



PALACE OF WESTMINSTER
Official Presentation Guide

9th July 2015

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The pace with which we live our lives today often precludes us from appreciating the small kindnesses and gratitude that enrich our lives.

The greatest kindness you can afford someone is to listen and it is with great pleasure that I have found the British Citizen Awards. This organisation listens to the citizens of this great country and not only hears the stories but rewards monumental efforts that

would have otherwise gone relatively unnoticed.

Please join me in honouring these great British Citizens and take this opportunity to listen to those around you so that they too may receive this great honour.

A handwritten signature in black ink that reads "Sarah," with a small flourish at the end.

Sarah, Duchess of York
British Citizen Awards Patron

Kay Alexander, MBE



Presenter

Kay Alexander MBE is a former BBC Midlands news presenter, where she reported for nearly 40 years. She was a feature reporter for the programme, as well as presenting the Breakfast and Lunchtime news, and is very proud to have been a face of Midlands Today news. Kay has been awarded a MBE for services to broadcasting and charity in 2013, as well as an Honorary Doctorate from Birmingham University, recognising services to broadcasting in the Midlands and nationally. Kay won the Royal Television Society Award

in 2003 which marked 30 years in the business.

Our Hosts

The Baroness Wilcox

Baroness Wilcox was Parliamentary Under Secretary for Business, Innovation and Skills from May 2010 until September 2012. She is a Conservative member of the House of Lords.

The Lord Dholakia

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



Welcome to the British Citizen Awards

The title is so very apt as it recognises those who work

tirelessly making a positive impact in their community without thinking of themselves.

Those who have been nominated have come from all over the UK and all 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 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 Awards, who will 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
British Citizen Awards Patron
Co-Founder Specsavers

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 Awards 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

Hilary Devey CBE - Founder, Chief Executive and Chairman of The Pall-Ex Group

Ambassadors

Duncan Slater - former Sergeant and Afghan War Veteran

Brooke Kinsella, MBE - Actress and Founder of the Ben Kinsella Trust

Madi Sharma - Entrepreneur & Member of the EESC

Capt. Tristan Loraine, BCAI - Director, Fact Not Fiction Films

Shane Board, BCAv - Founder, Pop 4 Diabetes

Endorsers

Dame Linda Dobbs - Former QC and High Court judge

Roger Black, MBE - 1996 Olympic 400m Silver Medalist

Charlie Brooks - EastEnders actress and former winner of I'm A Celebrity Get Me Out of Here

The Lord Dholakia PC, 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

Prof. Alan Barrell, DBA., FRSA - Entrepreneur in Residence Cambridge University

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



I am delighted to be supporting the British Citizen Awards.

There are so many awards ceremonies these days, but the British Citizen Awards really stand out as being something special: elevating the stories of Brits who are making a real, and often overlooked, contribution to society. These individuals rarely get the credit that they deserve – and are too modest to seek recognition – and I am proud to play a part in celebrating them.

There's so much debate about 'Britishness' and our national virtues, and I like to think that

the individuals and stories showcased through these awards highlight the very best that we have to offer.

My sincere congratulations to everyone involved.

A handwritten signature in black ink that reads "Hilary Devey". The signature is written in a cursive, flowing style.

Hilary Devey CBE
British Citizen Awards Patron
Founder, Chief Executive and
Chairman of The Pall-Ex Group

KWONG NGAN, BCAC
Merseyside

With over 40 years of dedicated service to his community in the North West, Kwong became a member of the See Yep Association in 1978 - a voluntary organisation bringing together the oldest Chinese community in Europe. 'His Tai Chi School, being the first of its kind 32 years ago, has inspired many other schools'. He transformed the Association's building into a vibrant community centre, providing a safe and warm environment for the Chinese community where the 'elders' can socialise and pass on traditions to the next generation. He introduced women to the See Yep leading to a confident and empowered Ladies Group.

Nominated by Lynne Murphy

PATSY ELLIOTT, BCAC
London

Patsy is just 16 years old and was bullied for seven years. In desperation she discovered the young people's charity, Kidscape. This was life changing for Patsy, as the charity instilled in her the confidence to cope and move on in her life. 'She has not let the bullies beat her, and wants to show other children that they can beat them too'. She felt so indebted to Kidscape that she has raised £1,700, to ensure that it can continue to help other young people. She is a role model against bullies and bullying and her moving story now forms part of Kidscape's Fundraising Pack.

Nominated by
Kathleen Mitchinson

CHRISTOPHER COLLEDGE,
BCAC
Dorset

Chris is totally immersed in the local community; an avid volunteer and campaigner on behalf of local residents. "To know he has made a difference to the lives of others is reward enough". On hearing the harrowing story of a woman's body that lay undiscovered for years due to having no remaining family, Chris formed a Tea & Meet group for the elderly. If any member of the group fails to attend, it triggers an unobtrusive enquiry from another member to ensure the well-being of all individuals. This means that no member of the group can suffer the same tragic fate.

Nominated by Sue Dennett

**STUART RUSSELL, BCAa
Fife**

Stuart is a young man whose vision is to change the way The Arts are viewed. He promotes lesser known creativity from his local area where he has given a platform to 100's of artists and creative people through his mission to challenge the norm. His aim is to make the Arts inclusive rather than exclusive. 'I think the Country needs young heroes, people who think differently and who use their experience to make our Country a little bit brighter – this is Stuart'. Stuart combines his love of radio, the Arts and writing to bring together new audiences.

**Nominated by
Lorraine McGrow**

**DAVID HARDY, BCAC
Stoke-on-Trent**

David volunteers on two local community led groups within the NHS, the Patient Participation Group and the Locality Patient Congress. He actively supports the many activities associated with healthcare throughout the year, championing the various causes the local practice adopts. He is pivotal to the success of the focus groups, organising events inviting influential groups to participate. 'David has brought consistency and continuity to the group and has proved to be a real leader, motivator and innovator'. David has suffered from ill health since 2009 and has still continued volunteering to serve his community.

Nominated by Julie Stokes

**JANE NEWTON, BCAC
Worcestershire**

Recognising that many vulnerable people become embroiled in debt, Jane mediates with the Courts to help relieve some of the pressure of impending Court proceedings on lonely, isolated and disabled community members. Jane is a strong advocate of the 'No Interest Loans Scheme' and has spent hours negotiating with the Department of Work & Pensions to repay debt through reduction of benefits. 'She is a motivated, valued and inspirational member of our community. She is non-elitist, non-discriminatory and non-judgmental... and not afraid to speak her mind'. Currently 50 individuals benefit from Jane's persistence in getting the NILS Scheme recognised.

Nominated by Gillian Hudson

**HEATHER JONES BCACe
Bedfordshire**

For nine years Heather has served as the Professional Co-ordinator for the Yarls Wood Befrienders - 35 volunteers who visit and befriend detainees of the Yarls Wood Immigration Removal Centre. The centre houses asylum seekers awaiting removal to their respective countries. "Without personal vanity or a high profile, Heather has educated for many years the local population and wider world about the way in which the Asylum system impinges on the detainees". Heather has amassed an immense amount of technical knowledge and expertise which she shares with colleagues and by means of which detainees lives are regularly saved by the removal of deadly circumstances.

Nominated by Veta Hudson-Rae

**DANIEL O'BRIEN, BCAC
Essex**

Danny created Anti-Knife UK as a not for profit organisation in 2008 to inform young people of the dangers of carrying knives. He uses Facebook and Twitter to provide a 'voice' for victims, and reports daily on knife crime throughout the UK to emphasise the magnitude of the problem. "Danny goes above and beyond the call of duty in his commitment". He also posts memorials for those that request it, and was pivotal in the 'Thumbs Down to Knife Crime' campaign which generated a widespread debate about the subject and inspired many to consider the impact they could have on standing against knife crime.

Nominated by Jill Saward

**MAX LEVITAS, BCAC
London**

Max has been, and still is a stalwart of the Tower Hamlets Community aged 100 years. He has been committed to supporting people with any social issues, irrespective of race, gender or religion: people in the community turn to him for advice and guidance. "Max is the Grandfather and Great-Grandfather of the East End community, bringing all cultures and ethnicities together, young and old". Max moved to London's East End in 1927, and in 1936 fought against fascism and racism, preventing the fascists marching through the Jewish Quarter. He has always been an activist for social justice and is committed for life.

Nominated by Gina Rowan

**GEORGE GERAGHTY, BCAC
Dorset**

George's wife created 'Pot Luck Lunches' - a freshly cooked meal available to anyone in the community – but when she died after a long illness, George vowed to continue, and has done so for over 25 years. Pot Luck Lunches creates a centre for contact and information where friends meet and new friends are made. "Our village is together because of people like George going over and above". George is always at the centre of the operation and his sheer determination to keep the lunches going is inspirational. He is now in his 80's and shows no sign of slowing down.

**Nominated by
Elizabeth Armour**

**MARK TIPPING BCAC
& NICOLA TIPPING BCAC
Lancashire**

Each year the Tipping family illuminate their home with 30,000 Christmas lights and invite the entire community to share the Switch On, raising funds for several local charities at the same time. During the past 4 years they have raised £35,000. "Mark and Nicola are fantastic role models to their children and everyone in their community". Local families can join in without cost as donations are voluntary. The event generates a sense of community and encourages individuals to participate in something really community spirited. This is a telling example of how one small family through hard work and enthusiasm can really unite a community.

Nominated by Jaki Ryding

**MARTIN WYATT, BCAa
Norfolk**

For the past 45 years Martin has devoted his spare time to developing the musical talents of local people, encouraging their appreciation and understanding of classical music, and providing them with opportunities to perform in public. His inclusive attitude 'nobody is ever excluded on the grounds of inexperience', his liveliness and his drive, his faith in the abilities of his choirs and orchestras continue to go from strength to strength under his conductorship. The biggest impact Martin created was the establishment of the St Gregory's Arts Centre in 1986, in which he personally invested, providing performance and exhibition space for local amateur musicians, singers and actors.

Nominated by Frances Hardy

**ELIZABETH PARKER, BCAo
Devon**

As a voluntary worker in Uganda, Elizabeth (Liz) met a young girl orphaned by HIV Aids who was prostituting herself in order to eat; it was to change her entire future. Liz paid to house the girl and for her education so that she could become self-sufficient. "A small amount of money in UK terms can transform lives". She later funded a song which topped the World Charts. The revenue generated was invested in a chicken farm for further sustainability for the village. What started as support for a charity has snowballed with the setting up the UK arm of the African Charity (AFFCADUK).

Nominated by Judith Bennett

**KENNETH GARDNER, BCAa
Sussex**

Kenneth (Kinny) co- founded Krazy Kat Theatre Company in 1982 in Scotland with his partner. They developed their own unique visual and imaginative style of children's theatre which was able to be enjoyed by both deaf children and their hearing friends. Today Kinny takes his work to schools, including mainstream, deaf and special educational needs. "Kinny has been the driving force of Krazy Kats for 33 years". Children get the opportunity to see a piece of theatre, which is child-centred, made for them and involving them, uniting deaf and hard of hearing children with their hearing friends.

Nominated by Linda Andersson

**JOYCE ROTHSCHILD, BCAv
West Midlands**

Joyce is a volunteer fundraiser for Macmillan Cancer Support. Diagnosed with aggressive breast cancer aged 40, one year later with two children under 10, Joyce committed to raising funds for Macmillan to help fund equipment which helps reduce patients' recovery time. Her novel approach to fundraising took the form of researching and writing an annual £2 quiz comprising 100 questions. "Dedication, perseverance and attention to detail, hers is an extraordinary ongoing commitment". Since launching 18 years ago, it is now subscribed to in various countries around the world and has so far raised in excess of £100,000 for the charity.

**Nominated by
Rabbi Margaret Jacobi**

**MARY RAE, BCAa
Norfolk**

30 years ago Mary recognised that concert music was not easily accessible to all, so decided to create a low-cost concert, where people of limited means could access the arts. Instead of paying artists she offered them a platform to showcase their talents and perform to an audience. To date Mary has organised and produced 290 such concerts in the Octagon Chapel. She plans all aspects of the concerts, and asks the artists which charity should benefit from the proceeds. "Without Mary there would be no Octagon Concert Series". She has raised in excess of £150,000 and concerts are booked into 2016.

Nominated by Betty Rathbone

**BRIAN KAY, BCAv &
MARY KAY, BCAv
Greater Manchester**

Mary and Brian have been ever-present members of the Wythenshawe Hospital League of Friends for the past 44 and 45 years respectively. During these years they have contributed enormously to the raising of over £2 million. They regularly visit patients in geriatric wards who would otherwise not have visitors and each Christmas Day they wrap presents and take them to the wards for the elderly. "They are shining examples of British Citizens". Even after four decades of volunteering both are still as energetic and enthusiastic as ever, constantly looking at innovative ways to improve hospital stays and raise more funds.

Nominated by Sheila Manion

**PAT CAFFREY, BCAv
Merseyside**

Following the death of her husband, Pat became aware that the Woodlands Hospice had the aspiration to build an in-patient unit to complement its day services. Pat vowed to raise £10,000 by collecting in local pubs on match days. 11 years on Pat has raised £157,000 and wanted to reach £160,000 before the season ended, when she retired. "So many people have suggested Pat should receive some official recognition for all her efforts, sheer hard work and commitment". At Easter Pat buys and distributes Easter Eggs to all patients at the Hospice – many patients have remarked how she really lifts their spirits.

Nominated by Carole Riley

NICOLA STEVENS, BCAo
Buckinghamshire

Nicola founded the animal welfare charity IAWPA in 2009, following a trip to Borneo where she was overwhelmed by the cruelty shown to stray dogs. Her aim was to establish a humane neutering programme. After four painstaking years of fighting bureaucracy and red tape in Borneo, the charity has now gained the licence to control the local dog pound having a positive effect on the wellbeing of hundreds of dogs. “Through her tenacious approach Nicky is presenting the UK in a positive light to the government and to the local inhabitants’. The IAWPA has employs local vets and offers volunteer placements.

Nominated by Ricardo Aparicio

DAVID WESTLEY, BCAc
Suffolk

The small village in Suffolk where David lives had its heart ripped out when the local pub closed and fell into disrepair. David, who had no experience of renovation or volunteering, led the committee that purchased the pub, organised working parties to renovate it and created a volunteer rota to clean and serve in it. The pub reopened in April 2014. “David was the helmsman who made it happen and now the pub is thriving and the centre of village life”. David took three months unpaid leave to ensure that the village now has a social hub which is more than just the local pub.

Nominated by Annie Owen

BARBARA RUBY QUARTEY, BCAA
London

Barbara set up Insights Institution, a school for children and young people with complex emotional disorders, which cares for 40 young people aged from 7 to 19. The students come from troubled backgrounds and often with exceptional social behavioural challenges. The school nurtures them to learn social skills enabling them to fit positively back into society. Barbara set up the school in 2002 using the mantra ‘Make the school fit the child, not the child fit the school’. Many students leave the school with social and educational skills that help them manage their emotions, enabling them to choose any career path they wish.

Nominated by
Emmanuel Quartey

**JOHN FAHEY, BCAv
Lancashire**

John has for 57 years been a Brancardier for the Lourdes Pilgrimage which travels annually from Liverpool to the Southern French Town. Responsible for the welfare of the sick and disabled pilgrims making the journey, he washes, dresses and feeds patients, whilst at all times treating them with respect and dignity. "His achievements, commitment and determination have benefitted hundreds of people". He is a confidante to the sick and disabled, but also to the other workers on the Pilgrimage. Such is his commitment that he now serves with Lourdes Hospitality to care for other Pilgrimages arriving at the site.

Nominated by Jenny Fahey

**ASHLEY JONES, BCAC
Somerset**

Ashley has transformed the way the voluntary sector provides protective services for the expanding, older population of South West England and South Wales. Recognising the increasing issue of criminals targeting the vulnerable senior community with deception-type crimes he created a charity to support these vulnerable citizens, the Senior Citizen Liaison Team. He has created a safety magazine (250,000 readers) which features specially commissioned articles on senior safety and cyber-crime prevention. "He devotes every hour of his spare time to the SCLT". Ashley created an outreach team to personally deliver the Crime Education Service, which is aimed at hard-to-reach, yet vulnerable, groups.

**Nominated by
Jonathan Williams**

**GRAHAM PENNESS, BCAv
Cheshire**

Graham is a long serving volunteer with the Save the Children Fund, currently involved with the local Ledsham & Manor Action Group. He has been an elected independent councillor for 23 years, 31 years fundraising with Save the Children, 17 years serving the community, in total 50 years of public service. Graham successfully led a campaign against a local housing development and following recovery from Prostate Cancer successfully fended off their appeal. 'His efforts to assist his community are simply tireless'. 1,000's have been impacted by his public service and his work for Save the Children raised over £100,000.

Nominated by Nicola Ferguson

**ROSA MACPHERSON, BCAv
Alloa**

Rosa is an Ambassador for Cancer Research UK, with the important role of translating Cancer Research into life-saving campaigns, bringing them to life through media awareness and campaigning for change. Rosa is a Cancer survivor 100% dedicated to raising awareness to help others. "Her passion, strength and dedication make her a real asset to the charity". She was the 'Face of the Campaign' in Scotland to have cigarette packaging standardised to make it less attractive to young people. As an active fund-raiser Rosa has raised over £12,000 in the last two years and works tirelessly in support of the charity.

Nominated by Katy Ashford

**MAUREEN BRASS, BCAa
Surrey**

Maureen Brass taught at the same school from 1939 until retirement in 1980, nurturing musical talent in the young. In 1952 she established St Dominic's Music Group which soon became known as a centre of excellence. She adopted new and inclusive approaches to support students, especially those with limited means. "Miss Brass was a pioneer in her field, embracing and nurturing the talent she discovered". Her influence on many hundreds of young people is her lasting legacy. This 99-year-old has the admiration and respect of many of her former pupils, several of whom attend the Annual Reunion that she continues to lead.

**Nominated by
Catherine Cunningham-Elliott**

**CHANTAL LOCKEY, BCAh
Dorset**

After losing her own daughter to cot death (SIDS) aged just 6 weeks old in 2005, Chantal has worked tirelessly for a decade to train student midwives and counsellors in the taboo subject of infant loss. She has created the Foundation for Infant Loss Training, is a pioneer in her field, and has developed an e-learning course in infant loss and bereavement which is studied worldwide. "Chantal's determination, passion and commitment have helped thousands of healthcare professionals". In addition to this Chantal personally runs training sessions throughout the UK, believing that education will save more babies' lives.

**Nominated by
Millie Lockey-Thompson**

**JODIE VASQUEZ, BCAV
Cumbria**

Jodie was just 16 when she was diagnosed with the rare condition of Ehlers Danos Syndrome (EDS); a debilitating disorder with astounding consequences for sufferers. Jodie has raised £21,000 in aid of The Sick Children's Trust, vowing to continue as long as she is able. She continues to help raise the profile of EDS and has set up her own charity on social media 'Jodie's Journey' to help other sick children. "She is an inspiration to young people". She is often cheerfully relating with other people on the social media site, never disclosing the severity of her own life-limiting condition.

Nominated by Maxine Farish

**MONICA RUSSELL, BCAV
East Sussex**

Monica is an outstanding, passionate and dedicated woman who has spent over 20 years of her life helping sick, injured and especially orphaned animals. She has been devoted to two charities giving her time and money selflessly to prevent the suffering of animals. "As a community we would like to honour Monica and say a huge thank you for all she has done". Monica has endured many sleepless nights feeding orphaned wildlife whilst also holding down her day job. She has selflessly given her time with no recognition, and only had to cease volunteering at the end of 2014 through ill-health.

**Nominated by
Trevor Weeks MBE**

**GORDON BADENOCH, BCAV
Northumberland**

Since 1979 Gordon has been committed to the Durham & Northumberland Wing Air Training Corp (ATC) – first as a civilian instructor, then a commissioned officer, now as a volunteer. During his time he has provided support to 3 Wing Commanders and numerous Squadron Commanders. "He has inspired many young people to pursue a career which might otherwise be beyond their reach". At age 82, Gordon is still actively involved and relishes the opportunity of mixing with young people, many from low-income households, so they may gain from his experience and knowledge and who may also aspire to a worthwhile career.

Nominated by Jill Badenoch

**British Citizen Awards
Roll of Honour July 2015**

	ELIZABETH PARKER BCAo	NICOLA STEVENS BCAo
	KENNETH GARDNER BCAa	DAVID WESTLEY BCAC
	JOYCE ROTHSCHILD BCAv	BARBARA RUBY QUARTEY BCAe
	KWONG NGAN BCAC	JOHN FAHEY BCAv
JANE NEWTON BCAC	PATSY ELLIOTT BCAv	ASHLEY JONES BCAC
HEATHER JONES BCAe	CHRISTOPHER COLLEDGE BCAC	GRAHAM PENNESS BCAv
DANIEL O'BRIEN BCAC	STUART RUSSELL BCAa	ROSA MACPHERSON BCAv
MAX LEVITAS BCAC	DAVID HARDY BCAC	MAUREEN BRASS BCAa
GEORGE GERAGHTY BCAC	MARY RAE BCAa	CHANTAL LOCKEY BCAh
MARK TIPPING BCAC	BRIAN KAY BCAv	MARTIN WYATT BCAa
NICOLA TIPPING BCAC	MARY KAY BCAv	JODIE VASQUEZ BCAv
GORDON BADENOCH BCAv	PATRICIA CAFFREY BCAv	MONICA RUSSELL BCAv



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 Awards and to celebrate the positive impact people have on the lives of others.



Pall-Ex is the leading palletised freight distribution network, providing efficient, cost-effective

and environmentally-friendly domestic and international services. Responsible engagement is at the core of Pall-Ex's collaborative culture, which is why we are delighted to support the British Citizen Awards, recognising UK citizens for their extraordinary contributions to society. We congratulate all the nominees and are proud to be associated with these awards.



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 Awards to celebrate the positive impact and difference people can have on lives and communities.



National Media Partner

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With thanks also to:



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