



PALACE OF WESTMINSTER
OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD

05 July 2018

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



PATRON



SARAH, DUCHESS OF YORK

Congratulations to all 29 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 29 being honoured today, and the 215 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

HOUSE OF LORDS HOST



THE LORD DHOLAKIA

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

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

is the 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.

Earlier this year he presented a new show with Eamonn and Ruth for C5 called Do The Right Thing which is set to return later in the year. 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 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 Awards, 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 community."

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

Thank you all.

Patrons

Sarah, The Duchess of York

Dame Mary Perkins –
Co-Founder, Specsavers

Bradley Walsh –
Actor & TV Presenter

Ambassadors

Des Benjamin –
Chairman, Royal Hospital for Neuro-disability

Duncan Slater -
former Sergeant and Afghan War Veteran

Madi Sharma – Entrepreneur & Member of the EESC

Alison Bond – Founder & Director, The Halo Works

James Cathcart –
Author & Former CEO, British Youth Council

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

Shane Board, BCAv – Founder, Pop4Diabetes

Shane Yerrell BCAC – Founder, Through The Fight

LeighAnne Wright BCAv – Founder, Little Things & Co

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 –
Paralympic Gold Medal winning rower.

PATRON



DAME MARY PERKINS

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

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

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

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

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

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

A handwritten signature in black ink that reads "Dame Mary Perkins". The signature is written in a cursive, flowing style.

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



The British Citizen Award

Today's medal presentation sees a further 29 special individuals recognised for their positive impact on society, bringing the total number of medalists to 244. These 244 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 of today's 29 being honoured richly deserve their recognition.

Since its launch in 2015, the British Citizen Award has grown in stature and in popularity. The number of nominations is ever-increasing and the quality of the achievements of medalists never fails to amaze. 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 up and down the country doing good things than there are making those negative news headlines. We are now making positive 'Good News Headlines' - the cohort of medalists from January alone created over 500 individual media mentions reaching over 24 million readers, viewers and listeners. We wait to see how more successful today's medalists will be in terms of media coverage.

Our gratitude is extended to all our Patrons, Ambassadors, Assessors, Nominators, Sponsors and our 244 medalists – thank you for making Great Britain better.

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
July 2018

ROLL OF

HONOUR

TERENCE YATES, BCAC
Oxfordshire



Terry, 72, has been serving his community for three decades. As a former entertainer he recognised the importance of a

family night out to combat the breaking down of family values due to the uptake of computer games and latterly, social media. So, for the past thirty year's he has turned these popular family nights into charity fundraisers.

Following the loss of his wife of 40 years, Terry raised £6,000 shared between Macmillan Cancer Support and the Sobell House Hospice in recognition of the care that they gave his wife.

In 2017 Terry suffered a heart attack while taking part in a

fundraising fishing competition. That didn't deter him, and now fighting fit again he is back organising his biggest ever Family Night. The beneficiary from this event will be the Air Ambulance.

In September 2018 Terry is also organising another event, the beneficiary being the British Heart Foundation. All events Terry organises are fully funded by him so that all the money raised goes to charity.

Nominated by:
Jagraj Poselay BCAC

BILLY BIRCH, BCAv
Cheshire



Billy Birch, formerly of Ellesmere Port, dedicated 26 years of his life to fundraising for local causes, raising a sum in excess of £113,000.

He was nominated to receive The British Citizen Award, but sadly passed away before he could receive his medal.

Billy was very well-known and highly respected in his local community and dedicated his fundraising to the memory of his late wife, Sylvia. His campaigning to raise money to purchase equipment needed by local voluntary organisations saw him relentlessly dedicating his time and energy to making a real difference. Funds he raised benefitted various groups, but the biggest beneficiary was undoubtedly The Countess of Chester Hospital.

His fundraising was prolific, not only did he gain support from organisations for his causes, but he suggested fundraisers that they could implement to ensure they donated the largest amount possible. This pulled the community together, a community which Billy held close to his heart.

Billy's Medal and Certificate will be presented to his sons Mally, Neil, and daughter Cheryl and will be displayed at Ellesmere Port Library for the entire community to share.

Nominated by:
Amanda Foy

JEANETTE LOWE, BCAC
Lancashire



Jeanette Lowe has been at the epicentre of village life in Adlington for several decades. She has been an active committee member for

the Adlington In Bloom initiative since its 2007 inception. She has voluntarily served Adlington Town Council for 27 years. She is a supporter of Friends of Adlington Library and serves on the committee of the Adlington Community Centre, a role she has been relied upon to fulfil for a number of decades.

She has raised several thousand pounds for the local MS Society by holding fundraising events when she was Mayor and latterly by holding an annual “Cake Break” with a friend which has been very successful.

Jeanette has been Mayor of Adlington four times and was

instrumental in overseeing the construction of the Fairview Community Centre having first been involved at the planning stage. Jeanette’s energetic and time-consuming efforts as secretary of the Centre, and the incredible amount of time in getting permission and funding for the youth and community facility are testimony to her determination to get things done.

She is relentless in persuading everyone to take pride in the area and there is not a good cause locally that hasn’t benefitted from her input.

Nominated by:
Joyce Lee

BENJAMIN CARPENTER, BCAe
West Yorkshire



Benjamin, 33, is committed to educating people about child adoption. He is a panel Member and Media Advocate for the UK Adoption Service and works

energetically to eradicate the many myths that exist around adoption – especially within the LGBT community.

When he started his adoption journey 12-years ago, Benjamin was the youngest gay adopter in the UK. Now, the single Dad has adopted four children all with specific and varying special needs: 10-year-old Jack is autistic with autism-related OCD. Ruby, 7, has Pierre Robin syndrome, scoliosis and limited use of her arms as a result of missing radius bones and is registered blind. Lily, 5, is profoundly deaf and uses British Sign Language (BSL) to communicate. And 3-year-old

Joseph, has Down's syndrome and uses a colostomy bag.

Many adopters start with what Ben calls the 'Angelina Jolie or Madonna adoption' — where everything is perfect. However, the reality is that many children over 4 years old, and those with special needs, struggle to be placed with a family because they do not fit that mold. Benjamin shows them photos of his own children and tells his story — the positive and negative — and through educating prospective adopters dispels any notion of "normal."

Nominated by:
Rita Carpenter

JOYCE OBASEKI, BCAC

Essex



Joyce moved to the UK from Nigeria 20 years ago and embarked upon a successful career as a supply teacher and later as a Teacher

Coach, before launching a not for profit organisation.

Five years ago, a ‘bedraggled boy’ walked into Joyce’s classroom crying. He was being bullied because of his dirty school uniform. When Joyce enquired further, she learned that the boys mum, was suffering from Cancer, and was currently too ill to wash his clothes. Joyce realised that this boy was in need, but not at risk, and there was nowhere to signpost him to.

So, Joyce created Grant a Smile, an organisation ready to step in and help qualifying families that needed help – whether it is cleaning the home, washing

clothes or just listening. Joyce saw a way where she could really make a difference especially as 1 in 4 children in the UK are suffering a similar scenario, with a parent battling a life-limiting or mental health condition.

Grant a Smile provides interventional support with outstanding results, people are less depressed, feel supported and this in itself helps emotional, mental and psychological wellbeing of both the parents and the children.

Nominated by:

Elson Igie

BRUCE FERGUSON, BCAC
Shropshire



Bruce is 81 years young and has spent the last six years bringing lonely elderly residents together for lunch. He does this seven days

a week to reduce isolationism in the community and to give back to a community that he has enjoyed for many years. Bruce will collect and deliver hot meals to Purcell House, a local sheltered housing scheme. Many of the residents no longer have family who visit them and can often feel lonely, but since Bruce started visiting, he has provided a vital service. For many years, Bruce worked for a company which delivered meals as his full-time job, but after he retired he felt he wanted to continue in a similar role as a volunteer, giving something back to his community.

Bruce delivers up to 49 meals every day of the week. He is giving the elderly, isolated and vulnerable a reason to interact with others. When it snowed earlier this year, Bruce came to their rescue and turned up daily in bad conditions to ensure the residents had everything they needed.

Bruce makes an incredible difference, voluntarily and wholeheartedly to individuals that would otherwise feel lonely and isolated.

Nominated by:
Angie Shuck

RONALD CHARLES MILLS, BCAe
Lancashire



Ronald aged 84, from Wigan has been volunteering at Parbold Douglas Academy Primary School for 45 years, and Newburgh Church of England School

for over 24 years, whilst also being a full-time carer for his wife Margaret, who he married 64 years ago.

Whilst working as an Engineer for Heinz, Ron took up the position as a school governor, with a passion for education and helping pupils realise their full potential and this has never wavered. After five heart-bypasses Ron had to retire from work but remained a Governor and increased his volunteering to two days per week, inspiring pupils to develop their maths skills and helping them to visualise how these skills can be linked to industry. When

his granddaughter started school, she asked him to volunteer and for 25 years now he has been listening to pupils read once a week. Ron never tires of making a difference to every single pupil.

Ron's community spirit extends beyond his educational volunteering, he has been a Church Warden, is well known to families in crisis being a familiar trusted face, he also reads out the Roll of Honour every year for Remembrance Sunday.

Nominated by:
Julie Fenelon

NAVEEN ARLES, BCAa
London



Naveen of Newham, directs four choirs including the London International Gospel Choir (LIGC), a Newham Youth Choir and choirs

in prisons. He is also the Fringe Director of the Brandenburg Choral Festival, putting together a program of a cappella and small, non-choral ensemble performances for its year-round series. Naveen has served 4 years as conductor to the Hertfordshire and Ware Primary School Music Festival and has just been announced as the Vocal Lead for Brent Music Services.

The majority of his work is voluntary and everything he does is for the people in various singing communities. He is an inspirational teacher, leader and endlessly patient diplomat. He encourages people to believe in themselves and to follow their

dreams. As a teacher he is vibrant, innovative and sympathetic to the students enabling children and dementia patients to break through barriers of silence and hundreds to find their confidence and voice.

Nav's belief in inclusion, equality and social justice has led him to work with homelessness and rehabilitation centres, and co-found Sanctuary Voices for refugees and asylum seekers. His longest and largest ongoing project, LIGC, is a community that is wholly inclusive embracing all faiths, cultures, sexualities and ethnic backgrounds.

Nominated by:
Dean Addams

REECE RYAN, BCAv
South Yorkshire



Reece 38, from Doncaster has raised over £1m for a number of charities and is also the first Ambassador of the James Bulger Trust.

A boxing night at Radio City saw him raise over £45,000 for Cash for Kids, where the money was spent on thousands of Christmas presents for under privileged children. The Francis House Children's Hospice also benefitted after Reece sourced the entire stock of a toy shop which was closing down.

He jointly created the Rainbow Run and Midnight Walk for Nightingale House, a Wrexham-based hospice, raising over £150,000. Now in their fifth year, Reece participates in the Rainbow Run where people get covered in every conceivable colour paint for charity.

Another charity close to Reece's heart is the NSPCC, having suffered mental and physical abuse as a child, he wanted to do all he could to help, so he took control of a Strictly Come Dancing Stage Show at the Doncaster Dome, sold 2,000 tickets, hosted the show and raised £25,000 for the children. He also, with the help of good friends, created SoapStar, SoccerStar to raise funds for Once Upon a Smile, and his Show Star Super Star initiative raised an enormous amount for charity.

Nominated by:
Arron Laws

CAITLIN JONES, BCAV
Lancashire



Caitlin, aged 22, has been raising awareness and funds for cancer charities after losing her Dad to the disease

when she was aged just 12. She channelled all her grief into doing so, not just for a short period of time, but has continued to do so for 10 years, raising almost £30,000.

Caitlin's passion for East Lancashire Hospice started when she received counselling after losing her Dad. She is a frequent visitor and her regular chats with the patients keep her passion alive. There are many examples of her dedication and achievements including, 'Show Your Knees For Nigel' – the name of her Dad. For this fundraiser she simply asked for people to wear their shorts

to work or school and pay one pound each. This attracted a great deal of attention and involved promotion with the Blackburn Rovers Football Club manager, the local radio station visited a participating school or business each day to broadcast, and it achieved plenty of local media interest.

She has shown a great deal of tenacity in raising funds and was determined to raise a further £10,000 in recognition of 10 years since her father died.

Nominated by:
Gail Grosvenor

Dr ASHER LEWINSOHN, BCAh
Middlesex



Asher is a qualified Senior Registrar specialising in Anaesthetics and Intensive Care within the NHS. In his

spare time over the past decade he has used (and continues to use) his medical talents and skills to be there to help other people whenever and wherever they need.

He has been integral to establishing and maintaining the Edgware branch of a volunteer emergency ambulance service charity group called Hatzola. This charity provides a 24/7 rapid emergency ambulance response service for the entire local community and has also responded on behalf of the London Ambulance Service as community first responders. He is head of training and a Senior Medical Officer helping to support and advise ambulance responders on and off scenes, and in doing so brings his

medical expertise, energy, specialist knowledge and skills together to help care for other people.

Asher is also a BASICS critical care response doctor for East of England ambulance service working alongside other clinicians and the NHS ambulance service to respond to serious 999 emergency calls. Through his volunteering Asher is doing more life-saving work, giving his time freely to a particularly demanding role given that it covers such a large geographical area, with often complex, difficult and emotionally challenging calls.

Nominated by:
Lisa Urinov

JOHN ANDERSON, BCAC
Staffordshire



John Anderson is passionate about his community and looks after the interests of Beamhill playground, public-footpaths, neighbourhood plans, emergency plans, planning

and campaigns against regular fly-tipping and speeding locally. Not content with this, John started Burton HOPE in 2017 after many years trying to help homeless people within the community. Which is the reason he is being recognised nationally for his commitment to his community.

HOPE is now well established with 80 volunteers. John identified ways to get people off the street, some into supported living and some into rehab. When they are ready they are helped back into work. As well as Chairman, John is Burton HOPE's Support Coordinator. His volunteering has helped many families in crisis with clothes and food from foodbanks.

Over 100 food parcels are handed out each week, including sanitary and hygiene products. John leads and trains people on outreach, which entails going to where the homeless people are living on the streets, offering aid.

John is also an active Governor at De-Ferrers, a local Academy, and he has also very recently become a trustee of The Beyne Foundation which funds certain schools in Burton on Trent, he is also a Governor at Burton Hospital. For over 10 years John has dedicated his time to his community.

Nominated by:
Graham Baddeley

SHARRON HARDWICK, BCAo
Pembrokeshire



Sharron is a selfless campaigner who has single-handedly raised awareness of Fairtrade sports balls throughout Staffordshire and Pembrokeshire

specifically, but also throughout the UK via social media.

Sharron has self-funded the Fairtrade in Football Campaign and has been successful in applying for grants from Hub Cymru Africa. These funds are used to purchase Fairtrade football and rugby balls, which she provides to schools and clubs, whilst giving talks to spread the word that using these ethical Fairtrade balls makes a real difference to workers, in lesser developed countries. In doing so, she is creating a significant impact on the lives of sports ball workers in India and Pakistan.

Sharron works voluntarily for this cause maintaining a presence daily on social media and achieving media

coverage for her work. She has engaged with Stoke City and other league football clubs and the Wales Rugby Union, to further educate sports clubs.

The biggest impact Sharron has made is to get safer working conditions, fair rates of pay and an extra 10% Fairtrade Premium paid per Fairtrade ball made. This extra cash is invested in workers' benefits such as free eye and diabetes tests, free school books and backpacks for workers children and free transport to and from work for rural workers.

Nominated by:
Angus Coull

**JONATHAN DAVID DIXON,
BCAV**

South Yorkshire



Jonathan has for 11 years been involved with grassroots football. He started as a helper, then progressed very quickly to manager and Vice Committee Chair. Over the

last 11 years many local children and families have benefitted from Jonathan's personal sacrifices to keep local football at the forefront.

He devotes his time, always smiling and encouraging and giving 100% to the players and families. He instils in the children that sport is a habit for life, and encourages children of all abilities, backgrounds and differences to play sport in the same space, giving them a chance to develop their talents and social interactions.

Despite working full time and having a family of his own, Jonathan works energetically on

match days behind the scenes, always going the extra mile for his team and club. He is also now supporting an African Orphanage in Uganda, by collecting and sending under privileged children all his clubs old football clothing and equipment. They are so honoured that they are going to have a local Football competition amongst schools in Namutumba, Uganda calling it the 'Jonathan Dixon Tournament'. He is a true inspiration in the UK and now a roll model to others overseas, who are also touched by his passion.

Nominated by:

Lisa Godfrey

LILY BLEWITT BCAC

West Midlands



Lily, known as Liz, is the last surviving founding member of the Walsall Gateway Club, a social club which she was instrumental in

introducing, specifically for adults with learning disabilities. Liz has served the club consistently over the last 30 years, turning out in all weathers to ensure that those that need the interaction and service the club offers are able to access it consistently .

Liz, approaching her 90th birthday and suffering from a heart condition and hearing problems, still walks to the club daily. She remains committed to helping others and has done so since she turned 60 and had more time on her hands. Over the years she has worked energetically to raise funds for the club, even competing in sponsored swims.

She has contributed greatly to the local community of adults with learning disabilities, helping them to avoid social isolation and loneliness. Liz not only helps provide a safe place for members to meet, but is a friend to each and every member, greeting everyone with a kind word and friendly smile.

Liz has been a permanent cornerstone of Walsall Gateway Club, and whilst other volunteers have given up their service through age and ill health, Liz has continued to serve the club.

Nominated by:
Matthew Barker

LISA OGUNTOYINBO, BCAv
London



Lisa has overcome serious health conditions, including a stroke, to make enormous contributions to her local community and to the charity Cardboard Citizens, which exists to support the homeless and vulnerable.

During a volunteering career spanning almost two decades, Lisa has acted as a community leader and driver of the regeneration of Shoreditch. She has made large contributions to important initiatives to provide for young people, build between communities, enhance the health and wellbeing of young people and to increase opportunities in the arts. Lisa has also raised funds for charity and has made a considerable contribution to homeless and vulnerable people through her work as an assessor and voluntary workshop leader for Cardboard Citizens.

For the past four and a half years, Lisa has devoted most of her energy to Cardboard Citizens,

where through the performing arts vulnerable and homeless people are supported. She is an Ambassador of the charity and has recently developed a very popular Writers Group which meets monthly; she delivers a Maths for Life course and has become a qualified course assessor, following her undertaking a Peer Mentoring course. She is passionately committed to the learners' educational journeys. She is committed to helping the homeless and recently took part undercover for a Dispatches programme.

Nominated by:
Julie Weston

LES NEWINGTON, BCAv
Roxburghshire



Les has for four years been a member of Survivors Unite peer support group. He first used the group to overcome his own challenges, after an upbringing in

which he was failed by friends, family, professionals and the system. But in 2014, it became apparent that Les was also a capable public speaker, enabling him to advocate for the needs of survivors in many different settings. Les became more aware of his want and need to support other survivors in the Borders and since has been dedicated to this essential work.

Les has become a supportive friend to group members many of whom will call on him when times are hard. Additionally, Les and his wife Christine have gone 'over and beyond' in support of one group member, who nearly died through self-harm. Les also contributed to the consultation

around the development of the Scottish Borders Mental Health Strategy over a two-year period. Through this process Les has raised awareness of the needs of survivors, particularly the need for trauma informed practice at all levels of public and voluntary service.

The biggest impact Les has made is undoubtedly to have the words 'Childhood Trauma' included in the Scottish Borders Mental Health Strategy and identified as an unmet need within current mental health provision.

Nominated by:
Amanda Erskine

JUDITH WOOD, BCAh
Oxfordshire



Judith is the Senior Sight Advisor and Counsellor at Oxfordshire Association for the Blind (OAB) and is herself severely visually impaired. Over the last 25 years,

she has established a full-time sight Advisory Service at the Oxford Eye Hospital as well as the county's only specialist counselling service for those affected by sight loss.

Judith lost most of her sight following an accident in 1973, when she was 24 years old. At the time there was no specialist support or counselling service that she could access. Many years later, Judith saw that there was a similar lack of provision for visually impaired people in Oxfordshire. As an Eye Hospital patient herself, Judith watched people leave the clinic tearful, angry and scared. She saw that many

people were slipping through the net and she felt that something had to be done.

In 1993 Judith began to set up the Sight Advisory Service at Oxford's John Radcliffe Hospital. She began the service by providing emotional support to those who needed it and by signposting people to local services. She also advocated on behalf of patients, accompanying them back to the doctor's room to ensure that their condition has been properly explained to them.

Nominated by:
Colin Cure

CARLOS DENNIS, BCAv
London



Carlos has had a positive impact on his community initially utilising his connections in the music industry, inviting gang members into a music studio to offer them

an alternative to street culture, and for the past nine years establishing and running PINT (People in Need Today).

Carlos had a business based in Stockwell in the heart of a local council estate, where he would often talk to gang members and try to help them and offer encouragement if they were willing to talk to him. As a result of his experience Carlos discovered that a lot of the teenagers living locally, were homeless or couch hopping, surviving day-to-day.

Inspired by this, Carlos launched PINT, where households donate what they have left over from

their daily lives, to feed and aid the homeless. He utilised his expertise in marketing to raise awareness and donations along with help on the ground. The fight to help others in need has taken him across London to see homeless people regardless of areas or background, gaining their trust, listening to their stories and inspiring them to have some hope and encouragement. PINT is about making a difference and helping in a positive way without suffering any financial burden.

Nominated by:
Kunal Gosai

**CHRISSETTA MITCHELL,
BCAv**

Isle of Lewis



Nine years ago, Chrisetta lost her daughter, Leanne aged 21, to Cystic Fibrosis (CF). Following this, she set up The Leanne Fund,

with her husband William. The Leanne Fund provides support to CF sufferers and their families across the Highlands and Islands, where throughout Leanne's illness, no such support had been available to them.

From 2010 to 2016, The Leanne Fund was run on a voluntary basis by Chrisetta from home, whilst she was still employed full time. During this time, she set up a committee to help organise fundraising activities including an annual 5K run, Dusk2Dawn overnight walk, raffles and tea parties. This included The Magnificent Seven where she climbed seven Munros in one day and '500miles4Leanne' where she and four friends

walked 100 miles each non-stop.

Since 2010 over £400,000 has been raised by The Leanne Fund. When a CF family is in need The Leanne Fund now has the resource available to contribute to the practical and financial support that is such a negative impact of the illness. CF sufferers can spend long periods in hospital, which can be difficult for parents in employment, the support offered by The Leanne Fund, takes some of this pressure away in an already stressful situation.

Nominated by
Angusina Stewart

LAURINE CHEESMAN, BCAC
Gloucestershire



Laurine Cheesman, from Cirencester, started 'Shine' - a programme to support women suffering from Post-natal depression (PND) - after suffering from PND and anxiety herself.

The lonely, isolating nature of PND meant that after recovery Laurine had a passion to help others.

Often a taboo subject, Laurine has worked hard to make PND more publicised to help people realise how debilitating the condition is. Today local health visitors, welfare officers and healthcare professionals in the community refer patients to Laurine's courses, often at an early stage before PND progresses and takes hold. The course is in two parts and lasts two hours for a 12-week course. This gives some much needed 'me' time to mums and to spend therapy time

creating something new each week, giving each member a real sense of achievement, when they feel they are failing in other areas of their lives.

Through the course and social networking Shine has provided much comfort to women affected by the condition. A 'Dads Day' was organised by Laurine, where husbands and partners of suffering mums could get together to discuss how difficult it was to help and support someone with PND and anxiety.

Nominated by:
Clair Robinson-Kirk

DOUGLAS THOMAS, BCAC
Glamorgan



Douglas has been a committed volunteer for 36 years. Since 1982 he has been committed to the Royal Life Saving Society UK, teaching lifesaving skills and was

made an honorary life member in September 2017. Douglas has also been heavily involved with the Samaritans by manning Samaritan information stands at the DVLA where he worked for 41 years, talking to office managers about mental health issues and how Samaritans can support staff dealing with such issues on a regular basis. He is a fully trained Samaritans telephone advisor and volunteers at the Swansea Samaritans branch where he helps vulnerable groups of people and supports those in crisis.

Douglas is the Press Officer with the League of Friends at Morriston hospital and has served the league for many years. This year

the League celebrates its 75th anniversary. Over the years Douglas has been part of a team that has raised £2,100,000, money used for the benefit of patients and hospital staff.

During his annual leave from his full-time job, Douglas will also volunteer for the Royal British Legion, Swimathon UK and Prostate Cancer UK, raising thousands of pounds each year. Despite recent serious health issues, he continued to commit to voluntary work in the community on a weekly basis.

Nominated by:
Rohan Gye

HYUNG DAL KIM, BCAC

Surrey



Known throughout his community as 'Mr Kim', this friendly, caring pharmacist goes significantly over and above for his customers. His care for patients is exceptional

with many commenting on his kindness and warmth.

In an area with more complex elderly patients than average, his personal knowledge of the patients, professional skill and human kindness shines through. Kim was nominated for the award by one of the local GPs.

Mr Kim knows his patients well, asks about their families, delivers medicines in his own time to housebound patients and is patient and thorough in explanations and advice. He has positively impacted his community, giving service of the highest order delivered one person at a time. There is a great

respect, gratitude and confidence and Mr Kim is held in very high regard.

In a time when the High Street is changing significantly with more shops facing closure, people's buying habits changing, prescriptions are auto-renewed and some pharmacies offering a 'direct to you' service, it is refreshing to see such consideration being given to all patients who use the Boots pharmacy. It is increasingly rare to witness old-fashioned, but very well delivered, customer service.

Nominated by:
Dr Saul Galloway

CHRIS ROSS, BCAv

Glasgow



Chris aged 22, has been actively involved in making improvements in his local community for the past six years. He is a keen supporter of community food

enterprises and has worked for the North Glasgow Community Food Initiative. At the age of 21 he became a Director for North Glasgow Healthy Living Community and the Scottish Fair Trade Forum, where he has had a direct influence in people's lives in the area through promoting healthy eating workshops and influencing policy.

Chris is dedicated to improving health in his community and tackling social isolation. He regularly helps at the local homeless organisation Emmaus, based in Possilpark where he ensures that any waste food is redirected to Emmaus to be put to good use. Chris also volunteers

at the West of Scotland Regional Equality Council, helping people secure jobs and teaching them new skills to make them more employable.

He is passionate about making a difference in his community, and works energetically to do so, stopping at nothing. His aim is to continue to dedicate himself to making a difference in one of the most deprived areas of the UK and if everyone in the community pulls together – he believes that this can happen.

Nominated by:
Taylor Lynch

MARIE O'BRIEN, BCAa
Hampshire



Marie joined a local community choir, in Eastleigh, seven years ago where she sang once a week. When it transpired that the leader of the choir was

leaving, Marie agreed to take over, even though it was never on her agenda, and she had no experience.

However, Marie thrived in the leadership role and decided to set up a second choir in her home town of Winchester, and in 2013 the Winchester Fusion Choir was born with just three singers, now it has over 90 singers. It was her vision that the new choir should be fun, embrace all, include all abilities, no auditions, no choreography and no previous knowledge needed.

In 1998 Marie was involved in a road traffic accident which completely changed

her life. She sustained a broken neck with a spinal cord injury, with talk of possible tetraplegia. However, Marie made a complete recovery, amazing all. This life-changing experience has led to an unwavering gratitude for life and has inspired her to create choirs unlike many other choirs, that are joyful, uplifting and inclusive. During her time with the choirs, they have been instrumental in collecting over £48,000 for charities, including one which sent a young girl to America for life-changing surgery.

Nominated by:
Nancy Maidment

LYNNE MISNER, BCAC

Hertfordshire



Lynne started the project 'Warm in Winter' following a boiler break down during a particularly cold spell where she was without heating or hot water for four days.

During that time, she read an article about how many older people struggle to keep warm during the winter, as they are unable to afford to pay for extra heating. In a little over three years Lynne has had a positive impact on over 8,500 vulnerable and elderly people.

Lynne decided that although she could not change the life of every older person, she could make a start. She contacted wholesalers to source blankets, socks, gloves, hats and mugs for hot drinks, calling upon local businesses, councillors and friends to help her raise the £1,500 she needed to distribute the first 50 'Warm

in Winter' gift bags. Working in partnership with Hertfordshire Independent Living Service, Age UK Hertfordshire and other local organisations Lynne gained access to a hard-to-reach group.

Lynne runs the project completely in her spare time supported by a small and dedicated team of volunteers. Lynne's dedication and passion for the project is contagious and she is relentless in her pursuit of funding.

Nominated by:
Alison Mann

MUHAMMAD AHMAD, BCAC
West Midlands



Muhammad Ahmad is a 25-year-old law graduate from Birmingham, who has raised over £150,000 for charity 'Care & Relief Foundation' during the past six years. He is

committed to his community in a multi-faceted way, for aside from fundraising he also uses his law degree to help victims of domestic abuse to overcome their fear, loneliness and gives them confidence to make life-changing decisions.

Muhammad is active in helping those with addictions. To motivate drug addicts to stop using he has organised group talks which offer hope, and he provides professional help and mediation. He has successfully helped a number of individuals to stop.

To ensure that communities remain diverse and inclusive, Muhammad

organises interfaith gatherings. He is also a strong supporter of anti- and de-radicalisation of young people. He engages with young people and answers their questions and concerns arising from their teachings. He has been involved in the publication of a book which has been endorsed by West Midlands Police, which has helped build trust, promote reconciliation, and reduce stigma and stereotypes in the Muslim community – it has also been instrumental in educating many at risk of being radicalised.

Nominated by:
Jamilla Govani

YVONNE LIMBRICK, BCAe
Hertfordshire



Yvonne from Hitchin has volunteered at the British Schools Museum for 23 years following a 40-year successful career as a teacher. Yvonne designed and delivered an incredibly popular

and successful schools education programme which attracts up to 5,000 school children each year. In addition to developing the programme, Yvonne has also recruited an army of volunteers to help deliver it, and volunteers herself for over 30 hours each week.

The Schools' programme, developed by Yvonne, has enabled over 80,000 school children to enjoy a hands-on, interactive and fun museum experience which supports the requirements of the national curriculum. She has been very supportive of children with special educational needs, where her empathy and patience has

ensured many such pupils have had a wonderful time at the museum. Latterly, Yvonne has devoted her efforts to a new role of Volunteer co-ordinator. In this role she has trained and given support to dozens of volunteers, ensuring their contribution is valued and their volunteering experience is a rewarding, positive and enjoyable one.

Her commitment to education has had a profound affect for tens of thousands of young people during her 23-year volunteering career.

Nominated by:
Jean Handley

AMANDA CONNER, BCAB
Worcestershire



Amanda is a Community Champion at Tesco where she has worked for over 16 years, and is passionate about her community of Kidderminster. When the Community Champion role was created within Tesco Amanda threw

herself into making a difference in her community.

A local charity for Alzheimer's approached Amanda, and visited the store, along with one of their members. Amanda noted how difficult shopping could be for anyone suffering with dementia. Liaising with Tesco and Jo Hughes for the charity Alzheimer's UK Amanda set up the 'Relaxed Aisle Checkout'. This aisle is set up for those suffering from Dementia, at the checkout there are images of coins and notes clearly marked, and all colleagues who man the aisle are dementia friends trained. This has been a huge success in Kidderminster, all due to Amanda's clear direction of the need for such a service.

Amanda also supports Tesco's Community Food Connection which supplies surplus food from every Tesco store each evening to local organisations. In Kidderminster the charities which they support include a night-café which feeds the homeless. Through the community engagement that Amanda promotes, it has become evident how integral volunteers are, without them, many of the charities and causes that are helped by Tesco would not exist.

Nominated by:
Fred Holland, 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 Award and to celebrate the positive impact people have on the lives of others.



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



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



Specsavers was founded by Dame Mary Perkins and her husband Doug in 1984 with one vision – to provide affordable, fashionable eyecare for everyone, at a time when high prices for optical care and limited choice were the norm. Their spirit of British entrepreneurship revolutionised the industry and

today Specsavers is a well-known high street retailer with 1,800 stores in ten countries around the world, including more than 300 stores in Australia and New Zealand, while its humorous 'Should've gone to Specsavers' advertising line has become a much-used phrase.



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