



PALACE OF WESTMINSTER
OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD
in partnership with InMoment

06 July 2017

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



PATRON



SARAH, DUCHESS OF YORK

Congratulations to all 31 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 31 being honoured today, and the 160 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 that reads "Sarah," with a small flourish at the end.

Sarah, Duchess of York
British Citizen Awards Patron

HOUSE OF LORDS HOST



***THE RT HON. THE LORD DHOLAKIA
OBE DL***

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

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.

PATRON



DAME MARY PERKINS

“Welcome to the sixth 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 Awards, 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
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 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

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

Shane Board, BCAv – Founder, Pop4Diabetes

Shane Yerrell, BCAC – Founder, Through The Fight Foundation

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



BRADLEY WALSH

My filming schedule usually precludes me from being an active supporter of many causes but, when I was invited to be the new 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
British Citizen Awards Patron
Actor and TV presenter



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LONNIE MAYNE
FOUNDER OF RED SHOES LIVING

“InMoment is honoured to continue to support the British Citizens Awards and celebrate the exceptional individuals who positively impact their communities. These individuals stand out from the crowd, working tirelessly to serve others, and truly embody InMoment’s Red Shoes culture to put others first and make a difference.

“The true key to success across all types of relationships is a foundation of strong empathy and a willingness to take the

right actions. Many thanks to the award organisers and recipients for including us in reinforcing this message in such a powerful way”.

A handwritten signature in black ink that reads "Lonnie Mayne". The signature is fluid and cursive, with a long horizontal stroke at the end.

Lonnie Mayne
Founder of Red Shoes Living

British Citizen Awards 2017
in partnership with InMoment



British Citizen Awards

Welcome to the sixth presentation ceremony to be held since our launch in January 2015. In that short time, we have honoured 160 exceptional individuals, many of whom have used the publicity of the honour to further their causes significantly. No doubt, today's current cohort of 31 medallists will do the same. The support that the BCA receives from partners has far exceeded our expectations, and the media appetite for these magnificent 'good news' stories is reaching fever pitch – January's medallists reached a combined audience of over 25million readers and listeners.

The British Citizen Award's quest is to recognise individuals who contribute to society by making life better for others. All medallists are selfless in their endeavour, all care enormously

about their cause, all are humane and humble, all are truly inspirational.

The small part that we play in recognising these people is enabled through their nominators bringing them to our attention - so thank you to all who nominated. The selection of medallists is thanks to our various researchers and panellists who consider all nominations - we are grateful to them. The final decision lies with our Senior Assessment Panel who laboriously debate and consider the individual merits of each nomination with a view to upholding the gravitas of the award – we are indebted to them. And finally, all of our sponsors who share our values and support our vision – we could not do it without you.

Thank you to all the medallists being honoured, for the difference you make.

PRESENTER



MICHAEL UNDERWOOD

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

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 Awards where he was moved by the generosity and selflessness of the medallists. Work commitments have prevented Michael from hosting the British Citizen Award Medal Presentation ceremony until today.

"Having presented the very first British Citizen Awards, it's a real honour to be invited back and a privilege to be able to accept. I'm looking forward to seeing how the event has grown and of course meet the incredible people being recognised for their contribution to their community."

British Citizen Award Thought Piece

The British Citizen Award is proud to have the support of so many influential individuals who assist behind the scenes away from the public eye. Our values and aspirations are our driving force. Our vision is a society where doing good for others is the norm rather than the exception. All those being honoured with a BCA are contributing to our vision, and through their endeavours making it more of a reality.

One of our esteemed Ambassadors, Des Benjamin, Chair of the Royal Hospital for Neuro-disability has allowed us

to share his personal vision and aspiration for Britain in the future. His poignant words are aligned to our own hopes and reflect much of the Britain that our medallists are helping to create. We can see many traits of our medallists' contributions in his vision – we hope you can too.

Thinking Ahead: British Values for the Next Britain *By Des Benjamin*



On the 11th of July 2016, our new Prime Minister announced her goal to build '**A Britain that works for every one of us**'. We have heard a similar rhetoric before - but what exactly does this mean, and how can we achieve it in a post-Brexit Britain?

I believe that Government policies must be founded upon a coherent set of principles and values, so that they are unified in intent and collectively facilitate a strong and fair society. To that end, I have been picturing in my mind what our 'next Britain' could be like: a richly rewarding place, and a country in which we can all thrive.

Here are ten core 'British Values for the Next Britain', which I believe encapsulate the spirit of a society which we could seek to create in the years ahead.

1. We value an inspired Britain, freely expressive in the arts, compassionate in our communities, accomplished in our sciences, inventive in our manufactures and attentive in our services.

2. We strive for a society in which all are welcomed, and our differences are enjoyed and celebrated, based first and foremost on a respect for the values common to all.

3. We actively support and respect a rule of law that provides equality of justice for all.

4. We demand respect for the rights of people, for the civilised treatment of animals and for the good stewardship for our environment.

5. We give society a mandate to provide every citizen with an inalienable right to the opportunities Britain provides.

6. We teach and encourage people to believe in themselves, to take responsibility for their actions, to create their own opportunities and to contribute to society.

7. We encourage all avenues of learning, and we recognise and celebrate genuine achievement.

8. We insist that society has a duty of care to all, and none are beyond our compassionate reach. We celebrate and acclaim acts of kindness and generosity of spirit.

9. We expect politicians and figures of authority to convey a truthful representation of circumstances, so that we may make our decisions as informed citizens. We are intolerant of corruption in any form.

10. We seek to foster an attitude of fair play, in which we follow the spirit of the law and not just the letter.

British Citizen Awards
July 2017

ROLL OF

HONOUR

Dr. DONALD MACKENZIE, BCAC
Hampshire



Dr Mackenzie has been an active guardian of the town of Lymington since 1981, undertaking several community roles and being a significant donor to local charities,

Oakhaven Hospice, St. Barbe Museum and the Solent Music Festival. Through his determined efforts and commitment to the community he has been instrumental in the regeneration of the St. Barbe Museum overseeing the upgrading and enlarging of the museum.

Donald was responsible for preventing the demolition of Masters House, which stands on the site of the Old Work House, preserving the history of the town. He led the project to restore the monument of Admiral Sir Harry Burrard Neale – Lord of the Admiralty. He created the website,

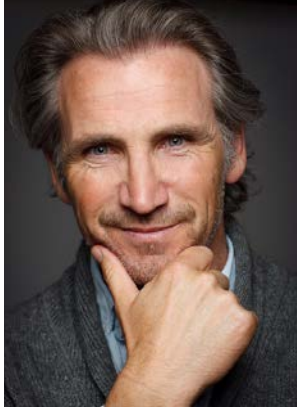
generating funds to landscape the land surrounding the monument so that instead of an overgrown wasteland there is now open community space.

At a time when many rural and coastal towns are suffering from a downturn in fortunes or the threat of over-development, Donald has chartered a course which has seen the town maintain its heritage and improve its appeal to the community.

Nominated by:

Rt. Hon Sir Desmond
Swayne, TD, MP

CHRIS MORRISON, BCAo
Kent



While studying at the University of Sweden in 1997, Chris became involved with Convoy of Mercy, a charity providing aid to displaced

Bosnians during the war. Soon after, realising the need for help would remain as acute after the war, he launched Care Highway, whose aim is to help in areas of the world where people are suffering and are in great need through catastrophes caused by man or nature.

Being independent means that it can deploy without the constraints of bureaucracy, avoiding conflict with governments, political factions, ideologies, economic or religious interests. Care Highway served the Bosnian community for six years, expanding its services to education, pre-school equipment

and a computer centre which was eventually absorbed by the local community.

On a mission in war-ravaged Serbia Chris was confronted by enemy soldiers, beaten and left for dead. A local recognised him and took him to the makeshift hospital – rather than deterring Chris, it only served to strengthen his resolve to do more to help. For 19 years Chris has been devoted to helping those less fortunate than himself.

Nominated by:
Eileen Morrison

KELLY WAITE, BCAC
County Durham



Kelly has extreme Obsessive Compulsive Disorder (OCD), hypothyroidism and ME, but despite these conditions has a

determination to help others. Aside from spreading awareness of the mental health issues around OCD, Kelly, who has suffered long-term serious domestic violence, speaks to other victims and has set up a Facebook support group to support others.

Refusing to be labelled a victim, and despite suffering local Anti-Social Behaviours (ASB) and cyber-bullying, Kelly set up ASB meetings for the community to help neighbours, inspiring the entire community to stand up against these people.

In addition to this, Kelly is also a model, and advocate for Models

of Diversity, whose aims are for models with disabilities to have the same access to work as able-bodied models; and for those trying to break into the industry to have equality. Kelly helps with setting up fashion shows and events to promote this.

Kelly is the UK Ambassador for 'The Dream Foundation of Uganda', which is a children's charity, empowering children through education and the fight against HIV/Aids, corruption and poverty.

Nominated by:
Kirsty Archer

JAGRAJ POSELAY, BCAC
West Midlands



Jagraj - known as Jag - is a selfless man, passionate about fundraising for local independent charities. He works 50-hours per week as

a delivery driver, and also has three Autistic sons. Jag is well-known locally for creating awareness for others in need – he has a real passion for his community and this comes across in aspects of everything he does.

In 2016 Jag helped a local teenager who suffers from Cerebral Palsy to fulfil his dream of riding a bike. Jag raised £1,800 in one week, and together with other funds raised was able to provide the boy with a specially adapted bike. The need to help continued for Jag and he went on to raise money through JustGiving

to send him to Disneyland Paris ahead of a life-changing operation this year.

Jag has many other local causes close to his heart and has raised thousands for the local Dementia Day Care Centre, Mana Soup Kitchen Wolverhampton, Compton Hospice Wolverhampton, as well as larger charities such as Cancer Research UK, Breast Cancer Awareness and Macmillan Cancer Support.

Nominated by:
Rachel Perks

BEN HAGGARTY, BCAa

Herefordshire



Ben has been running the Crick Crack Club for 30 years, performing the increasingly rare art-form of storytelling. Despite

having a professional career and a family to support, he gives his time freely.

The community of professional storytellers in Britain has around 500 members, all of whom are aware of Ben's position as a key advocate for their art-form. He is an innovator, promotor and co-founder of the hugely influential Beyond The Border International Storytelling Festival, and was recently awarded an Honorary Professor of Storytelling at Berlin University of Arts.

His work with Yo-Yo Ma's Silk Road Ensemble, saw him performing to massive

audiences and his work as a goodwill ambassador for the British Council is also extremely high profile. Recently, Ben has been pouring his energy into a group of younger storytellers working to develop a new form of stage storytelling inspired and informed by the Pandavani Singing tradition in India.

Ben works with all ages in education and is a strong advocate at national level for the art of speaking, which can be overlooked in UK schools.

Nominated by:
Dez Quarrell

FIONA COLDRON, BCAC

Cambridgeshire



In December 2015, Fiona founded the charity 'Something to Look Forward To' in her

home town of Cambridge. It was created to improve the lives of people affected by cancer and cancer poverty. It distributes gifts and experiences that have been donated by individuals and businesses locally and provides a service to encourage families to create positive memories, rest, recuperate and have fun when they need it most.

All the 'gifts' and 'experiences' are generously donated and Fiona works incredibly hard to build relationships with businesses and individuals in her local community to secure this, to pass on to families in their time of need.

Fiona herself is a secondary cancer patient and has risen above her serious life-limiting illness to support others affected by cancer who also need 'Something To Look Forward To'. During her diagnosis Fiona felt that small treats such as a night out, or a day out with family was something that was needed during this devastating time. To date over 600 gifts and experiences have supported over 350 affected by cancer.

Nominated by:
Francesca Abery

**DAPHNE SHARP, BCAC
& ELAINE DUNLOP, BCAC**
Staffordshire



In 2009 Daphne and Elaine started Monthly Alzheimer's Support Evenings (MASE), which sees the silent sufferers (carers

of people with Dementia and Alzheimer's) enjoying an evening of respite with people that understand the challenges that they face daily. This is often the only place that carers do not feel alone – where they can exchange stories and gain a greater shared understanding of the conditions of those that they care for.

The charity is unsupported so relies on intense fundraising enabling it to supply a buffet, refreshments and entertainment for each of the meetings, which are held at five venues monthly attended by 70 people in each group. The pair were inspired when Daphne's brother was

diagnosed with Alzheimer's, and Elaine's Mum suffered from Dementia.

MASE meetings are supported by 40 volunteers, and for those that have difficulty travelling, the group arrange transport to ensure accessibility. In fact, if any 'silent sufferer' needs support outside of the meetings Daphne and Elaine make themselves available. MASE is now a referral group for GPs, Memory Services, Alzheimer's Society and Dementia Support Workers.

Nominated by:
Robert Pitcher

STEVEN MAKIN, BCAe
County Durham



Steve has had a passion for Judo since he was 8 years old, became a teacher aged 17, and was graded to a black belt aged

18. For the next 37 years, Steve has concentrated on teaching in some of the most deprived areas of the North East, giving children and adults the chance to learn Judo, when they would otherwise have been unable to afford it.

Steve also teaches at schools and colleges for a variety of youth and adult groups, and was involved in the 'Lucky Stars Programme' that gives children and young adults with various learning and physical disabilities the opportunity to join in Judo. Away from the sport he

takes groups of children and adults to weekend adventure breaks teaching them life skills and giving them further opportunities they would otherwise not have had.

Just 8-weeks after suffering a cardiac arrest and having to undergo surgery he fought his way back to full fitness and today he teaches 5 nights a week on average 200 students per week.

Nominated by:
Ian Mills

SUSAN RUTHERFORD, BCAv

Warwickshire



Whilst studying to become a doctor, Susan volunteered with homeless charities in Leamington Spa and realised that there was nowhere for the homeless to seek

shelter or food. In partnership with a colleague they brought together students and local members of the public to form an unlikely alliance, yet all sharing a common goal.

Susan negotiated with a local estate agent and transformed a dilapidated former social club into a welcoming home for the homeless, and the Leamington Winter Support (LWS) Night Shelter was formed.

Susan continued to train as a doctor and is now qualified, but still gives up her spare time to run the LWS Night Shelter

and is currently working with a team of doctors dedicated to homeless health. What started as an idea for the cold winter months has grown into an all year-round project that is known for its caring and non-judgemental attitude, where staff and guests eat together in an inclusive and welcoming atmosphere. Susan put in an incredible amount of time and work to start the shelter and continues to do so to this day.

Nominated by:

Clara Farque

CLIVE DANIELS, BCAV
Bristol



For two decades Clive has been fundraising, collecting over £250,000 in total with £230,000 going directly to Macmillan Cancer Support. He has done this by running countless

sponsored marathons and half-marathons. Most recently he participated in the Bristol half marathon raising money for the charity, but has decided at the age of 70 that he has run his last.

Clive is well-known in his community and has built up a following over the years. He has around 1,400 regular supporters and will spend around six months visiting them to personally collect their donations face to face. Clive goes above and beyond to build relationships with those who support him and takes time to thank every one of them.

Clive is passionate about fundraising and has helped raise the profile of Macmillan Cancer Support in South Gloucestershire and Bristol.

A spokesperson for the charity stated: “Without people like Clive, we wouldn’t be able to provide support and services to people affected by cancer in Bristol and the surrounding areas. This year, his contribution will fund a Macmillan nurse for 5 months”.

Nominated by:
Ceris Bradley

KELVIN SMITH, BCAv
Hampshire



Kelvin is an unpaid Trustee of the charity, Parity for Disability. Not only does he fundraise for the cause, but he rallies support, forms strategic alliances and is accredited

with the very survival of the charity. Parity for Disability exists solely to help young people with profound disabilities.

In 2005, he started high-rope challenges, which included abseiling down tall buildings, and he spends countless hours collecting sacks of clothing to help stock the charity's shops. Kelvin suffers from cerebral palsy, he has difficulty walking and has undergone 14 operations, making the £90,000 he has raised even more remarkable. His devotion and commitment, coupled with his charm and sense of humour, endear him to many people

who become volunteers themselves to help him, Kelvin affectionately calls this group of people 'his legs'.

Kelvin befriended a redundant maintenance professional and persuaded him to carry out essential maintenance work for the charity. This has resulted in countless hours of free labour, with the charity only paying the cost of material. Kelvin started volunteering for the charity 33 years ago.

Nominated by:
Helene Abbiss

Dr. FARNAAZ SHARIEF,
BCAh
Kent



Due to cut backs to the NHS and the squeeze on Mental Health resources, Dr Sharief could see a widening gap in

support for patients with mild or moderate depression. She set up a programme called 'Manage Your Mind' which launched in 2012 with just 5 participants. Numbers grew and charity status was achieved, she sourced a venue and funding through IAHV and Medway Council. Now the entire project is run by a group of volunteers and is facilitated by Dr Sharief.

The workshops provide practical support for participants in their personal and professional lives and are available to anyone in the community. It was decided by Dr Sharief that the workshops

had to be free, to make them accessible to everyone, therefore they are constantly applying for grants and fund raising to meet the demand within the community.

The workshops were designed to tackle depression, anxiety, stress and bereavement and have been running for the past 4 years. Now over 1,100 residents across Medway and Kent have participated and benefited from these workshops.

Nominated by:
Amanda Eveson

ADRIAN WALKER, BCo
Wiltshire



Adrian set up the charity Chernobyl Children in Need (CCIN) in 1999 after visiting Belarus. He realised that children were suffering from the effects of

the disaster at Chernobyl some 30 miles away. The soil was contaminated and as the families mostly grow their own vegetables, their health was poor as was the standard of living. Since then, Adrian has worked tirelessly to fundraise and has been responsible for many projects that have improved the lives of the children.

Adrian is totally committed to the charity and his willingness to go above and beyond to help the families in Ozarichi and surrounding areas is outstanding. It is a small charity, but takes huge personal effort.

CCIN have raised over £1.5 million in donated goods to enable the children of this area to have a better quality of life. This includes donated bicycles, clothes, food and educational materials. In addition to this, CCIN arrange month-long UK respite holidays for the children affected. Over 300 of the children they care for are now sponsored, over 400 families are supported by CCIN.

Nominated by:
Mary Joyce Harrington

ANDREW BAKER, BCAv
Oxfordshire



Andy suffered a brain injury at birth and spent his early life in the Special Care Baby Unit. Despite his challenges, he has

achieved incredible grades in his A-Levels, surpassing his teachers' expectations. Andy began raising money at the age of 14 for the Oxford Children's Hospital Appeal in gratitude of the medics who had treated him through his childhood and the major brain surgery he endured aged just 12.

Andy has raised over £70,300 for charity, £51,971 of this being for the Oxford Children's Hospital. The biggest impact has been Play2Give, Andy's own fundraising organisation set up in 2007 which grows year-on-year. Play2Give started as a

single event which has turned into the fundraising organisation that it is today with the help of a team of volunteers.

Currently Play2Give are making a long-term pact to achieving £40,000 for the Children's Hospital, once this happens a room will be designated in Play2Give's name, and currently they are £700 away from this lasting legacy. Andy will not stop until he achieves this very special goal.

Nominated by:
Linda Latter

RAYMOND CANNINGS, BCAV
Cumbria



Ray is a volunteer for The Speech After Stroke Scheme in Cumbria, after suffering a stroke himself three years ago when both his

speech and mobility were affected. Stroke happens, for the most part, without warning and can have devastating effects, so Ray is meeting people at one of the worst and most frightening times of their lives.

Ray willingly re-visits his own difficulties in order to help others and does so with an honesty and empathy that is humbling. He gives hope to others and spurs them on to work hard on their own recovery.

Ray's contribution is highly valued by the scheme members, other

volunteers and the NHS staff alike. His input as a stroke survivor has helped build bridges between staff members and patients and has helped many patients engage with the scheme.

Ray has been instrumental in setting up a brand-new group solely for male stroke survivors. The group allows male patients to be able to meet up and chat freely to men in similar situations, something they have reported to miss out on since their strokes.

Nominated by:
Alison Tams

FIONA SOUTHERN, BCAC
Cornwall



The Carer's Club started life in 2008 as a support group which Fiona created to reduce isolation among carers in the rural community. Today, the club caters for both the carers and cared-for, and has been a very welcome social event for

the 30 regular users who attend each month.

St Eval is a rural area that has little in the way of community activities. Carers can feel confined to their homes with their loved ones with very little opportunity of respite. The benefits in both mental and physical well-being experienced by those attending the club reduces pressure on local health and social services and strengthens the community.

Fiona has run the club for the past eight years. Initially

responsible for raising funds, finding a venue and publicising its existence. She then set about identifying like-minded volunteers to help her secure the future of the club. The club organises several special events of which Fiona has been ever-present, she remains the heart of the club despite suffering with cancer for the past two years.

Nominated by
Christopher Moncaster

STEVE WHITMORE, BCAv
London



Steve has devoted 28 years to volunteering, most recently as a Special Constable for the Metropolitan Police Service. Steve launched the 'Books in

Nicks' project, which provides free books to the Metropolitan Police's Custody suites. The project supplies appropriate reading materials for under 18's who find themselves in police cells for up to 24 hours without access to telephone, television or radio. To date the project has delivered over 2,000 free books which the detainees can keep.

Steve has a sense of civic duty that has benefitted thousands of people throughout the community from various walks of life. He has motivated and helped to improve hundreds of people's lives through the

Positive Health Scheme at the Central London YMCA, which helps members of the community living with HIV and AIDS.

As a fundraiser, Steve has played a crucial role in raising £8,700 for the Not Forgotten Association, a tri-service charity providing aid for disabled and injured service and ex-service personnel. He also raised £4,700 for the YMCA Active children bursary programme.

Nominated by:
Jennifer Bentley

NISHALL GARALA, BCAC

Essex



Nishall is a young man who has been working in the community since he was first elected on the local Youth Council at the age of 13, where he served for 6 years

and undertook many roles in this time. As a Harlow Youth Councillor, Student Governor for Harlow College, Vice Chairman for Waterhouse Moor Residents Association, Police Support Volunteer, Founder and Co-Ordinator of #BigupHarlow, Nishall's passion is to give a voice to young people in Harlow.

#BigupHarlow, a social media campaign created by Nishall to tackle negative perceptions of Harlow, got people young and old to appreciate where they live. The local press has called him an 'Ambassador'

of the town due to his commitment to his local community.

Nishall currently works with Harlow Police as a volunteer in championing youth voice in local policing and involvement of young people in police activities. Nishall holds surgeries where young people in the local college and school can talk to him about crime, anti-social behaviour and any bullying they may be experiencing.

Nominated by:
Arvinda Garala

**GILLIAN WILLIAMSON,
BCAv & MICHELLE
MULHOLLAND, BCAv**
Cheshire



Michelle lost her son Chad in 2008 after his long battle with Hodgkin's Lymphoma. Chad was 17 at the time and attended

Altrincham Grammar School for Boys (AGSB). Gillian works in the Sixth Form Office at AGBS and had regular interaction with Chad before he died, helping him to run a Tea Party to raise Money for the Willow Foundation, which is a local charity that arranges days out for seriously ill young adults. This was the birth of 'Chad's Challenges'.

After his death, Michelle set up the Hope Fund in Chad's name. The money raised through Hope Fund goes directly to the Young Oncology Unit at The Christie Hospital in Manchester, where Chad bravely fought

his battle with cancer. Since 2008 Michelle and Gillian have worked together to raise over £77,000 with the help and support of some of the students at AGBS, they have raised an additional £12,000 for other charities including the Willow Foundation.

Attending Chad's Challenges, continues to be emotional for Michelle, but the love and support from the students, local community and Gillian keep Chad's name alive.

Nominated by:
Emma Williamson

ALAN FAULDS, BCAC
Stirlingshire



The Central Safe Drive Stay Alive group came together 11 years ago to address the need for an effective road safety initiative in Central Scotland.

To reduce deaths and life altering injuries to the 16-25 year old population, Alan Faulds founded and continues to steer the group, in partnership with Scotland's Emergency Services, NHS and three local councils. When the timeline for the project expired, Alan persuaded the individuals from each of the services, as well as the families involved to continue on a voluntary basis.

Each member of the team takes leave or unpaid leave to deliver the theatre-based show over the course of a week. A film is shown depicting

a re-enactment of an actual road collision involving young people, and after the film, family members affected by road traffic accidents describe how this has affected their lives.

In 2006-2008 there was an average of 11 fatalities and 104 serious injuries in the 16-25 year age group per year. In 2015 there were zero fatalities and life altering injuries had reduced to 44.

Nominated by:
Melanie Mitchell

SCOTT WILSON, BCAC

Isle of Man



Scott is a flag-bearer and advocate for young people on the Isle of Man, working with all looked-after children and young offenders on the Island since 2009. Scott has positively

impacted many disadvantaged young people's lives helping them overcome many barriers.

He has set up the Island's Appropriate Adult Scheme which supports young people and vulnerable adults when they have been brought into custody. This programme shows those people that someone cares, and has given a better understanding of what happens when being arrested.

Scott has researched Restorative Justice on the Island and believes that young people should be afforded

the opportunity to put things right. He has helped young offenders gain career opportunities as well as further education and given them hope for the future. He works hard to ensure those that need guidance, get help and are pointed on a better path for their future. This is a first for the Isle of Man, no other group or scheme has been created to take time to nurture and guide young people.

Nominated by:
Bradley Ryan

DOREEN DUKE, BCAC

West Midlands



For 33 years Doreen has been the leader of a 'Moms & Tots' group for parents which meets every Tuesday morning at the local church, bringing mums and

children together encouraging people to become more involved with their community and church. Doreen has dedicated herself to the group so that generations of parents and children have been able to benefit from coming together for support and friendship whilst their children have fun in a safe and nurturing environment.

Over the years there have been occasions where attendance has been diminished due to increasing provision by Private and Local Authority Nurseries causing Doreen to wonder if the effort was worth it. Despite the

difficult times Doreen's belief in the group continued and she worked hard to make sure everyone who attended was welcomed and valued.

The fact that the group is still going strong after 33 years is because of Doreen's remarkable commitment. The group continues to thrive with an average weekly attendance of 42 children plus adults. This social connection for both the adults and children is extremely positive.

Nominated by:
Kerry Holt

ANDREW CLARKE-COATES,
BCAh

Devon



Andrew and his wife Zoe set up the Mariposa Trust, in 2012 to provide support for those suffering from any form of baby loss. They

were inspired after recognising that every other charity made a distinction based on gestation or whether the baby had breathed at birth. Having lost five children themselves, and realising how little support was available, Andrew set about creating a charity to address this problem, sinking all his time and energy into ensuring others were not left alone.

Andrew is constantly trying to break the taboo of baby loss and raise awareness of how people can support those going through loss. Mariposa Trust has been granted a stakeholder role by the

NHS, meaning that the charity will be consulted on policy going forward, leading to much better support and consideration for bereaved parents.

In just four years the online portal has grown to support 50,000 people a week, and the website has over 650,000 hits monthly. Andrew is an inspiration and often a lone male voice in a female dominated sector, leading from the front often sticking to his guns to make changes in society.

Nominated by:
Emilie de Bruijn

**MARY BEARD, BCAC
& SHEILA FOSTER BCAC**
Bedfordshire



Every community needs leaders to bring them together and Mary and Sheila epitomise this together. These two inspirational ladies have been making a difference to their very local community for over 40

years. All funds they raise are used locally, benefiting local charities and local people.

In 1977, they started by simply trying to raise money for a neighbour to have a dialysis machine at home. Coffee mornings were organised, with a bring-and-buy stall and a raffle to raise funds. Every month since that date, a coffee morning has been organised and all the funds are used locally to support the community in many different ways. Special events are also held, including garden parties, a Christmas fair, theatre trips,

Royal occasions and other visits and also two holidays each year within the UK.

The 'Golden Riddy Good Neighbours' extended their fundraising from local streets, to the town, so now call themselves 'Golden Riddy Good Neighbours & Friends'. Golden Riddy is a road in a Luton suburb, for the coffee morning to survive for 40 years benefiting the community, shows a real spirit of determination.

Nominated by:
Raymond Nibbs

**ANTHONY PAUL HOLDING,
BCAc**

Cheshire



Anthony Paul Holding (known as Paul) has been practising the sport of Aikido for over 45 years and has trained several members who have gone on to join the GB National team,

including himself. Paul ran the non-profit Aikido Club as a volunteer for 30 years. In May 2016, Paul suffered two heart attacks and a stroke leaving him with limited movement. His sheer determination to teaching and supporting his club drove him to overcome all barriers and he can now walk again.

He has supported and guided children and adults by positively encouraging social inclusion of everyone, regardless of race, religion, age and disability, he has developed a class dedicated

to those with learning difficulties both physically and neurologically. Running the Club has impacted many families over the years, offering many members in the community a social network and a place to be themselves, safe and included. Many members over the years have had anxiety issues and depression and being in the club has helped them overcome this.

Nominated by:
Emma Tomlinson

MARY TAGGART, BCAC
Northern Ireland



For over 20 years Mary has given her time to selflessly enrich the lives of those in need in her community and further afield.

Working full time as a teacher and raising six children of her own, Mary has always found time to help others. For 15 years Mary has been a volunteer for the Samaritans doing the 2am-6am shift, also helping new members become fully trained Samaritans.

Mary also volunteers for Victim Support to help young people in traumatic situations at the Magistrates and Crown court. In addition to this, Mary teaches English as a foreign language giving up 2-3 hours of her week completely free of charge to help

migrant workers from overseas. For 17 years, Mary has given her time to help Cruise Bereavement Northern Ireland where she specialises in helping young children deal with their grief.

Each child, each foreign worker, each person who felt the need to contact Samaritans or each child affected by the Northern Ireland troubles, would vouch for the difference Mary has made to their individual lives.

Nominated by:
Eva Bloomer

DAVID CAMPBELL, BCAe & LORRAINE SASS BCAe

Merseyside



David was a professional footballer and played in the World Cup, but now uses that expertise to help

others, believing sport to be a tool for good, bringing communities together, providing healthy activity to participants, inspiring and fulfilling hundreds of thousands of individuals. Having grown-up during the troubles in Northern Ireland, he has continually used sport as a platform to excel and boost confidences, educate and engage and ultimately create careers.

Following a career-halting injury, David and Lorraine Sass, set up David Campbell Soccer, which has for the past 21 years provided education and a sporting provision plus career pathways to several communities. It has been used

to bring fractured communities together and help disengaged teenagers.

Lorraine champions and encourages women in football, providing full time educational places for several hundred trainee female coaches. Her creation of 'Hear the Cheer' scheme was inspirational and came about after reading an article on deaf-children being side-lined in sport generally and particularly football. Lorraine insisted, going forward, that all staff learn to sign.

Nominated by:
Patrick Morrow



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Places for People is one of the largest property and leisure management, development and regeneration companies in the UK. It owns or manages more than 180,000 homes and over 100 leisure centres. As a responsible business with a social as well as a commercial purpose, corporate responsibility is at its heart.

Places for People is proud to be a founding sponsor of the British Citizen Awards and to celebrate the positive impact people have on the lives of others in their communities.



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.



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.

Each store is part-owned and managed by its own directors - a Joint Venture Partnership model that was pioneered by the Perkins -

who are committed to delivering high quality, affordable eyecare and audiology services in the communities they serve.



Lime Marketing Communications & Productions is a dynamic group of marketing experts with a structure based around specialist teams - Experiential, PR, Social Media, CRM, Insight, Branding and Digital. This guarantees discipline expertise with the benefit of a wider integrated approach when needed.

Well-known for the strength and depth of our client relationships, we work with well-known global brands, social care charities, education providers and tourism

destinations to name but a few. Together we imagine and implement fresh ideas and conversations that get our clients noticed.

We’re constantly humbled and inspired by the energy and achievements of those receiving British Citizen Awards and we’re proud to play our part in sharing their stories and recognising the difference they make in the lives of others.

i The i is Britain’s first and only concise quality newspaper from Johnston Press. The newspaper is aimed at “readers and lapsed readers” of all quality newspapers and is proud to support the British Citizen Awards.

With thanks also to:



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





The British Citizen Award – Roll of Honour July 2017

Dr. DONALD MACKENZIE, BCAC

CHRIS MORRISON, BCAo

KELLY WAITE, BCAC

JAGRAJ POSELAY, BCAC

BEN HAGGARTY, BCAa

FIONA COLDRON, BCAC

DAPHNE SHARP, BCAC &
ELAINE DUNLOP, BCAC

STEVEN MAKIN, BCAe

SUSAN RUTHERFORD, BCav

CLIVE DANIELS, BCav

KELVIN SMITH, BCav

Dr. FARNAAZ SHARIEF, BCAh

ADRIAN WALKER, BCAo

ANDREW BAKER, BCav

RAYMOND CANNINGS, BCav

FIONA SOUTHERN, BCAC

STEVE WHITMORE, BCav

GILLIAN WILLIAMSON, BCav &
MICHELLE MULHOLLAND, BCav

NISHALL GARALA, BCAC

ALAN FAULDS, BCAC

SCOTT WILSON, BCAC

DOREEN DUKE, BCAC

ANDREW CLARKE-COATES, BCAh

MARY BEARD, BCAC &
SHEILA FOSTER BCAC

ANTHONY PAUL HOLDING, BCAC

MARY TAGGART, BCAC

DAVID CAMPBELL, BCAe &
LORRAINE SASS BCAe

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