog for the latest news and insights from the Group.

“We're thrilled to be sponsoring this year's British Citizen Award, an important event recognising individuals doing extraordinary things in their local communities. It's a fantastic opportunity for us to meet and celebrate some of the most inspiring people in the UK changing people's lives for the better. By celebrating these role models, we hope they can inspire others to follow in their footsteps. We're honoured to put our name to this event and wish everyone nominated the very best of luck.”

Jan Barratt, Head of Community Partnerships UK&I, Experian



Specsavers was founded by Dame Mary Perkins and her husband Doug in 1984 with one vision – to provide affordable, fashionable eyecare for everyone, at a time when high prices for optical care and limited choice were the norm. Their spirit of British entrepreneurship revolutionised the industry and today Specsavers is a well-known high street retailer with 2,000 stores in ten countries around the world, including more than 300 stores in Australia and New Zealand, while its humorous ‘Should’ve gone to Specsavers’ advertising line has become a much-used phrase.

“All the nominations have, behind the scenes impacted on the lives of those around them and deserve public recognition. That recognition is the ‘people’s honours’ under the banner of the British Citizen Award, who will now bestow a medal and the right to use the letters BCA. “I thank you for making our world more human with your acts of goodness”.

Dame Mary Perkins, Co-Founder of Specsavers and BCA Patron



Unity Trust Bank is the bank you can be proud to bank with. We help organisations to prosper and contribute to economic, community and social change. Put simply, we're here to help create a better society. All our funding comes from customer accounts. We use the deposits our customers entrust to us to fund lending which supports the communities we collectively serve. As well as being socially responsible, we are financially sustainable. Our customers benefit from a personal service from our UK-based Customer Service centre and our team has a wealth of commercial banking knowledge and expertise to support businesses to prosper and communities to thrive.

“Unity Trust Bank is proud to sponsor the British Citizen Award for Services to Business (BCAb), an award which recognises exceptional people from the business community who can be held up as role models to inspire others.”

Margaret Willis, CEO, Unity Trust Bank

The British Citizen Award



It is the endeavours of The British Citizen Award medalists which makes life in Great Britain so much better for so many – kinder, more supportive, more humane.

The British Citizen Award is the nation's way of saying 'Thank You' to this special group of people. Each one of the incredible people being honoured today richly deserve their recognition.

We are fortunate to live in a society where people consider one another, a society which respects individuals, and a society which is largely caring. We are also fortunate to be living among people who are moved by others,

and who bring them to our attention through nominating them.

Our gratitude is extended to all our Patrons, Ambassadors, Assessors, Nominators, Medalists and a special mention of our Sponsors, all of whom are proud to share this celebration – thank you all for the part you play in making Great Britain better.

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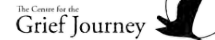
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