



PALACE OF WESTMINSTER
OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD

24th January 2019

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



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PATRON



SARAH, DUCHESS OF YORK

Congratulations to all 30 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 30 being honoured today, and the 283 who have been honoured before. You are all justifiably becoming members of an exclusive group – exclusive yet growing. 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 cursive script that reads "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



MICHAEL UNDERWOOD

Michael has a wealth of live television presenting experience and the rare ability to work across entertainment and factual programming; he is one of the most talented and likeable presenters on our screens today.

He currently presents the second series of a show with Eamonn and Ruth for C5 called Do The Right Thing. Last year, he returned for series two of ITV's prime time current affairs programme Real Stories with Ranvir Singh, has narrated a twelve-part show for Insight TV called Running the World and has recently gone back to breakfast television as the regular guest Entertainment Editor on Good Morning Britain and reporter for This Morning.

In 2015 Michael hosted the inaugural British Citizen Award, where he was moved by the generosity and selflessness of the medallists. Work commitments prevented Michael from hosting the British Citizen Award Medal Presentation ceremony until the summer of last year, and we are thrilled he has agreed to join us once again.

"Having presented the very first British Citizen Award, it's a real honour to be invited back and a privilege to be able to accept. I'm looking forward to meeting more truly incredible people who are rightfully being recognised for their contribution to their communities."

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

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

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 BCAv, Founder, Through The Fight

LeighAnne Wright BCAv, Founder, Little Things & Co

Reece Ryan BCAv, Ambassador, James Bulger Trust

Endorsers

Dame Linda Dobbs,
Former QC and High Court judge

Roger Black, MBE,
1996 Olympic 400m Silver
Medalist

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
Paralympic Gold Medal winning
rower.

PATRON



DAME MARY PERKINS

“Welcome to the ninth 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 black ink that reads "Dame Mary Perkins". The signature is written in a cursive, flowing style.

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 British Citizen Award
January 2019

ROLL OF

HONOUR

ANDREW WILLIS, BCAv
Oxfordshire



Andrew created Banburyshire Advice Centre, a charity offering the disabled, elderly, unemployed and people in poverty help not

available elsewhere. Andrew, a graduate and former teacher, raised over £60,000 through grant applications and selling his own art cards. He is particularly proud that in one year the net gain through benefit advice to clients was over £51,000. Additionally, the charity provides essential items such as food vouchers, securing grants and successfully negotiating repayment terms with landlords to prevent homelessness. On arrival at the centre all clients see an adviser, consultations can last up to three hours. Advisers help in completing forms and work hard to achieve the best possible outcome. After dealing

with the primary issue, advisers then work on understanding the underlying challenges, this way they are able to genuinely bring a stop to the often-downward spiral of poverty.

Whilst the centre is not designed to offer debt counselling, it is geared towards helping people avoid debt. Often it is the most desperate people that turn to the Advice Centre as a last resort, and yet Andrew feels privileged to volunteer and sees the smile of a relieved client as his true success.

Nominated by:
Tina Turvey

VALERIE GWYNNE, BCAv
South Ayrshire



Since 1971, Val has been an energetic and committed volunteer with a host of local and national charities and organisations. For over 20 years she chaired the local

Christian Aid group and was responsible for organising the Christian Aid Week collection, raising £10, 000 - £12,000 annually.

In 1975 she set up and ran a pre-School Playgroup, supported by the SPPA, she remained involved for 20 years and regularly undertook specialist training in areas such as speech therapy and learning support. In addition, she and her family provided voluntary respite care for special needs children which included accommodating them in the family home.

This truly community-spirited individual also carried out voluntary work with, the 31st Ayrshire Scout Group, Troon Youth Centre Committee and Troon Arthritis Group. Most recently Val's focus has been Troon's Fairtrade Initiative, where she was instrumental in achieving Fairtrade Town status for Troon (2010) and Fairtrade Zone status for South Ayrshire District (2017). Val has shown boundless energy and a strong commitment to many causes within the local community in support of a range of voluntary groups, both young and old.

Nominated by:
Annie Howie

CLIFF VAN TONDER, BCAa

East Sussex



Cliff moved to England from South Africa in 2004, bringing with him 25 years experience of directing and conducting choirs all over Southern Africa. Settling in Cobham, he realised that there

was a lack of choirs accessible to those with no choral or musical experience. In 2005 he established Elmbridge Choir, an affordable, inclusive, non-audition community choir, giving people, regardless of background or musical experience, the opportunity to enjoy choral singing and performance, whilst giving something back to the community.

Fast forward 13 years, Surrey Music (formerly Elmbridge Music), founded and directed by Cliff has raised more than £175,000 for charity, has created a community big band, supported a youth band and created weekly music lessons for adults with learning disabilities.

Keen to support local music and talent, Cliff established a music grants scheme, which for four years awarded grants totalling £14,000 for musical initiatives – from mother and baby music classes, to rock guitar tuition for a talented teenager and drum lessons for a 70-year-old.

Exceptionally and surprisingly, Cliff has had no formal music training and is entirely self-taught and although he moved to East Sussex five years ago, continues the weekly 120-mile round trip to Cobham to take rehearsal.

Nominated by:
Debbie Groves

DAVID WOOD, BCAv

Dorset



David is a volunteer for the charity Help 4 Homeless Veterans. He is the leading fundraiser and acts as a first point of contact and case worker, creating empathetic

relationships quickly and offering sound advice. He accompanies many homeless veterans to meet Council housing officers, which can be daunting, and even assists in organising a home for them. He wields influence amongst the veteran community and has arranged meetings at national level at the Ministry of Defence to influence their support to veterans.

No other veteran within the charity gives as much time as David as an unpaid volunteer. He was successfully nominated locally for the Dorset High Sheriff's Unsung Hero Award and since then his workload has increased.

Himself a veteran, David is quick to spend as much of his own time to help fellow veterans in often distressing times of their lives. He is passionate about raising funds and making the public aware of the charity's work. He inspires others to do so and has a formidable team of volunteers representing the charity alongside him.

Over 140 veterans have obtained a roof over their heads thanks to David's passion and determination.

Nominated by:
Steven Bentham-Bates

BRIDGET BIDDLECOMBE, BCAC
PAUL BIDDLECOMBE, BCAC
Isle of Wight



Bridget and Paul have dedicated their lives since the early 1970's to youth and community in the Isle of Wight. Both originally were helpers

and volunteers at the Youth Centre but have remained involved for almost 50 years, Bridget is now Co-Leader and Paul is voluntary Chair. The Youth Centre has been at the forefront of best local, regional and national practice since the 1970's when the couple developed a group system to encourage inclusivity of all members in a range of activities, promoting music, arts and sports.

Alongside the Youth Centre Paul was also involved in developing local sports to high standards and one volunteer in the 1990's went on to officiate at the 2014 FA Cup Final, and following Paul's campaigning for the Wight

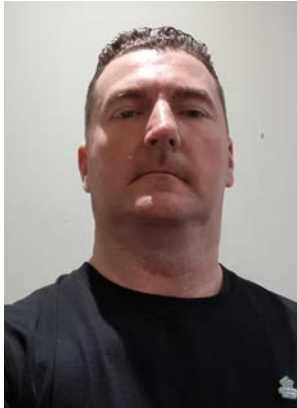
Athletics Club to be formed, one of its first members went on to become the UK Pentathlon champion. Paul also developed and ran Volleyball and Basketball at the local Sports Centre.

The Youth Centre regularly had 1,000 annual memberships and since 1996, Bridget has tirelessly developed a programme of varied activities for young and old. In 2014 Prince Edward visited the Centre and commended Bridget and Paul for their lifelong dedication and commitment to the youth of the Island.

Nominated by:
Richard Priest OBE

IAN WILSON, BCAh

Essex



Netpark Wellbeing is a mental health and wellbeing project which encourages people living with dementia and mental health

problems to exercise and enjoy the sensory elements of a walk in a local park, followed by therapeutic digital or traditional art to express their emotions. Ian has dedicated three years to helping 829 individuals to improve their quality of life.

Using findings from the courses inspired Ian to immerse himself in contributing to create an Awareness App. He arranged for year 6 students to walk with some of the dementia patients around the park recording conversations on iPads. The footage was the subject of school workshops, before being professionally digitised and illustrated to form the Awareness App.

When the App is run in the park, it directs users to 12 different locations displaying each vignette story automatically. In 'Home' mode, users listen/read the stories from anywhere in the world. The purpose of the App is to: raise public awareness that dementia patients have a wonderful way of communicating about their past; raise awareness of what it is like to live with dementia; and create a living legacy for those with dementia and the children participating.

Nominated by:
Emma Mills

DEBORAH HEDDERWICK, BCAa
Derbyshire



Debi works with special schools, mainstream schools and the community with her all-inclusive dance classes having impacted thousands of children and young

adults, providing them with invaluable access to the arts.

Debi co-created and runs Learning Through Arts (LTA) – an independent non-profit organisation working to create inspiring and innovative projects. Through LTA Debi has also developed an original creative pedagogical approach in her work with young people with complex needs, called Dance Interaction, which has been recognised and funded by Derbyshire County Council’s Virtual School for several years. This work is carried out on a one to one basis for the development of personal interaction, communication and expression, with increased physical development, promoting a higher quality of life.

Debi is still regularly creating full length youth dance theatre performances, which push creative boundaries, speak truths, raise awareness and provoke thoughts and discussion.

Despite all the work Debi is doing around arts, youth and her community, she is proud to have led on a community project in Wirksworth that resulted in the building of a skatepark; and still found time to volunteer in Calais to assist the refugee crisis and now has become part of Derbyshire’s supporting lodging programme.

Nominated by:
Lillie Hedderwick-Turner

STEPHEN HOWARD, BCAC
West Midlands



Stephen has been volunteering with the Kingstanding Food Community for five years since the project first opened. He volunteers every weekday, and even 'pops in' at the weekend too.

He now runs his own workshops after undertaking formal training. Kingstanding Food Community is about mental health, food and bringing the local community together. Without judging the lifestyles of families who use the facility, it helps them get the best out of life by learning about healthy living and wellbeing. It also runs free activities for the community.

Stephen manages the entire day-to-day needs of the project, including food date checks, temperature checks, setting up stands and cleaning. He himself suffers from Crohn's disease and osteoarthritis and his wife is

extremely ill. This does not stop him attending every day without fail despite being dependant on his mobility scooter.

At one time, when there was a funding gap the café section was closed with many volunteers drifting away, Stephen continued to go in every day to ensure the project survived. When the café was re-opened, Stephen was moved to tears, such is his commitment. He is dedicated and passionate about making a difference in his community.

Nominated by:
Stephanie Adelaar

KEVIN BYRNE, BCAB
West Sussex



Kevin founded Checktrade.com 20 years ago after a tornado caused £10m of damage to his home town. Sadly, individuals were not only victims of

the weather, but some also quickly became victims of rogue traders.

He devised a way of differentiating between the reputable tradespeople and companies separating them from rogue traders and cowboy builders. Checktrade.com has protected communities across the UK and has saved consumers an estimated £50m by avoiding these rogues. Kevin pioneered on-line reviews and introduced a very strict vetting criteria for membership, which is now in partnership with 10 trading standards authorities across the country.

Due to Kevin's passion and commitment, Checktrade.com has become an industry leader, setting an example for traders that can be

trusted. Kevin grew the company to 320 staff, and during 2017 was indirectly responsible for generating over 9,500 new trade employment positions generating £3.5 billion for the UK economy. He has now started the Byrne Family Foundation, which currently has £4.5 million earmarked for good causes.

His idea has changed the way an unregulated sector operates, giving consumers confidence to assess the validity of tradespeople. This model has served the community well, especially valuable to vulnerable individuals who require repairs to their home.

Nominated by:
Brett McLean

AHMAD NAWAZ, BCAhon
West Midlands



Following the much-publicised Peshawar school attack by the Taliban, one boy's path in life changed forever. After spending time in hospital – after

playing dead in the terror attack – Ahmad Nawaz was flown to Birmingham and spent two months in hospital in a fight to save his arm. Nawaz fully recovered, but lost his younger brother, with 132 fellow students and 9 members of mainly female staff, in the school attack on 16th December 2014. Despite the trauma of this attack, Ahmad was determined to make a difference so led a powerful educational campaign against violent extremism, radicalisation and terrorism.

Throughout the West Midlands, Ahmad aged just 17 speaks out about the dangers of radicalisation and hopes his presentations

prevent vulnerable young people from falling prey to extremism.

With his profound depth of experience, he is able to capture the attention of the young and old, demonstrating the sheer futility of contemporary terrorist groups. Ahmad has engaged with 1,000's of young people in UK schools. He is also spearheading in the West Midlands the governments ACT, an anti-terrorism campaign launched in March 2018 in which he visits schools sharing his experiences and promoting understanding, respect, love and belonging.

Nominated by:
Monawar Hussain

DR HARJINDER KAUR, BCAe
West Midlands



Dr Harjinder Kaur for the last 15 years has been committed to ending gender inequality and preventing violence against

women and girls in both the UK and internationally. She has an extensive record of community and professional engagement and been a Board Director and Advisor to several NGOs and charities such as Women's Aid, Domestic Violence Intervention Project (DVIP), UN Women, MenEngage Alliance, and the GREAT Initiative Great Men Advisory Panel. To raise awareness, she also shares her knowledge and experience through writing, lecturing, and presenting.

DVIP work with perpetrators and victims, Harjinder provided strategic and technical expertise to help end the cycle of abuse and support the recovery of women and children

affected. She also volunteered with Women's Aid in Kent as a researcher and refuge worker tirelessly providing emotional and practical support to the women and girls that entered the refuge.

In Africa and Asia, she volunteered with international NGO's to end violence against women and girls and engage men and boys in gender equality. She was hugely successful in delivering pioneering training for men and boys, with women reporting seeing a positive change in attitudes and behaviour.

Nominated by:
Harshbir Sangha

BRIAN JONES, BCAe
Hertfordshire



Whilst on an overseas trip to Ghana, Brian witnessed the level of educational poverty and the lack of basic educational resources. The

environments that enable children to learn and pursue their individual ambitions without barriers were absent. Returning to the UK, Brian set about building a programme that would make a sustainable difference to children across Ghana and in particular, supporting schools in the more rural and deprived areas. He believes that given the right equipment and learning environment, children will excel, irrespective of where they started in life.

Brian collects redundant school furniture, mostly chairs and desks from across England, after cleaning and repairing them he organises the transportation and distribution to schools in need across Ghana. To

date he has provided more than 5,000 chairs, desks and other furniture to dozens of schools, creating effective and engaging learning environments for children.

The recipient schools receive little or no public funding but provide critical and often the only educational support to the most deprived children. Brian appreciates he is unlikely to ever meet the recipients of his endeavours; however, this is less important than knowing he has supported these children to achieve their own ambitions.

Nominated by:
John Jones

ELLA MARSDEN, BCav
West Yorkshire



Ella was diagnosed with Type 1 diabetes at the age of 9, a condition which is chronic, lifelong, life threatening and often mis-understood. Ella has become

a passionate ambassador for the charity Juvenile Diabetes Research Foundation (JDRF), which supports those living with the condition and funds research into new treatments.

A confident speaker from an early age, Ella hosts awareness speeches and assemblies, visiting businesses and community groups to help people understand the condition. She teamed up with medical research groups and even held a local patient information clinic from her home.

In November 2017 Ella launched the first Annual JDRF Northern Ball with an attendance of over 450 guests - the event raised

over £25,000. The 2018 JDRF Ball in the North raised a further £20,000 bringing her fundraising total to over £50,000. Ella was the first child at her local hospital to use a wireless insulin pump and then a wireless attached glucose monitor. To raise awareness of these technologies and help normalise them, she created a portfolio of 'in use' photographs of the devices helping her manage her condition, which was shared across social media helping other children to see Ella attached to these important life saving devices.

Nominated by:
Debbie Marsden

PETER RYAN, BCAC
Dorset



In 2013 Peter set up a voluntary litter picking group - the Dorset Devils (TeamDD) - to help deal with the problem of local litter. He approached

Bournemouth Borough Council for support and equipment after other residents expressed an interest to join in. Each new volunteer is fully kitted out before deciding when, where and how long to pick up other people's litter.

Peter subsequently gained funding from Bournemouth University which allowed him to form his junior section (now 30 children) and expand the group. Incredibly, his group now numbers just short of 400 like-minded volunteers (aged 4-84) who have gathered over 7000 large bags of litter.

Peter's initiative empowers the local community to take positive action which helps build community spirit.

This has created a very social and rewarding activity which generates personal well-being and friendship. In addition, he organises multiple events throughout the year with school groups, scout packs, university students and local businesses including Bournemouth Football Club, aided by TeamDD.

Peter is passionate about TeamDD and his days are filled supporting this initiative and motivating his group. He understands that more people involved means more can be achieved to make a positive difference.

Nominated by:
Revd Christopher College BCAC

DANIEL LAWRENCE, BCAC
Essex



Danny left school with no formal qualifications and started his career working at the local hospital as a radio presenter. He has continued working in radio ever since, for

the past 15 years concentrating on community radio.

In 2006 he was awarded a community radio licence in Kent and a year later joined Gateway 97.8 in Essex, where he is still Station Director. Danny now uses his expertise to offer training to young people with special needs and challenging children. Danny set up a media college where local people and children can gain accredited qualifications. In 2013 he became Deputy Mayor of Basildon, but still volunteers as the Director of Community Media Association, a national company that looks after the welfare of community media in the UK. Danny offers young people

with barriers in their lives an alternative path through media training, achieving many successes. His commitment to those on the margins instils in them self-belief making them realise their talents, often for the first time in their lives.

Danny's Gateway 97.8 has won the High Sheriff Award for the past 7 years and he won an award for devising infant school safety adverts where children make the radio adverts themselves.

Nominated by:
Christine Tiernan

MARIANNE CASH, BCAC
JULIAN CASH, BCAC
Bridgend



Marianne and Julian Cash believe that everyone should be able to live in a comfortable and safe

home and it is unacceptable that some children and families do not have a place to call home.

To combat this they formed the charity, Community Furniture Aid which fully furnishes homes for the poverty stricken, needy and previously homeless. Without their commitment, the charity would not have survived and in the last four years alone over 500 individuals and families have benefited from the dedication of this duo. They lead the charity by example: there are no jobs they are not prepared to get involved with, from house clearances, to washing clothes and bedding at their own house.

Their input, insight and determination are helping the very poorest in their community. They now offer fresh food parcels as part of the Fareshare Community and they undertake the 25-mile round trip weekly to collect items donated by supermarkets. They work closely with agencies and referring bodies such as social services, The Wallich, Womens Aid and the local council. These agencies use CFA as their first port of call, knowing that the needs of individuals or families will be met and their dignity restored.

Nominated by:
Kevin Barr

NAZIM ALI, BCAC
West Yorkshire



For 20 years, Nazim has been at the forefront of a multitude of community and humanitarian initiatives. At the age of 21, he was the youngest Chair of

Girlington Community Centre and served on the committee for 7 years. He also served on the intercultural leadership board which has organised seminars for young people between 18-30 on interfaith dialogue, tolerance and understanding throughout the UK and worldwide. He is proud of his city of Bradford and a true Ambassador for being a British Muslim.

Nazim has raised over £160,000 for a variety of charitable causes, running several marathons, mountain treks, including the National Three Peaks Challenge and running 10k Races during Ramadan whilst fasting for 18+ hours. Causes supported locally

and internationally include; Bangladesh Floods, UK Floods, Curry Circle Soup Kitchen in Bradford, Whizz Kidz (mobility equipment for children with disabilities in the UK), Syrian Refugee Crisis, Palestine Emergency Aid and South Asian Earthquake Appeal. For over 5 years, Nazim has been a volunteer every week at the Curry Circle, run by the Muslim Women's Council in Bradford, in which up to 100 homeless and destitute people receive warm two course meals.

Nominated by:
Muhammad Shakeel

ISOBEL LAFFERTY, BCAC

Roxburghshire



Isobel is a 71-year-old committed to the Jedburgh Lunch Club, catering for the elderly by providing a weekly two-course meal, with transport

provided if required. Most members have mobility problems, are suffering dementia, or are in danger of isolationism. Attending the club enables friendship, socialisation and the opportunity to enjoy a freshly cooked meal. Isobel's influence is huge, she is driver, helper at functions and also mentor for families in need - having offered support and guidance to one young mother unable to work, who has now gained confidence and is employed as a carer.

The lunch club is completely self-funded, non-profit making and independent of outside agencies. On all lunch club days, those that need assistance with

their meals are catered for, made welcome and made comfortable. Any problems can be identified once they are collected and Isobel takes appropriate action, either contacting a carer, social worker or GP. This is an important point of contact for many of the elderly as several of them have no family living locally and will ring Isobel to inform her they are unwell or in need of help.

Isobel is considered THE person that people turn to in the community, nothing is too much trouble.

Nominated by:
Myriam Barker

PAMELA CORRIGAN, BCav
Bristol



28 years ago, Pam founded BUST with the help of Simon Cawthorn, Consultant Breast Surgeon, and two other patients who were all undergoing treatment for breast

cancer at the Frenchay Hospital. Now, aged 82, Pam is still fighting to combat the disease and despite losing her two founding friends, Pam has continued their shared vision to help others affected by the disease.

When the friends learned that the team at Frenchay needed an ultrasound scanner costing £20,000 they dedicated themselves to fundraising, even though their own outcomes were uncertain. Within two years they raised the money and the scanner was the catalyst for the outpatients Breast-Care Centre.

Since the purchase of the ultrasound scanner in 1993, BUST has raised over £1,600,000, enabling

them to purchase other high-tech machines. BUST became the major funding partner for the North Bristol Trust's Breast Unit at Frenchay Hospital.

The Breast Centre has now moved to Southmead Hospital and is widely recognised as a Centre of Excellence because of the dedication and caring attitude of its surgeons, nursing and administrative staff and state-of-the-art equipment. Simon and Pam continue to be Trustees for BUST, donating much of their time to help.

Nominated by:
Janet Biagioli

NATASHA KRYWALD, BCAv
Northamptonshire



‘Tasha’ was just three years old when she lost her father to cancer and 8 when her life changed again. Her mum became very ill – ‘one morning mum was putting

on my socks for school, the next morning I was putting on her socks’. Tasha has been her mum’s carer ever since. She created a YouTube channel to document her experiences to help other young carers deal with the isolation and grief.

Tasha’s grasp on the value of life, led her to create a homeless project in 2016 when she was just 16. She slept rough with nothing besides an old sleeping bag and the clothes she was wearing, allowing others to sponsor her, giving her the opportunity to show people that homelessness can happen to anyone. Tasha documents this

journey on her YouTube channel to raise awareness of the social challenges facing society today. Following this experience, she made 20 care packages for local homeless people, containing food, clothing, plastic sheets, toiletries and a handwritten letter explaining that they were not alone.

Tasha has also written a book about being a young carer which she is giving to every young carer, 3000 in total, offering them hope for their future.

Nominated by:
Callum Tompkins

ROBERT McCARTHY, BCAv
Worcestershire



Rob has made a huge impact on Worcester, Malvern and Severn District Sea Cadets over 38 years. During almost four decades of

volunteering, over 80 hours per month he's worked tirelessly in coaching, mentoring and training young people from the ages of 10-18. Despite suffering his own health issues for the past 27 years, he has helped many young people who have low self-esteem, anxiety, dyslexia and other complex needs. Rob gives them encouragement and belief in themselves to pursue activities, they would have felt otherwise unable to achieve.

One example was a young lad that had Tourette's syndrome and suffered anxiety. Rob took the time to teach him one-on-one. After gaining the young man's trust, he was able to participate fully in

activities that he would previously avoid. Young people over the years have arrived quiet and isolated, but became confident and completed many courses out of their comfort zone.

Aside from his volunteering for the sea cadets for 38 years, Rob has been part of the Mayors civic party for 22 years, involving attending and organising civic events. Rob also assists with fundraising on every occasion possible, ranging from car marshalling, bag packing and poppy selling.

Nominated by
Denise Harvey

KEITH DAVIES, BCAv
Monmouthshire



15 years ago, Keith was asked to perform at a local charity concert for the first time as an Elvis impersonator. He has gone on to become something of a phenomenon around

Abergavenny and South East Wales, with the help of his friends known as the 'Memphis Mafia'. Keith has performed in excess of 200 concerts, raising more than £330,000 for local charities. He never takes a penny for any performance, he is just happy to see all the benefit go to the organising charity involved.

After 15 years, Keith never tires of coming up with new ideas for charities on how he can assist. Not only as a performer who knows every song Elvis ever recorded, but the background story to them all, their context in the star's life, and he weaves

this information into his performance in a comedic way as part of his dialogue with the audience between songs. Keith and his 'Memphis Mafia' perform occasionally further afield, and performed in Stroud, raising £3,800 for polio eradication. A week later, Keith discovered that Bill Gates - whose wife has connections in the area - had an interest in polio so made contact and managed to achieve match funding, doubling the contribution for the evening.

Nominated by:
Geoff Burrows

PROF. ROMAN HOVORKA, BCh
Cambridgeshire



Prof. Roman Hovorka, has developed a ground-breaking artificial pancreas that mimics the human pancreas, automatically managing blood glucose levels and

insulin delivery for people with Type 1 diabetes. The 'artificial pancreas' is a piece of technology that could do part of the job of a healthy pancreas, providing exactly the right amount of insulin to the body as it's needed.

The system consists of an algorithm on a mobile phone, which communicates with a glucose sensor and an insulin pump to automatically control insulin delivery in response to glucose levels for use by people of all ages with Type 1 diabetes, including very young children. The system being developed is able to take over much of the management of insulin delivery throughout the day and night and keep blood glucose levels

in target range for longer periods of time.

His work has been instrumental in moving the artificial pancreas closer to reality for the benefit of sufferers when it is fully tested. Prof. Hovorka is pushing at boundaries with his pioneering research, that will change lives.

His artificial pancreas was listed in the National Institute of Health Research (NIHR) list of 70 discoveries that have transformed the way the NHS works, to tie in with the NHS's 70th birthday.

Nominated by:
Janet Allen

LINDA KIRK, BCAh
County Durham



Recognising the plight of many women on the margins of society, Linda used her own money to rent an empty shop in Stanley, County Durham to use as a centre

for women who are survivors of domestic abuse. The women are often referred by specialist services but can self-refer. The centre now runs creative sessions, drop ins, counselling and crisis resolution. Many service users have issues with mental health, offending or drug and alcohol abuse and have nowhere else to turn.

In 2011 Linda realised the need, locally, for support for women, most of whom lack confidence or financial means to visit numerous providers to get the range of support which Linda provides under one roof. She maintains strong connections with victim support, the police and mental health organisations in order to

help protect and support the women, enhancing their lives in a disadvantaged area through offering a comprehensive support system which is more easily accessible.

Over the last 7 years the centre has seen a large increase in historic sexual and physical abuse cases, which are damaging to both men and women in the community. The impact is devastating and traumatic, so Linda devised a programme to raise awareness about risk factors and promote personal safety.

Nominated by:
Debbie Kirkwood

HAROON MAHMOOD, BCAh
West Midlands



Haroon Mahmood is a full time Pharmacy Manager who has taken his professional commitment to providing healthcare to a new level in order to help those in need.

He set up Community Health Network to help those suffering with isolation, mental health, bereavement, depression and several other conditions.

Haroon is responsible for engaging the various healthcare professionals who volunteer their services, whilst also coordinating the numerous agencies to sign-post service users to. The local community have many and varied needs and Haroon has designed the unit to be able to provide support across a multitude of conditions.

It has become such an important resource that local GP surgeries refer patients that might otherwise not qualify for professional medical

help, but perhaps who need to talk through their condition with someone who can help point them to the best resource.

Amongst the biggest achievements of the unit has been: supporting a family whose 38-year-old son has ADHD, giving them coping mechanisms and general advice; helping to prevent a man committing suicide; providing support for a man who was widowed and suffering depression and isolationism, and supporting and empowering many others in the community with mental health conditions.

Nominated by:
Aaysha Riaz

RHONA INNES, BCAh

Mid Lothian



Rhona is a Criminal Justice Worker with Sacro's Another Way Service, a service that provides help and support to women involved in the sex industry. These women can experience homelessness, rape

and sexual assault, addiction and/or mental health issues, and abusive relationships. Rhona provides the best possible support for these women.

When women stopped accessing the outreach van, Rhona sought to understand the cause and the solution. The mobile drop-in van was operated in conjunction with the NHS and the women said it parked too far away for them to safely use it. Rhona enlisted the help of partner agencies and sourced a fixed site where she could host the service for the women. They can now access a safe space which provides holistic support for

high risk and vulnerable women – accessing safety advice and receive essential supplies such as food and toiletries.

By building trusting relationships with the women Rhona has been able to source safe accommodation for those who need to flee abusive relationships, secure training and development opportunities for women wishing to build their CVs to enter employment and, ensure that women with addictions can access the appropriate support and safe injecting equipment.

Nominated by:
Joan Alexander

Dr. NIHARA KRAUSE, BCAh
London



Nihara is the founder of a mental health charity called stem4, which was established in 2011 following the tragic death of a school girl from Anorexia. The young girl was

a friend of Nihara's own children and attended their local school in Wimbledon, London.

Nihara, is a Consultant in Clinical Psychology who recognised a lack of help for young people at risk of a range of psychological difficulties. The deficiency in support extended beyond the young people and their families, affecting friends, teachers and healthcare staff. She founded stem4 with the intention that it would deliver accurate, user-friendly, psycho education to all those groups. The name stem4 came from the intention to stem the escalating teenage mental health conditions in young people through education, support and early identification.

Over the past 7 years Nihara has grown the charity which now has offices, a team of trustees and staff, all committed to her vision and making it sustainable going forward.

One of the biggest impacts was Nihara's creation of the Calm Harm App which she developed in consultation with young people that wanted to self-harm. The App, which is free, has been downloaded over 900,000 times and is now on the NHS library.

Nominated by:
Joanna Manley

TIMOTHY EVERS, BCAh
West Yorkshire



Tim lost a friend and fellow Veteran in 2014, who took his own life suffering from PTSD. Tim was shocked but found that veterans had very few options of help

or support. He created Sapper Support, the UK's only 24/7 PTSD Helpline staffed solely by veterans.

With veterans taking calls, callers are engaging with like-minded individuals who know where they've been and what they've seen. This innovative use of volunteers creates an almost instant bond with callers, putting them at ease and helping to calm and reassure them.

To make the most of his resources, Tim, a full-time fire-fighter, recognised that his volunteers were predominantly emergency services staff, so Sapper Support became a helpline/charity for veterans and 999 staff able to speak to both

communities with the same empathy and knowledge.

Tim suffered with depression in 2007 and attempted to take his own life twice. Now he has used that and the loss of his friend to make something worthwhile for others suffering in silence.

Tim has personal insight into what his callers are feeling which this gives him and the volunteers he trains, unparalleled empathy when it comes to giving help and advice.

Nominated by:
Sally Evers



Places for People is one of the largest placemaking and regeneration companies in the UK. We are committed to creating sustainable places that work for everyone and enable communities to thrive. Corporate responsibility is at the heart of what we do, and we are proud to support The British Citizen Awards and to celebrate the positive impact people have on the lives of others.

“The British Citizen Award offers a fantastic platform for

us to recognise and celebrate the extraordinary contributions of each of the medalists. Their dedication and commitment towards improving the lives of others is truly inspirational and I was delighted to be a part of the celebrations.”

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



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



Unilever

We've been serving the UK for well over a century and our mission is to meet everyday needs for nutrition, home hygiene and personal care with

brands that help people feel good, look good and get more out of life. In fact, 16 of our 40 brands are market leaders including Persil, Dove, Magnum, Marmite, Lynx - and you can find our products in the kitchens, fridges, freezers and bathrooms in nine out of every ten UK homes. Through employee volunteering, community work and charitable donations, we contribute around £8 million to projects in the UK, including pioneering initiatives in sustainable development, education, the arts, and nutrition and health.

“Investing in young people and giving them opportunities to succeed in the world of work is at the heart of our business at Unilever, whether through apprenticeships or work experience, so we are really proud to sponsor the British Citizen Award for Education. It is fantastic to be able to celebrate those who make a real difference in education, and to the lives of our young people”. **Yvette Edwards, Sustainable Business & Communications Director, Unilever**

The **co-operative** bank
It's good to be different

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.”

Chris Larmer, Customer Experience Director, 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 Involvement, 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 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.

“Giving back to our communities is at the heart of Specsavers’ vision and values, so we are delighted to support this inspirational awards programme. Each medal recipient has demonstrated a commitment to others that makes them the unsung heroes of our country and they thoroughly deserve to have a light shone on their selfless endeavours.”

Dame Mary Perkins, Co-founder, Specsavers

With thanks also to:





The British Citizen Award

Today's medal presentation sees a further 30 special individuals recognised for their positive impact on society, bringing the total number of medalists to 313. These 313 people have collectively made a huge contribution to not only their chosen causes, but to society as a whole. It is their endeavours which makes life in the UK so much better for so many – more kind, more supportive, more humane.

The British Citizen Award is the nation's way of saying 'Thank You' to these special group of people, and 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.

It is reassuring, despite almost continuous news featuring crime and violence, that there are far more people in our communities making a positive impact than there are making those negative headlines. We are now making positive 'Good News Headlines' - the cohort of medalists from January 2018 alone created over 500 individual media mentions reaching over 24 million readers, viewers and listeners.

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

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



T: 020 3002 7764

www.britishcitizenawards.co.uk

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