



PALACE OF WESTMINSTER
OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD

25 January 2018

The following organisations are proud supporters of The British Citizen Award:



PATRON



SARAH, DUCHESS OF YORK

Congratulations to all 36 deserving medallists. Your contribution to society is positively impacting on communities up and down this country and your selfless actions are utterly deserving of this prestigious British Citizen Award honour. I am proud to be part of your celebration and to add my gratitude for the good that you do.

I read your stories, I admire your commitment and I am grateful to live in a society where people care for others. A society made better by the 36 being honoured today, and the 179 who have been honoured before. You are all justifiably becoming members of an exclusive group – exclusive, yet growing. Despite the horrors of the recent headlines, there are

far more good people than bad in our communities, and those being recognised today personify the very best in society.

So, thank you for doing what you do; thank you for giving everyone something to celebrate; thank you for making a positive contribution; and, thank you for allowing me to play my small part in recognising your achievement. The British Citizen Award is the emblem of your achievement, but your actions ‘shine the light of good’ on society.

A handwritten signature in black ink, which appears to read 'Sarah'.

Sarah, Duchess of York
The British Citizen Award, Patron

HOUSE OF LORDS HOST



THE LORD DHOLAKIA

Educated in India and Tanzania, Lord Dholakia came to Britain to study at Brighton Technical College. His first job 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 President 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 and also a Privy Councillor.

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

Full of originality and ideas, Matt brings something fresh to every project he works on.

His trademark programme is the BBC1 hit *Rogue Traders*, but his abilities and passions stretch beyond the consumer journalism where he's made his name.

Matt has been a fixture of the TV schedules for over twenty years. After teaching in Japan, he qualified as a broadcast journalist, starting out as a presenter and producer in BBC newsrooms. Since then, he has crossed the globe to make *Scambusters*, *Brassed off Britain*, *Rogue Restaurants*, *Christmas on the Frontline* and *The Secret Tourist*, amongst many others. Other BBC projects include *Watchdog*, *You've Been Scammed*, *Fake Britain*, *Food*

Inspectors and *The Housing Enforcers* which Matt co-devised with Two Four Productions. Matt has also hosted two series of BBC One's quiz show *The Code*.

Matt is a BBC go-to for live TV playing a key role in the BBC's Royal Wedding coverage over the summer of 2011, and the Queen's Diamond Jubilee in 2012. He is also a regular presenter and reporter on *The One Show*. Matt thoroughly enjoys putting pen to paper, and was nominated for PPA columnist of the year in 2013. He is also a skilled radio presenter.

His passions include music, which he performs in a variety of bands, tennis, which he plays badly, and Liverpool Football Club, for whom he lives in hope. Amongst the charities Matt supports is SANDS, of which he is proud to be a patron.

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

Bradley Walsh –
Actor & TV Presenter

Ambassadors

Des Benjamin –
Chairman, Royal Hospital for Neuro-disability

Duncan Slater –
former Sergeant and Afghan War Veteran

Madi Sharma –
Entrepreneur & Member of the EESC

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

Shane Yerrell BCAC – Founder, Through The Fight

Endorsers

Dame Linda Dobbs –
Former QC and High Court judge

Roger Black, MBE –
1996 Olympic 400m Silver Medalist

The Rt Hon. the Lord Dholakia
OBE, DL - Deputy Leader, Liberal
Democrats, House of Lords

Angus Munro –
Founder of AM Casting and one of
the top five casting directors in the
world

Lord Digby Jones –
Former Director General, CBI

James Roe, MBE – 2012 Paralympic
Gold Medal winning rower.

PATRON



DAME MARY PERKINS

“Welcome to the seventh 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 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”.

A handwritten signature in black ink that reads "Dame Mary Perkins".

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



The British Citizen Award

Welcome to the seventh British Citizen Award presentation ceremony. To date, we have honoured 179 individuals for their positive impact on society. The raft of good causes which these 179 support reaches far and wide. We are proud to be recognising another 36 individuals today, who are equally, making a positive impact.

We would like to thank: our independent assessment panel who give of their time freely; our supportive patrons; our growing group of ambassadors; and, all of

our sponsors, whose support is invaluable.

Today's medal presentation is designed to shine the light of good on the achievements of each medallist. We want to create a special experience for all the medallists, an experience that money cannot buy, and one which will remain a highlight in the lives of those attending forever.

Our thanks are extended to The Lord Dholakia and everyone involved in making this Presentation Ceremony a very special event.

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.

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 British Citizen Award
January 2018

ROLL OF HONOUR

Dr. ABDULLAH KRAAM, BCAh
West Yorkshire



Abdullah is a consultant child psychiatrist from West Yorkshire who fled war-torn Kabul as a teenager and went on to develop one of the UK's largest services for vulnerable

youngsters with mental health problems.

Abdullah, 53, single-handedly began setting up the FCAMH service in Wakefield which is commissioned to provide forensic mental health services for children and young people in the criminal justice system. Abdullah created and built this now highly successful and award-winning service with a commitment to providing the highest quality of care to some of the most vulnerable young people in the community. The mission statement of FCAHM is "to enable people to reach their potential and live well in

their community". As a direct consequence of Abdullah's dedication, commitment and personal sacrifice the service achieves this mission.

Abdullah was nominated for a BCA by his colleague Stacey Phillips who said: "Abdullah's contribution to healthcare is truly exceptional, he has dedicated his life for the past seven years to growing and embedding this highly successful service because he cares genuinely and passionately about the young people he works with".

Nominated by:
Stacey Phillips

**ANN-MARIE
LYONS-MUMMERY, BCAC**
Essex



Ann-Marie is a mother-of-two who founded a support group for parents of children with special

needs, while also raising thousands of pounds for charity.

She has taken on various voluntary roles in the community whilst also caring for her son George, 16, and Ollie, nine, who has extremely complex and special needs. Ollie has been diagnosed with autism, ADHD, Oppositional Defiance Disorder, multiple anxiety disorders, Tourettes syndrome, depression and is currently under investigation for Scoliosis of the spine.

Although she is Ollie's main carer, Ann-Marie volunteers for Home Start and First Step which help families with young children with severe medical conditions.

Determined to ensure other parents didn't face the same lonely struggle she had faced when Ollie was younger, she set up SEN Coffee – a special group to support parents of children with special needs where they could celebrate their children's achievements and lean on each other when times get difficult.

Her nominator said: "Ann-Marie's altruism seems endless. Although she has two sons of her own, she thinks of and cares for others extensively, leaving little or no time for herself."

Nominated by:
Ellen Lyons-Corr

ANTHONY EBBUTT, BCav
Staffordshire



Anthony Ebbutt is a former pub landlord from Staffordshire who has raised tens of thousands

of pounds for charity while caring for his mother and two brothers during their battle with Huntington's Disease

Anthony, has organised numerous fundraisers for a number of good causes over a thirty-year period. But it was the death of his close friend Ray Mason, aged just 45, in 2008 which saw Anthony step up his fundraising efforts organising an annual memorial golf day which raised more than £13,000 for the British Heart Foundation. Ray died suddenly from heart failure and it affected Tony deeply, after he had also seen his wife suffer

from heart disease and have to undergo a double heart bypass just a few years before.

His nominator said: "Tony is a pillar of the community and most people locally have heard of him and think very highly of him. His numerous selfless acts, community work and projects throughout his life has made him a role model to many, and positively changed lives for lots of people."

Nominated by:
Cllr. Jason Whittenham

CHRIS CLARK, BCAe
Hampshire



Chris, is renowned as one of the world's best sea anglers, a former World Champion who has won 23 world medals. Following a near-fatal accident in 2001,

and suffering devastating injuries Chris decided to devote himself full-time to supporting youngsters in the sport and making it more accessible.

As coach of the Under-16 team, he has taken them across the world to compete, often using his own money to cover costs. But the 68-year-old is adamant that the sport should be available to all and not just those who can afford to fund it themselves.

Over the last 3 years Chris has had a lead role in developing and coaching on the Angling Trust Talent Pathway, a training

programme designed to help Junior anglers transform into world class anglers. His dedication to coaching young talent helps to ensure that these young people have a solid role model and learn values that they may have otherwise not experienced.

His nominator said: "He has made a huge impact by sharing his knowledge. He teaches young people how to improve their fishing and imparts a vast wealth of knowledge of the sport".

Nominated by:
David Graham

DAVID EVANS, BCAo

Dundee



David is an engineer who has worked tirelessly for the past four years to provide educational opportunities for children in areas

ravaged by war, helping children and students in Iraq, Syria and Turkey.

Despite jeopardising his career, he continues to help thousands of children, refugees, and students. Without support, alone, and desperate for help, David has organised science lessons for children hosted by world leading experts from CERN, NASA and the National Space Society.

In Diyarbakir, he helped a mother and child group, providing teddy bears for up to 100 youngsters and additional supplies including notepads, pencils, crayons and footballs after their stores were robbed.

His nominator said: "David wanted to not only give them some comfort and hope, but also give them an opportunity to better their lives. I was the victim of a bus bombing back in 2005, David could feel angry about this, but instead, he is determined to make things better for future generations. He believes that people can achieve so much more than the violence that surrounds them with the right support."

Nominated by:
Douglas Evans

Dr. PETER MINTO, BCAe
Co. Durham



Dr. Peter Minto has served his community through education, the legal system and voluntary work. He has managed to combine

a successful 33-year academic career teaching law to thousands of students, with many years of voluntary service.

He developed a joint scheme which allowed law degree undergraduates to complete a Higher Diploma in Paralegal Studies, allowing many students direct access to work in the legal profession.

Dr Minto served as a magistrate for 29 years, and now undertakes voluntary legal work for the local community. He is a member of the Independent Monitoring Board at HMP Frankland, a Category A jail with 820 prisoners, many of whom will never be released. He has

compiled a 'Basic Guide To Making A Simple Will Whilst in Custody' to assist these people in dealing with their affairs, which he offers free of charge

His nominator said: "Dr Minto has led an exceptional life of public service, which has seen a young man from a secondary school background with few formal qualifications take on and succeed in one of the most difficult professions to work in – legal education".

Nominated by:
Amy Purvis

DAVID WASE, BCAv
Worcestershire



David has devoted almost 60 years to supporting his local hospital to raise millions of pounds for vital equipment. He first started

working with the League of Friends at Kidderminster Hospital in 1959, becoming chairman in 1972. In that time, he tirelessly led the League in its fundraising activities to become one of the most effective and successful Leagues in the country.

From a small charity it has developed into a major organisation raising thousands of pounds every year to support hospital staff and activities. David has taken on more than 100 volunteers and 17 trustees during his tenure.

One of his biggest achievements was raising more than £400,000 in under six months in 1999 for the

Milbrook Suite, which provided a number of kidney dialysis beds saving patients having to travel long distances for their regular treatments.

Fred Holland BCAh, his nominator said: “David stands out above everyone else and is an amazing person. Over £4.5million has been contributed since he’s been involved through donations, appeals and profits from its second-hand shops, coffee shop and refreshment service trolley.”

Nominated by:
Fred Holland, BCAh

Dr. DIAHANNE RHINEY, BCAe
Essex



Dr. Rhiney is one of Britain's leading domestic abuse campaigners who turned her focus to the area of domestic

abuse after surviving a murder attempt by her former partner.

She dedicates hundreds of hours a year to mentoring young, single mothers, fostering children from abusive backgrounds and establishing her domestic abuse charity 'SWIM - Strength With In Me'. Her work provides ways to ensure young people are as confident, balanced, heard and equipped as possible.

Frequently speaking at schools, universities and to groups and organisations, she uses her multiple platforms and enterprises to raise awareness on the social, psychological and

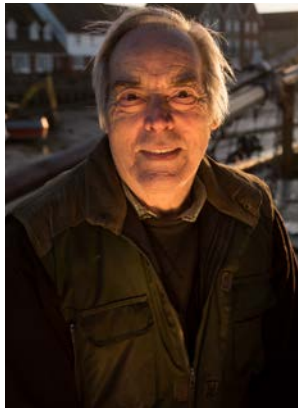
political issues that most effect women and girls. Last year, Dr. Rhiney formed an All-Party Parliamentary Group to have healthy relationships taught in all UK schools as compulsory.

Dr. Rhiney has also set up the Rhiney Awards, which support under-privileged people through university. She says: "I think you have to give people a sense of hope but as a nation we've become too selfish. We should remember that no act of kindness is too small".

Nominated by:
Colleagues

ERIC GREEN, BCAC

Kent



Eric, aged 79, worked single-handedly to restore Faversham Creek's viability after it fell into dereliction. He had the

vision and determination to clear the creek, and obtain the necessary licenses enabling him to do it. He built and maintained a dredger to carry out the work, which has taken him 10 years to complete. The creek is now once again useable by the Thames Barges whose viability was threatened as the creek became so narrow. Whatever the season over the past decade, Eric has worked to the point of exhaustion to see this through.

More importantly, the creek is becoming increasingly used by the townsfolk for leisure,

with visiting yachts from the Continent bringing both revenue and diversity to the area.

Speaking about his nomination, Eric said: "I am completely overwhelmed and a little embarrassed really. This is not what I do things for. I do them because they need to be done. I will use the BCA as a force for continuing the work, as there are a lot of other things we need to battle."

Nominated by:
Derek Meadows

IRENE HICKS, BCAv
Cardiff



Irene, aged 66, has raised more than £62,000 for the Llandough Hospital Breast Cancer Fund, despite the death of three of

her four sons - two in the last 18 months. Irene first started fundraising after a family member was diagnosed with breast cancer in 2015.

Her fundraising achieves £1,000 every month by selling items donated and purchased by members of the community via a very busy Facebook site and a weekly bingo game. Irene has managed to coordinate significant numbers of members of the community, to join forces to make a real and positive difference to the quality of treatment that can be provided by the local hospital that care for cancer patients.

Not satisfied with just making this major contribution, Irene also regularly raises funds for local community events such as Ely Festival and Ely Fireworks Display.

Irene was nominated by Alan Nicholls and Cllr. Susan Goddard, who said: "It seems to be very natural to Irene, a way of life, a way to act. She may see herself as a very grounded, ordinary person, but she is doing extraordinary things every day of her life".

Nominated by:
Alan Nicholls &
Cllr. Susan Goddard

JANE GOULD-SMITH, BCAi
Surrey



Jane Gould-Smith has worked with ex-offenders after their release following her creation of national employment charity, Clean Sheet

in 2010. She saw that there was a chasm between employers and people with convictions; there was no bridge and little trust between these two groups.

Clean Sheet members can access the Clean Sheet Employers Directory, exclusively for ex-offenders, and work with the Employer Team to find suitable work, training or volunteering. The organisation Jane has set up works with employers to educate and support, often as members take their first tentative steps to employment. There are now 105 registered Clean Sheet employers representing over 16,500 business centres, outlets, branches and sites across the UK, including

Boots, M&S, Virgin Active, Halfords, Skanska, Ricoh and BidVest.

Currently Jane works with 22 prisons across the UK, directly and indirectly via partners such as the National Careers Service.

Jane's nominator said: "Jane believes that as long as men and women leave prison jobless, there will always be a need for an organisation which believes that everyone deserves the chance to start again, with a 'Clean Sheet'."

Nominated by:
Jane Holdaway

JENNIFER GILL, BCAV

Fife



Inspirational Jennifer Gill has helped raise more than £455,000 for families affected by cancer after losing her own child to the disease. Jennifer, along with her husband

Andy, created the LoveOliver charity in 2011 in memory of their first son, Oliver, who died from a rare and aggressive form of cancer on Christmas Day 2010 aged just 24 weeks.

Not only have they helped more than 295 families across Scotland with financial support, they've distributed nearly 600 supermarket vouchers to newly diagnosed families. The charity has expanded the practical support it provides to families to include every newly diagnosed childhood cancer family in Scotland.

Jennifer wants to do all she can to help other families facing the

same devastating journey. She thoughtfully chooses gifts for children with cancer, provides supplies for therapists as well as toys, games and books for hospital wards, plus various donations for the CLIC Sargent house in Edinburgh.

Jennifer says: "The financial pressures on families of children with cancer are enormous so we want to relieve that as much as we can. Any publicity for the LoveOliver charity helps no end".

Nominated by:

Mairi Black &
Sheila Morrison

MOAWIA BIN-SUFYAN, BCAe

Vale of Glamorgan



Moawia is a compassionate, caring individual who promotes harmony and peace across multi-cultural communities through educating people. He founded the

Council on Welsh Islamic Relations with the purpose to enhance the understanding of Islam and encourage dialogue through mutual understanding. It looks to promote justice and encourage inter-faith relationships.

Detainees in prison are also a concern for Moawia and he is a Prison Escort, responsible for inspecting the conditions for detained people in prisons, including observing the hand-over from police stations to prisons. This follows his work as a non-commissioned officer in the British Army, and also as a Community Police Trainer at South Wales Police.

Moawia is also a qualified Challenging Extremism Instructor and works with children and young men and women around the dangers of radicalisation and is one of the few active people in this field in Wales. Moawia is an inspirational leader and active in so many organisations that he is passionate about and continues to work part-time at considerable financial loss to himself, so he can continue to undertake voluntary work through so many organisations he is involved with.

Nominated by:
Saba Sufyan

JOHN McGORMAN, BCAv
West Midlands



John, has been volunteering for various charities since the 1970s but it's his work with New Heights Warren Farm Community

Project in Kingstanding, which has helped breathe new life into the organisation. The aim of this project is to meet the needs of the most disadvantaged members of the community, which is achieved by services such as a Domestic Abuse Counselling Service, free legal advice, a befriending service, as well as helping to address poverty and debt in the community.

Since he started in May 2015, John has secured nearly £800,000 of funding, supporting full time and part time positions but most importantly helping the project to deliver meaningful help to

the Kingstanding community. John's exceptional skills have helped refurbish the café, as well as providing vital funding for the Domestic Abuse Counselling Service. There are now more than 100 volunteers signed up to assist.

His nominator said: "Without his support and the time and dedication given to fundraising, we wouldn't be able to deliver the much-needed services that are currently on offer to the Kingstanding community."

Nominated by:
Victoria Bixby

JOHN NEWELL, BCav

Dorset



John Newell helped thousands of disabled people access the peace and tranquillity of the countryside via horse-drawn

carriages during his 20 years of volunteering. The East Holton Driving Centre, affiliated to the Riding for Disabled Association, provides around 1,000 horse-drawn carriage drives a year for the disabled and their carers.

John, along with his wife Margaret, who died in 2007, became involved when the yard was effectively just a derelict area. As a former builder, he personally renovated the stable yard and buildings which enabled the group to function. He carried out all running repairs and would escort the drives almost daily. In winter he would care for the horses, and

was also instrumental in raising funds to ensure the group could continue to thrive.

His nominator said: It is a significant tribute to him, that thanks to his hard work and dedication it remains operational after so many years and can be enjoyed by so many less abled people”.

* Sadly, Mr Newell lost his battle with throat cancer in May 2017 before he could receive his honour in person.

Nominated by:
Geoff Lonsdale

**JOY HUDSON, BCAC &
JOHN HUDSON, BCAC**
North Yorkshire



Joy and John have both been involved with Malton Cricket Club since the 1960s and have spent more than half of their

lives working for the good of others – clocking up 100 years of joint service between them.

Over the years, thanks to their efforts, the cricket club joined up with other local cricket, football and hockey clubs to become the Fitzwilliam Sports Association. Joy was the key figure behind the club obtaining over £200,000 to replace an old wooden pavilion with a secure modern building that could offer proper facilities to a range of local sports teams.

They campaign tirelessly to raise funds to keep the club

going, spending hours in local supermarkets selling raffle tickets and holding charity events. They volunteer for every conceivable activity which keeps the solid foundation of the club going and have never taken any payment whatsoever.

Even an arson attack on the Old Malton Cricket Pavilion left the couple undeterred. They organised pop concerts and other events to raise money to replace this pavilion too.

Nominated by:
Joanne Wedgwood

KOJO MARFO, BCAa
Hertfordshire



Kojo, aged 29, found his passion for the creative arts six years ago whilst studying aerospace engineering at Coventry University. He curated

a bespoke production called My Runway Show, which merges different elements of creative arts powered by an annual theme that empowers young people.

Kojo has managed to diversify his platform into a three-fold operational body that gives opportunities to young people via his creative production; inspires and equips with his youth development seminars, workshops and projects across UK; and community charity project by donating food and clothing items to the homeless people at St Mungo's Shelter every year in December.

He finances everything, and even after a series of losses, still believes a payback isn't always financial. Kojo also curates masterclasses and creative workshops such as film industry nights with BFI and fashion with Condé Nast.

His nominator said: "Working with Kojo I have realised he is very resilient. He never gives up and has single-handedly overseen all the creative arts projects he has successfully launched and executed".

Nominated by:
Pamela Serwaa

LeighAnne Wright, BCAv
Devon



LeighAnne has dedicated the last five years to the baby bereavement charity she started, Little Things & Co. When a family struggled to find any clothes

small enough for the funeral of their baby LeighAnne hand-sewed a suitable outfit for him, allowing the family to bury their child with dignity. She soon realised that they were not unique in their plight and that the problem was affecting many families who had lost babies.

She now expends all her energy to ensure parents who have lost a baby are treated with respect and are supported emotionally and practically. She is a voice for the often, taboo subject of baby loss. Doing all of this whilst working full-time as a funeral director and raising her 14-year-old daughter.

LeighAnne expanded the charity's services which now include: monthly support groups; providing other funeral directors with grave dressings and cribs; and, literature giving baby bereavement advice to professionals. LeighAnne also built a memorial garden within the grounds of Plymouth's Derriford Hospital, where families can place pebbles to remember children they have lost.

Nominated by:
Lynn Cawse &
Harriet Sams

LYNDA SMITH, BCAh
Hampshire



Lyn Smith was a founder member of the Isle of Wight Heart Care Club, a self-funding organisation affiliated to the British Heart Foundation founded in 1991. Lyn

was one of three instructors asked to provide ongoing support and help for heart attack patients who had already completed a cardiac rehabilitation programme following physiotherapy.

Lyn's dedication to the club was such that she even studied for additional qualifications - completing the British Association of Coronary and Pulmonary Rehabilitation - after realising that her keep fit qualifications were inadequate. She now leads three dedicated instructors, who take 14 different classes between them – with Lyn leading 12 of them herself. Their aim is to encourage, support

and improve the fitness of club members - who range in age from those in their forties to people in their nineties - through exercise.

Lyn's nominator, who attends one of the classes, said: "I know from my own experience that without the regular and correct exercise a large number of us would no longer be here. She has helped hundreds of people recover their sense of equilibrium, their joy for life and their confidence".

Nominated by:
Stephen Hancock

**MARGARET McCRRIRICK,
BCAV**

Hampshire



For more than three decades Margaret McCrerrick has been volunteering to help thousands of others in their hour of need. She

joined what was then Camberley Citizens Advice in January 1986, the week after she retired as Deputy Head of Robert Mays School, in Odiham, In January 2018 she celebrated her 87th birthday.

Her nominator said: “She has helped people to access appropriate welfare benefits, get debts written off or re-scheduled, prevented people from becoming homeless, helped people with employment rights, empowered people to challenge consumer services and generally provided people with a better understanding of their rights and responsibilities so that they are better equipped to tackle the problems they face.”

She continues to volunteer every week, coping admirably with a rapidly changing service which now includes a new telephone Adviceline, email, webchat and, a new client management system.

Margaret has also volunteered as Secretary of the League of Friends to Frimley Park Hospital; was an Appropriate Adult - chaperoning youngsters who had been arrested by the police; volunteered with Victim Support; and, was chair of the mental health committee of her local Community Health Council.

Nominated by
Kate Sawdy

MARK JONES, BCAC
Cambridgeshire



Mark is a positive role model to many young people of Cambridgeshire across multiple sports and youth

activities. He works selflessly and with great dedication to ensure that messages on water safety gets into the community. During the last 3 years, Mark has trained 42 community instructors, including 3 for life-saving, 7 rookie instructors and a further 8 to assistant level.

Mark also volunteers with the Ely Rookies, where he is chairman, chief instructor, and club welfare officer. He stepped in to prevent Cambridge Academy Sunday football club from folding when they got promoted in to an FA league, and ensured they complied to meet the new FA standards.

He has been involved with the Royal Life Saving Society for three decades, teaching vital lifesaving skills to children and adults alike.

He is also a parent governor at Colville Primary School and is an instructor and competition official at Fenland Ju Jitsu Club – a sport he has been involved in for 35 years. And in his ‘spare’ time, Mark is a relief duty manager and lifeguard at his local swimming pool.

Nominated by:
Caterina Jones

NICK ANTILL-HOLMES, BCAC
Derbyshire



Nick Antill-Holmes set up and now Chairs his local youth group; is secretary of the charity Saltersford Valley Lunch Club - providing weekly lunches for pensioners

preventing isolationism; is vice chair of the parish council - helping maintain standards in the local community; and, is vice chair of his local Friends of the Village group – providing various events for pensioners and widowers.

Nick also coordinates the village's Speedwatch scheme to campaign to get speed calming measures in place following recent deaths on the main road through the village. He has been instrumental in raising more than £40,000 through his various community roles.

He has helped tackle anti-social behaviour by taking young people

off the streets and into structured activities. By dedicating his time to opening the youth club every Friday night to combat the worst of the behaviour, complaints were reduced from eight per month to zero.

His nominator said: "His dedication to helping vulnerable people in the local community from such a young age is impressive – he first became involved in the youth project when he was just 24 years old".

Nominated by:
Holly Kerley

NIGEL DAVIDSON, BCAv

Derbyshire



Optometrist Nigel Davidson has been instrumental in raising thousands of pounds over 20 years, benefitting a myriad of different charitable causes, including the British Heart

Foundation, the Royal National Institute of Blind People (RNIB), the John Eastwood Hospice, Hearing Dogs, Brake (road safety charity), Ashanti Development and Children In Need.

He has been involved with the relaunch of the local food bank and completed the Three Peaks Challenge, raising funds for Sightsavers International, and has undertaken sponsored bike rides to raise money for Action Medical Research, which helps premature babies.

Most significantly, Nigel started the charity 'Ashfield Eyecare Services' in 2014. The charity delivers free eye tests

and glasses to the homeless, refugees and asylum seekers in the Ashfield area. It is registered with the Charities Commission and was set up with the help of a grant from the Big Lottery Fund.

In 2013, Nigel joined an expedition to Ghana to provide eyecare to an impoverished area of the Ashanti. Describing it as an 'amazing and humbling' experience, he joined another trip two years later, during which more than 1,300 eye tests were conducted and 4,500 pairs of spectacles donated.

Nominated by:
Dame Mary Perkins

JOAN WARD, BCAC

Derbyshire



Joan is a key member of the local community, a parish councillor and very proactive in her role. She has been instrumental in restoring the

River Acre Memorial Gardens in the village, and having it re-dedicated it to the fallen soldiers of the village in the First World War. She put together an in-depth Lottery funding application and was successful. She obtained keen quotes and engaged the best value people to carry out the jobs she couldn't do, i.e. felling trees, laying paths. Other than that, she worked tirelessly to reveal the former beauty and peace of the plot.

With just £10,000 lottery funding, Joan has transformed the 3.5-acre site. She has also created an exhibition of the works carried out, and planned

the re-opening ceremony inviting every villager to the event.

She expends tireless energy across the community: from organising the village picnic; utilising a former telephone box as a home for a village book swap; planting bulbs on the village green; giving regular guided talks on the history of Derbyshire; to even, delivering the parish magazine. Joan is at the centre of everything.

Nominated by:

Susan Kirwan

KAISER NIAZI, BCAC

London



Kaiser is an inspiring martial arts expert from London who has helped transform lives in his local community by campaigning against the

dangers of drugs. He opened his first Taekwondo club in Newham 27 years ago.

He weekly teaches Taekwondo and yoga to more than 200 students, including those with disabilities, at six different locations.

Kaiser is also a passionate anti-drugs campaigner, educating the community on the dangers of addiction. Drawing on his martial arts and yoga experience, he helped a group of 40 teenagers recovering from the physical and psychological effects of addiction. The results achieved were amazing, with reduced stress levels, increased

muscle strength, balance and flexibility and better hand-eye coordination. Aside from the many physical benefits, their confidence levels grew - some went on to enrol in university and one joined the forces.

Commenting on the programme Kaiser said: "The Newham drug prevention project involves bringing the qualities of inner strength and personal discipline to those with a drug problem. The programme gives them a sense that someone cares about them, and, that they are important."

Nominated by:
Abdul Aziz

SABA NASIM, BCAv

London



Saba is an inspirational solicitor who has encouraged more than 1,000 girls to try out cricket over the past eight years – changing many lives in the process. She

joined Wanstead Cricket Club in 2009, and soon established the first girls-only cricket project in Redbridge and East London. She had a vision to make sport, particularly cricket, more accessible to girls in her community and to increase Asian female representation.

Being an Asian Muslim, Saba has been an inspiration and role model to the young girls she has coached. She makes her sessions as inclusive as possible, planning them around prayer times and religious festivals so everyone can join in, no matter what their faith. She uses cricket to empower

girls from a wide range of backgrounds who would often be overlooked. She actively encourages social cohesion, building confidence and leadership skills in the process. She encourages even shy girls who would normally be unwilling to participate in any sports to give her sessions at least one go. The girls' team she coaches at the Redbridge project have gone on to win nine national Chance to Shine Street Tournaments since 2013.

Nominated by:

Husnain Abbas Nasim

SHANI SHAMAH, BCav

Middlesex



Suffering two strokes in one week left Shani Shamah paralysed down her left side and hospitalised for five months. Determined that her condition would not define her,

Shani decided to use her experience to help others.

She has written a book, 'Sorry but this is my stroke, not yours!', which serves to help other sufferers through the use of some light-hearted facts and anecdotes.

Proceeds from the book go to the Stroke Association, where she also volunteers to help raise money, leads support groups and helps with research.

Shani is determined to help other stroke survivors and works with the NHS, counselling stroke survivors on a voluntary basis. She is currently working towards a formal accreditation as a post-

stroke counsellor. There are no specific curricula for this type of counselling, so Shani set about writing her own framework to help not only herself, but others who also wish to gain such accreditation.

She is working with universities to educate the next generation of physiotherapists and occupational therapists on patient-centric care of stroke survivors - including post-stroke management - to help survivors to regain the confidence within themselves to live their lives.

Nominated by:
Abigail Shamah

**SHEILA HANSON, BCAC &
DAVID HANSON, BCAC**
Lancashire



Sheila & David Hanson have been involved in junior gymnastics for more than 38 years. David first got involved in gymnastics when his son joined

a local class. The nearest club he could attend was 50 miles away in Manchester and David soon became a parent helper there. He took several coaching courses until he reached senior club coach level.

The pair formed Longbridge Gymnastics Club in 1991 and over the next 10 years, the club's popularity grew to a membership of well over 200 members, meaning new facilities were needed. After 15 years of fundraising and planning, the club moved to the Astra Business Centre. David and Sheila were determined to improve the club, they even

used their house as surety against the lease on the new premises.

Led by the Hansons, the clubs' Parent Group managed to raise £35,000 to purchase equipment so the children have the best facilities possible to train in. Today, the club boasts 400 recreational and competitive gymnasts and over 30 volunteer coaches. Without David and Sheila's commitment the club might well not exist.

Nominated by:
Heidi Kettle

**DAVID HOLBY-WOLINSKI,
BCAc**

Hampshire



David has raised more than £50,000 for cancer charities after losing his mum and grandmother to breast cancer. He was nicknamed 'Dave the

Rower' after his two-year epic challenge in Basingstoke to row 'around the world' on a static machine. The feat saw him gain a place in the Guinness Book of World Records which helped him with the fundraising. He has since completed 18 other endurance challenges to raise further funds for good causes.

Two years ago, David set up his own business and launched a charity wing called Knights4charity to encourage other business leaders to fundraise. His commitment to fundraising started aged eight after his grandmother passed away after battling breast

cancer. Through the years his efforts have continued to help several different organisations, and he also launched a family fun day bringing together people from the community.

His nominator said: "Dave never feels he does enough to help others, so is always coming up with new ways to put his body through the mill - most recently, he completed seven marathons in seven days dressed as a Viking and carrying a ship across his shoulders!".

Nominated by:
Cameron Anderson

STEVEN WALKER, BCav
Worcestershire



Steven serves as a Wyre Forest District Councillor and is an army veteran with 22 years' service. He has helped people and his local

community on a voluntary basis for the past three decades in a wide variety of ways.

During his army career he has fundraised for Kosovo and Sarajevo orphans and a school in the Falklands. Since he retired from service in 2009, he has been fundraising for Royal British Legion where he serves as a Welfare Case Worker for the charity.

He currently serves Broadwaters residents as one of three District Councillors, working together to enhance the local area, and he volunteers with various 'friends' groups within the Broadwaters area in his spare time.

More recently he has been working with the committee of The Horsefair and Proud group, which has raised over £12,500 for the iconic Horsefair Clock Project. He is also secretary for Severn Area Rescue Association based in Kidderminster Fire Station.

Friend Karl Matthews said: "He actively campaigns for residents within our community to get the best services possible and also assists those who need help and support, and he always thinks of his family and others before himself with zeal".

Nominated by:
Deborah Walker

SUE LOCKWOOD, BCAe

Hampshire



Sue Lockwood, a retired maths teacher, has assisted hundreds of pupils to improve their grades, during a volunteering career

spanning more than a decade. Using her skills and experience to support staff and pupils at The Arnewood School Academy, in New Milton, since 2006, Sue has been instrumental in several pupils outperforming expectations.

Her motivation is the belief that all young people can achieve given the right support. She has supported the maths department at the school for three days per week for the past 11 years. Her efforts are used not to replace or cover for staff gaps, but to truly complement the school's ability to deliver the best opportunities for young people in the community.

One of the groups she has helped for several years achieved the best set of GCSE maths results the school has ever had, with an impressive 21 A* and nine A grades.

In addition to assisting students, Sue also plays an important part in encouraging and mentoring young maths teachers, helping to build their confidence and skills in the classroom.

Nominated by:

Jim Lockwood

TOBY FREEMAN, BCAh

Essex



Toby's brother Robin was diagnosed with germ cell cancer in January 2011, and passed away aged just 24. The family

was struck by the lack of information available to the public and vowed to raise awareness of these forms of cancer in 16 to 35-year-olds groups, focusing on testicular and ovarian cancers. Toby founded the Robin Cancer Trust in March 2012 and has worked tirelessly for it ever since.

Both testicular and ovarian cancers are over 90 per cent curable if detected early, so by raising awareness of the signs and symptoms, there is a very real opportunity to save young lives. The Robin Cancer Trust promotes a simple message:

don't be embarrassed; take responsibility for your health; and, seek medical help if needed. Toby has given, and continues to give, his absolute all to these objectives within this target group.

Toby's determination, ambition, vision and sheer hard work have enabled the charity to go from strength-to-strength. From an idea formulated around the family kitchen table, the Robin Cancer Trust is now a charity with national standing.

Nominated by:
Joanna Harwood

WALTER INNES, BCAC

Aberdeenshire



Walter has given up almost every Monday night for the past 22 years to coach budding footballers in Peterhead and the surrounding

areas at his Hexagon Football Coaching club, only missing an amazing total of five sessions in the whole of that time.

Passionate and dedicated to football and the community, he is now teaching the children of some of the dads he originally taught many years ago. And while the sessions can at times be frustrating due to the age group spanning from five to 12-years-old, Walter never loses his patience or says a bad word about his group.

Walter not only teaches the children football skills, but life skills too. He ensures that no

child is left out and mixes up the group to encourage less confident children to fully participate. He has helped many children with disabilities to participate in the sport throughout the years, including children with down's syndrome, cerebral palsy and Asperger's – no child is discouraged or turned away and are always integrated into the groups. He has also contributed to fundraising thousands of pounds for charity over the years.

Nominated by:
Ross Mann

WAYNE KNOWLES, BCAC
Greater Manchester



Wayne's passion for martial arts has seen him dedicate more than four decades to volunteering after he set up the British Freestyle

Karate Academy in Walkden, now the longest-running voluntarily-established martial arts club in Great Britain.

Realising that not everyone was interested in martial arts but knowing the importance of a healthy lifestyle, Wayne funded and set up a community gym teaching weight training, body building and fitness, giving the people of Hulton and Walkden affordable fitness training.

Wayne first started giving back to his local community at the age of 16, fundraising for the community and volunteering at Greenheys Youth Club to

help keep young people off the streets. He continued this role for nine years, eventually becoming a senior youth club leader, organising and running sports teams, fundraising events and taking members of the club on holiday.

Through the karate club and his voluntary work, Wayne has helped and guided hundreds of people, young and old. Some of his former members have even gone on to start their own full-time gyms and martial arts centres.

Nominated by:
Lisa Noble



Places for People are one of the largest property management, development and regeneration companies in the UK. Our vision is to ensure successful places and enable people to reach their potential. Corporate responsibility is at the heart of what we do, and we are proud to support The British Citizen Award and to celebrate the positive impact people have on the lives of others.



Cisco is the worldwide technology leader that has been making the Internet work since 1984. Our people, products, and partners help society securely connect and seize tomorrow's digital opportunity today. We apply our technology and expertise to accelerate global problem solving. We've shown for more than 20 years how technology and digitization can open the door to innovation and positively affect people, society, and the planet.



Irwin Mitchell is a leading UK law firm. With decades of experience, our social responsibility programme is a fundamental part of who we are, ranking in the Corporate Responsibility Index for the Top 100 responsible businesses. Our registered charity 'Irwin Mitchell Charities Foundation' has made over £1 million in charitable donations to a wide range of communities and charities. We are honoured and proud to support The British Citizen Award to celebrate the positive impact and difference people can have on lives and communities.



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 1,800 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.



Nathan Rous PR is a leading integrated communications firm working with brands across the UK and Europe to raise their profile, drive engagement and showcase the stories of the people who work for them - telling stories through PR, video and social media channels.

We jumped at the chance to support the British Citizen Awards to help underline the extraordinary impact made by everyday people in communities up and down the country.

All of us have been moved and inspired by the heroic tales of courage, determination and endeavour which highlight the very essence of what makes Britain 'Great'. Now it's our job to give these recipients the profile they deserve.

With thanks also to:



The amazing people honoured by The British Citizen Award have helped all these causes. Congratulations to all involved.



Dr. Abdullah Kraam BCAh	Moawia Bin-Sufyan BCAe	Joan Margaret Ward BCAC
Ann-Marie Lyons-Mummery BCAC	John McGorman BCAv	Qaiser Niazi (Mr) BCAC
Anthony Ebbutt BCAv	John Newell BCAC	Saba Nasim BEM BCAv
Christopher Clark BCAe	Joy Hudson BCAC	Shani Shamah BCAv
David Evans BCAo	John Hudson BCAC	Sheila Hanson BCAC
Dr. Peter Minto BCAe	Kojo Marfo BCAa	David Hanson BCAC
David Wase BCAv	LeighAnne Wright BCAv	David Holby-Wolinski BCAC
Dr. Diahanne Rhiney BCAe	Lynda Smith BCAh	Steven Walker BCAv
Eric Green BCAC	Margaret McCrirrick BCAv	Sue Lockwood BCAe
Irene Hicks BCAv	Mark Jones BCAC	Toby Freeman BCAh
Jane Gould-Smith BCAi	Nick Antill-Holmes BCAC	Walter Innes BCAC
Jennifer Gill BCAv	Nigel Davidson BCAv	Wayne Knowles BCAC

The British Citizen Award
6 Lower Grosvenor Place
Westminster, London SW1W 0EN
T: 020 3002 7764
www.britishcitizenawards.co.uk
@CitizenAwards

