




OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD

in partnership with 

July 2020 Medalists

The British Citizen Award Sponsors



With special thanks to:



PATRON



DAME MARY PERKINS

“Welcome to the twelfth 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.

“Your story has inspired me and you thoroughly deserve our recognition and our thanks for the extraordinary contribution you have made to our society. Your selfless efforts make our world a better, safer, healthier and happier place – you are quite simply, one of Britain’s unsung heroes. I thank you for making our world more human with your acts of goodness”.

A handwritten signature in cursive script that reads "Dame Mary Perkins".

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



Congratulations to all medalists

One Stop is honoured to be a part of your day

To find out more about what we do in the community visit www.onestop.co.uk/community/local/

OFFICIAL PARTNER



JONNY MCQUARRIE

“We are delighted to be the headline sponsor of The British Citizen Award this year. This prestigious award is an opportunity to recognise an outstanding group of people and their dedication to helping others.

One Stop has over 10,000 colleagues and 950 stores serving communities across the UK, and we believe that supporting these communities is fundamental to our business. The BCA awards

embodies our values by celebrating those individuals that have made a difference to the lives of others.

We are extremely proud to be involved in today’s event.”

A handwritten signature in black ink, appearing to read 'Jonny McQuarrie', written in a cursive style.

Jonny McQuarrie,
Managing Director
One Stop Stores
The British Citizen Award
2020 Headline Partner

PATRON



THE LORD DHOLAKIA OBE DL

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



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 inspiring."

"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 in black ink that reads "Bradley Walsh". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Bradley Walsh
The British Citizen Award, Patron
Actor and TV presenter

The British Citizen Award Sponsors



With special thanks to:



The background of the slide is a nighttime photograph of the Houses of Parliament and Big Ben in London, illuminated with warm lights. The text 'ROLL OF HONOUR' is prominently displayed in the center. The word 'ROLL' is in a dark blue color, while 'OF' is in a lighter blue. 'HONOUR' is in a golden-brown color. The letters are large and have a slight shadow effect.

ROLL OF HONOUR

Dr AAMER KHAN BCAh

London



Dr Khan along with his wife, runs a successful skin clinic in London where they work with injured veterans who have sustained serious skin

injuries helping them regain their confidence to face the world again. Dr Khan provides medical treatment to former members of the armed forces, including carrying out reconstructive surgery following major trauma and severe burn injuries. He and his team also offer emotional and psychological support to combat PTSD.

Injured people can become reclusive, abusive, aggressive or addicted, so Dr Khan engages a growing team of qualified PTSD counsellors to help the healing process from the inside out. He has provided pro bono medical treatment to

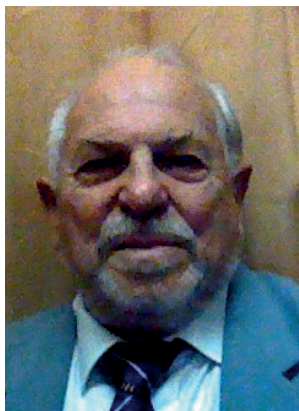
many injured veterans since 2012, giving injured veterans professional treatments in a world-class facility at no cost to them or their families.

Dr Khan manages this whole process from start to finish. He excels as a holistic doctor taking into consideration the whole person and their psyche. Dr Khan is available to his patients 24/7. Due to word spreading throughout the military community and growing demand for Dr Khan's help he founded the 'Back on Track' charity in 2016, this is the only veteran's charity offering private healthcare within the UK.

Nominated by:
Paula Hall

ALAN LEWIS BCAv

Middlesex



At the age of 83, Alan is marking 72 years in nautical service. He became a Sea Scout at the age of 11 and a Queen's Scout at 15, going

on to become a Merchant Seaman at the age of 16, rising very swiftly to the rank of Chief Steward. In 1979 he joined the Sea Cadets to put his knowledge and experience at the service of youth, which he continues to do voluntary to this day, as the oldest civilian instructor in the London area.

During 41 years of voluntary service he has served three units at command level and is a familiar, comforting presence of support to the young cadets. When not in the field, or afloat, he has trained countless

cadets and adults in the valuable life skill of catering. He remains committed to his own ongoing development to help others, re-qualifying as a Duke of Edinburgh Expedition Supervisor and Course Director and Rowing Instructor in 2017 – aged 80. He has remarkable fitness and endurance and is known to use his Tai Chi skills when delivering sessions for cadets and fellow instructors during Expedition Training courses as a valuable and focused warm up tool.

Nominated by:
David Lewis

ANNE BOYD BCAB
Cheshire



Anne is chief executive of Active Cheshire, the lead body for physical activity and sport in the Cheshire and Warrington sub-region. Thanks to Anne's leadership and guidance,

Active Cheshire engage, educate, enable, inspire and influence the local community - as well as a wide range of organisations, stakeholders and partners locally - to change.

Active Cheshire has been able to help people in the most inactive and deprived areas of Cheshire to get more active. Anne understood that to make a real difference, Active Cheshire had to provide people with opportunities and behavioural change. Yet changing habits and mindsets and making changes within the charity was needed to increase an inactive society. Anne has a futuristic vision, often going above and beyond to improve people's mental health and wellbeing, by embedding

physical activity into all aspects of everyday life across Cheshire and Warrington.

The work undertaken by Active Cheshire under Anne's leadership has resulted in tens of thousands of people being more active and leading healthier lifestyles. During her eight years at the charity Anne has transformed Active Cheshire, revitalised the governance, co-produced a strategy with whole system partners and helped more than 100,000 people to get active on a regular basis.

Nominated by:
Mark Evans-Guillen

ARTHUR GRAY BCAC

Middlesex



For 37 years Arthur has volunteered as a Police Community Support Officer and for the last four years he has been operating in the Greenford Green Area in

West London. In that time, he has brought his community together by keeping them extremely well-informed about his relentless approach to tackling crime. At a time when there are fewer police on the streets, Arthur patrols daily on his bicycle in all weathers and is a permanent point of reference for the local community.

In his own time, Arthur prepares a daily newsletter, which is distributed by email, but he has also recruited a team of volunteers who deliver leaflets to reach those without internet access. Arthur also arranges regular 'have a chat' street meetings where residents can

meet him while he is on patrol and discuss any concerns they may have. Recently he has created a quarterly magazine for all residents containing general articles as well as safety tips.

In addition to being the link between the community and the local police, Arthur is considered as a pillar of the community. His nomination was supported by the Metropolitan Police, who awarded him a commendation for exemplary service to the community.

Nominated by:
Richard Harper

BEE BEE WALDON BCAC
Greater Manchester



Arriving in the UK from Malaysia at just 18, Bee Bee enrolled in nursing college and worked in the public sector until retirement. After retirement

25 years ago, Bee Bee started volunteering weekly at the Citizens Advice Bureau. This continued until recently when CAB moved to telephone only services. Rather than resting on her laurels, she undertook other volunteering roles, spending many hours each week, going out in all weathers, despite being nearly 85 years old and having limited mobility.

Volunteering at the CAB, Bee Bee specifically helped those with debt problems and in crisis, helping them to get back on track. This included the most vulnerable in the local community, refugees, disabled people and those with mental health conditions,

facilitating their return to a functioning role in society.

She has also volunteered for 10 years at the friends of Fletcher Moss and Parsonage Gardens, happy to undertake clearing up and sweeping as well as providing baked goods and hot drinks at her own expense. Her most recent volunteering role is with Assist, a not for profit organisation which provides support for the elderly and socially isolated in the community.

Nominated by:
Karen Waldon

CARLA ANDREWS BCAC

Essex



Having experienced Mental Health issues herself, Carla founded 'Motivated Minds' a CIC which is determined to help fill the gap for those suffering Mental Illness within

her community. Motivated Minds works with people, empowering them to build their self-esteem and give them insight and tools needed to take control of their health and wellbeing. As a result, they maximise their mental health, achieving their full potential. With the help of volunteers Carla set up a unit inside a local shopping centre which now attracts 4,000 service users per month. The provision of the service stems from the five elements of wellbeing from the NHS - connecting with others, being active, continued learning, giving to others, and mindfulness.

Carla is responsible for the wellbeing provision which includes

wellness days, Happy Hub Pop-ups, community dinners, community picnics, a community gardening project, and planting and maintaining edible food for the community. Carla believes that the longer a person is unemployed the lower motivation to find work becomes, with decreasing confidence job searches and interviews become disheartening and even daunting. Carla and the volunteers at Motivated Minds help with various volunteering roles for service users, bringing back their confidence and enhancing their skill sets.

Nominated by:

Danny Lawrence BEM, BCAC

DAVID PUGH BCAC
Bristol



David founded his own charity Newfound Friends in 1989 as a vehicle to showcase the exceptional talents of his incredible Newfoundland dogs, whilst raising

vital funds for charity. During the past 30 years over £1.5 million has been raised for over 50 different charities.

David works with charities to host a 'Take the Plunge' day in which the supporters of the chosen charity jump from his dinghy into a marina to be rescued by one of his dogs. The event is fully accessible to everyone allowing people with disabilities to take part in the event. He has used his dogs to bring comfort to terminally ill children in children's hospices, such as Little Bridge Children's Hospice. David also used his skills as a joiner by trade, to help build the children's

outside play equipment at Children's Hospice, Charlton Farm.

Water safety is something David is extremely passionate about, being a fully trained lifeguard who also trained his Newfoundland dogs in Water Rescue. One of his dogs Whizz, rescued nine people during his work with Maritime Rescue Volunteers and was awarded the animal OBE in 2016. David and Whizz visit schools teaching children locally about water safety.

Nominated by:
Claire Wingate

DEREK SCRIVENER BCAC

Lancashire



Six decades ago, Fleetwood was an economically poor community offering very little for young people. The Sea Cadets offered the youth of the town a much-needed opportunity and those

who joined were soon enthralled by Lieutenant Commander Derek Scrivener's enthusiasm and eagerness for them to get involved in all the unit's activities, no matter what their capabilities. No one was excluded and they were encouraged to be the best they can.

Joining 'Scriv' at Sea Cadets gave the young people of the town an outlet and a reason for being and encouraged them to be part of something. When Derek took over as the CO, the unit's home was a ramshackle timber building, built on a foundation of old fish pallets. Derek single-handedly raised £25,000 to have a nautical themed purpose-built

facility constructed, in the 1950's this was a huge amount of money.

In addition to running the nationally recognised Fleetwood Sea Cadet Band, in 1967 Scriv's Sea Cadet Unit was given the Honour of Freedom of the Borough of Fleetwood. In 1986 he formed an ex-Sea Cadet Band, where he is still President and regularly supports their fund-raising activities. He also wrote a book about his volunteering life with all proceeds going to charity.

Nominated by:
Paul Reynolds

DOREEN RAYMOND BCAC

Surrey



Doreen is dedicated to serving the local community. She is 74 years old and has volunteered for various causes for over a decade. Every single day for the past five years,

Doreen has attended Tandridge Heights - a local elderly care home - visiting the residents, sitting chatting with them, assisting with meals and helping them attend the weekly Church services, which the residents adore.

Doreen has found a way to ensure she lives a fulfilling life, but also ensures that those she supports have one too. Doreen makes certain everyone is represented, from the 95-year-old who lives alone and has vowed to be at home till the end, to the priest now too old to recognise anyone from the parish. She is always available,

consistent and dedicated. Doreen's work has contributed positively to the psychological wellbeing of the elderly people she visits. She reminds them they are seen, heard, valued and not forgotten. Her simple acts of going to the hospitals locally to visit people and play games, gives families and patients a chance to temporarily forget their health worries. Her visits to those who are terminally ill and who are in the last phases of life, helps them feel loved and cherished right up until the very end.

Nominated by:
Victoria Oladosu

JADE KILDUFF BCAC

Lancashire



Jade is 19 years old and for the last two years has volunteered and become an Ambassador for the charity 'Peep's, which supports those affected by HIE (hypoxic-ischaemic

encephalopathy) which is a brain injury caused by oxygen deprivation. Jade had a determination to help her own brother communicate after they were told he would never speak due to his cerebral palsy, and she has never given up.

Jade works tirelessly to raise awareness of the importance of sign language and inclusion around communication. She set up 'Sign Along with us' to help share what she was doing with her brother and now also attends events, raises funds and more recently appeared on TV's Britain's Got Talent with her Sign Along With Us choir.

Jade has also set up a petition to encourage sign language to be taught in all schools as part of the curriculum.

The choir Jade set up has almost 70 members and she is determined to encourage others to get involved. She has also been involved in fundraising and her current appeal (on hold due to Covid-19) is for a sponsored wing walk which has already raised £1,000 and is hoping to double this, donating all funds to Peeps.

Nominated by:
Sarah Land

JANET GURNEY BCAC

Surrey



Janet works with a charity in Surrey called Us in A Bus, which provides services and support to people with

profound and multiple disabilities, using a methodology called Intensive Interaction. Janet is one of the leading proponents of the methodology and has written papers and contributed to two books on the subject, as well as working with numerous professionals in the UK and internationally.

For 25 years of her life Janet took on the Chief Executive role demonstrating a strong capacity for team support and developing strategy, bringing on new teams and expanding the charity to its current size against a backdrop of funding challenges and immense uncertainty.

Inter-agency and team collaboration is particularly important in bringing the work to schools, residential

homes, front line medical staff, speech and language therapists, radiographers and so on – all the people whom profoundly disabled people engage with on a daily basis, and therefore the reach of their work is so much wider than the time spent with people on a weekly basis. Intensive interaction is a technique that is ‘person-centred’ relying on close observation to support a person over time.

Janet has been dedicated to making the charity a success and consolidating its broader impact on the community of Surrey for the benefit of its users going forward.

Nominated by:
Victoria Goody

JOSEPH CRAVEN BCAC

Oxfordshire



When Joe's wife became ill with Alzheimer's disease, he began to take her to the local village day centre for lunch, primarily to

socialise and keep her active. As her health declined and she sadly went into care, he continued to go, not as a diner, but as a volunteer to help in the kitchen. Three times a week, every week for the last 13 years he has given his time and dedication to make a difference to the many villagers who need the day centre. His wife sadly passed away in 2010 but Joe continued to honour his commitment and now at 94, is the oldest volunteer and diner.

Joe treats his voluntary role just like a job: professional, always punctual, never misses a day,

and a work ethic second to none. He has carved out a role for himself within the community and this drives him to continue. The day centre is a lifeline for people in the village who attend the lunchtime sessions, it really encourages a sense of family, providing friendship which wouldn't be possible without the volunteers like Joe, who at 94 years young shows no sign of giving up, or slowing down.

Nominated by:
Rachel Craven-Todd

KEVIN WINCHCOMBE BCAv

Hampshire



Kevin has been a passionate campaigner and advocate within the Type 1 diabetes community for almost a decade. His work has made a meaningful difference,

both to the charities he has supported and to everyone who has Type 1 diabetes, through his work with the Nightscout and #WeAreNotWaiting initiatives and their impact on Type 1 data access within technology. Motivated by his daughter's diagnosis with Type 1, Kevin joined Juvenile Diabetes Research Foundation (JDRF) as a fundraiser and has raised over £50,000 to date.

In addition to his commitment to fundraise, he is a major figure at JDRF community events, speaking at 'Discovery Day' events, targeted at people with Type 1 diabetes. Kevin even built his own daughter a working artificial pancreas, running on code developed by the #WeAreNotWaiting community

and tailored to his daughter's blood sugar readings.

Kevin has co-founded a support group named Sugarbuddies for people with any type of diabetes who live in Hampshire and Dorset, plus an online resource called t1resources.uk for people with Type 1; both of which are supported by, and bring together, the diabetes community and health care professionals. Kevin continues to support families utilising his knowledge and experience.

Nominated by:
Lesley Jordan

LINDA SHAVE BCAC

Essex



In 1982 as a young mum with small children to care for, Linda took over Tiptree Meals Service. At the time, the only provider for the elderly or vulnerable

was the council's Meals on Wheels Service and being passionate and caring about others, Linda felt there was a better way to provide a more personable service. To date she has organised, cooked and delivered tens of thousands of hot, home-cooked meals for a number of elderly and disabled community members in North Essex and has been doing so for 37 years.

When Linda took over there were 12 customers. Today, she supplies meals 7 days a week, 365 days a year, even catering for Christmas dinners every year. In all the years delivering

not only meals but often a ray of sunshine to go with them, Linda has never been beaten by bad weather conditions, delivering now 80 meals every day.

Linda works closely with Age UK, Social Services and the local Hygiene Officer to ensure no isolated or elderly individual slips through the gap. She has devoted her time to a rewarding role and is dedicated to making a difference to people's lives through a warm meal, some contact and a smile.

Nominated by:
Robert Belchambers

MARK KISSIN BCaH

Surrey



Since 1991 Mark has devoted his life to the diagnosis and management of breast cancer. Mark recognised early that the new surgical technique of

sentinel lymph node biopsy, pioneered in Italy and the USA, would be of huge significance to the management of his Guildford patients, and those of his nationwide colleagues.

He, along with colleagues, introduced the system within a formal national clinical trial (ALMANAC Trial) and in Guildford recruited more patients to this than any other UK breast surgical specialist. In 2004 the BBC broadcast this pioneering breast cancer operation, performed live by Mark Kissin, as part of BBC Three's 'You, Me and Cancer'. This was a turnkey development in the treatment of Breast Cancer.

Mark was a principal trainer for the NEW START National sentinel lymph node biopsy programme. This brought sentinel node biopsy to every Breast Unit in the UK. The next innovation was the introduction of pre-operative sentinel node molecular biology, which gives the patient 'same-day' results. Mark has treated over 5,000 new breast cancer patients pioneering the programme and leads a multi-disciplinary team that is nationally recognised. Mark was recognised with an NHS Distinction Award for his work, dedication and innovation.

Nominated by:
Dr. Susan Michaelis

MICHAEL CULLEN BCAV

Liverpool



Michael had a challenging background and suffered from addiction and mental health issues, spending a large part of his life homeless. After hitting rock bottom, Michael had a

vision to re-invent himself from his self-destructive behaviour patterns, and turned himself into the person he always wanted to be – one who helps others.

His most recent endeavour raised over £500,000 (in addition to the £160,000 raised previously) when he completed a 1,000-mile charity walk from John O’Groats to Land’s End. His original target was £50,000. Michael completed this challenge over the winter months, enduring inclement weather conditions, wearing only his swimming attire, which was Speedos, Hat and Goggles. This feat earned him the tagline, SpeedoMick.

He is currently working on creating The SpeedoMick Foundation,

fundraising for community projects for disadvantaged young people; creating opportunities to bring people together to broaden their horizons to overcome isolation, and to provide those most in need to relieve poverty and advance education. Through his fundraising endeavours he has brought mental health, isolation and vulnerability to the forefront of communities through national broadcasts, newspapers and social media. Michael’s passion for fundraising started in 2014 when he swam the English Channel raising £4000 for a homeless hostel.

Nominated by:
Natalie Klausen

NAHIMUL ISLAM BCav

London



Nahimul grew up in an overcrowded household in an area of deprivation where crime rates were high and had no one believing in him. Seven years ago, age 18, he launched his

own football club to try and bring the community, particularly young people, together. Facing many challenges and with no one to support him he kept his motivation and determination.

As several club members were from very low-income families, the club started declining into debt. Nahimul resourcefully used his own money, savings and donations from family and friends to keep the club going.

He started to seek support from local shops and businesses to sponsor the kit and team, now, seven years later, Nahimul manages 50 volunteers and has 150 members in the football club.

Nahimul is the Director of Wapping Youth FC and all his work is entirely voluntary. Today, he uses his profile and standing in the community to deliver various projects such as raising awareness of dementia, islamophobia, extremism and hate crime. He also works hard during school holidays to reduce food poverty among the young. He defied the odds and wants to continue to make a difference to his community of Tower Hamlets.

Nominated by:
Omar Khan

NICOLA SHELDRAKE BCAe

Dorset



Since leaving University, Nicky has dedicated the last 15 years to promoting youth participation, citizenship and democracy in both formal and informal education.

Nicky has always been keen that there should be no barriers to participation, so during this time she has developed a multi-media platform participation system, which has been adopted by youth projects across Europe enabling all young people to have a voice, no matter what additional needs they may have.

Nicky has organised national youth voice conferences and ensured young people are represented on boards and in decision making for national charities such as the RNLI. She has also overseen citizenship and volunteering projects from within her school including charity fundraising, food bank collections, shoe box appeals, amnesty 'write

for rights' campaigns and volunteering at the local day centre. Nicky has spent the last seven years working in alternative provision, supporting the most vulnerable students to have their voices heard and to make a difference in their communities.

Nicky helped her school to achieve a UNICEF Rights Respecting Schools Award and oversees the school council. She has undertaken the school's British values audit and her methods have been adopted by many local mainstream schools.

Nominated by:
Natalie O'Sullivan

NEIL JURD BCav
Cumbria



In 2009, Neil lost his wife Michelle Jurd to a fatal car accident, changing his and their two daughters lives forever. Michelle had served as an RAF officer in

both Iraq and Kosovo conflicts and believed in living life to the full. In her memory, Neil founded the Michelle Jurd Trust.

The trust reflects Michelle's ethos for life, making memories and adventure, giving opportunities to thousands of young people, and supporting veterans in need. The charity, under Neil's guidance, has successfully raised hundreds of thousands for several charities, local schools and supports the development and personal growth of young people through funding adventurous training.

A former regular army officer, who led Gurkha soldiers on operations in Iraq, Neil held the position of Commandant

of Lancashire Army Cadet Force for 5 years, helping to transform the lives of hundreds of young adults and help them on their way to becoming confident, independent members of society through creating exciting opportunities and encouraging their talents. Concerned that some cadets could not afford to participate in activities, Neil created the charity 'Friends of Lancashire Army Cadets' to support disadvantaged cadets. Neil now leads a team responsible for the initial training of all Army Cadet Force Officers.

Nominated by:
Becton Simpson

OLUTAYO ARIKAWÉ BCAh West Midlands



Olutayo is a pharmacist passionate about public health, particularly in her hard to reach community. She is a visiting lecturer at the Wolverhampton University where

she is pursuing a PHD focusing on developing services to support people living with mental health conditions.

Olutayo believes in holistic care of the community to enhance quality of life and prevent diseases. She regularly collaborates with other healthcare professionals to provide clinics in-store to benefit patients. These include, Falls prevention, Continence clinic, mental health counselling and addiction support groups. Every year for the past eight years she organises the Annual Health Funfair for the community, bringing all groups and ages together.

Under her guidance and the community spirit she engenders the Priory Community pharmacy has become an award-winning pharmacy. Engaging with the hardest-to-reach in the community is difficult but Olutayo and her team go out to patients on the streets, in shelters, at home etc., partnering with community development officers and local police to ensure all community members receive the care and support they need. Working with the Addiction Support Group, Olutayo provides an enabling environment for the group to meet at the pharmacy and sees the pharmacy as a community asset as many of its users do too.

Nominated by:
Oluwabunmi Osiberu

OYOVWE KIGHO BCAh

Greater Manchester



Oyovwe is dedicated to ending the loneliness of bereaved widows and widowers across Manchester. She created The Widows Empowerment Trust in 2017 which has helped hundreds of beneficiaries across

Greater Manchester. This is achieved by inclusion in community social activities, providing one-to-one befrienders, peer-to-peer support and improving quality of life, confidence, skills and employability.

The Widows Empowerment Trust now runs three weekly wellbeing sessions, a befriending scheme, pampering sessions and organises special gift presentations on Valentine's Day, Mother's Day and Christmas. Also, providing weekly sessions for people with dementia using creativity and Karaoke to help build their self-esteem.

Oyovwe has a particularly good understanding of the social and negative implications of isolation and loneliness to health and wellbeing. She

is undertaking a skydive from 15,000ft to raise £4,000 for The Widows Empowerment Trust.

In addition, she has created a platform to help thousands of students develop their communication skills, employability and work-based learning placement skills. She has recruited more than 3500 student volunteers from three Manchester Universities to help provide a sense of belonging. She has also mentored hundreds of young people from National Citizen Service (NCS) during the summer, building their aspirations, coordinating events including Inter-generational activities.

Nominated by
Chinte Mailawaarachchi

PETER BAKER BCAC

County Durham



PC Peter Baker works for Northumbria Police and is passionate about protecting those in the community. He is also an animal welfare champion with a determination to pursue

offenders that cause pain and neglect to animals. Peter's protection and dedication to community wildlife has resulted in high profile convictions which has saved the lives of many defenceless animals. This street-savvy officer is a true ambassador serving all living creatures.

To date he has received a Special Recognition Award from the RSPCA due to his services to animal welfare, working in conjunction with the RSPCA, the British Hedgehog Preservation Society and many other animal associations. Peter has also created an educational programme visiting Primary Schools, teaching tomorrow's generation about positive animal welfare. This

measure will ensure that his mission goes beyond his years as a police officer and will grow into a legacy, inspiring the next generation of animal protectors.

He has built up a positive partnership with local organisations with the RSPCA requesting his assistance after receiving a report of an injured horse. Undeterred by the abuse received from the owner of the horse, Peter worked alongside the RSPCA and obtained a conviction of the owner – thankfully, the horse fully recovered.

Nominated by:
Mark Atkinson

Dr. SHAMUS BUTT BCav
Berkshire



Shamus is a new medical graduate having had an accelerated graduation from medical school during the COVID-19 pandemic. He is an Imperial College

London alumnus, and recognised award-winning youth leader, who co-founded volunteer-led UK-registered disability charity, INSAAN, at the age of 18. He is the founder of Muslim Medics Bristol, an organisation promoting the positive contribution of Muslim Medical Professionals across the UK providing academic, social and pastoral support to future doctors.

INSAAN, also known as the Integrated Network for Special And Additional Needs, is a UK-registered charity aimed at supporting families facing disability, tackling stigma particularly in BME communities, and lobbying for change and awareness around disability issues. The charity provides several services

free to the public and has supported countless families through the toughest trials raising a child with special needs whilst working with a number of authorities to improve disability services.

During his medical school tenure, Shamus actively helped shape and implement several reformations within the medical curriculum and tackled BAME inequalities at medical school. His selfless approach of ‘working for the cause, and not for applause’, has been highly commended by colleagues and seniors alike.

Nominated by:
Idris Butt

SHIRLEY BARRETT BCAC

Suffolk



Born into a typical Gypsy Romany family, Shirley lived on the side of the road until she was 16 years old. Generally, in the Gypsy Romany community women do not have

a voice and children are not encouraged to finish school. Shirley pushed herself to make a difference and despite having a number of disabilities has never allowed any of them to get in her way of making a difference to develop positive engagement with the sedentary (settled) community.

Shirley is from the Romany travelling community and in the last twenty years has achieved national recognition for her work by both the Gypsy and Romany community and many main-stream service providers. She was one of the first women in the UK to achieve a qualification in woodwork technology. In the late 90's Shirley became a lead person in the

Ormiston Children and Family Trust as head of the community development for their Traveller Initiative Project. She also joined the charity One Voice 4 Travellers 10 years ago, determined to bridge gaps in society around the Gypsy Romany Community and tasked with reducing violence in a sustainable way.

Shirley is incredibly proud of her heritage but has been passionate about working together with the sedentary community, working together respectfully and cooperatively.

Nominated by:
Laura Barrett

SIMONA STANKOVSKA BCav
London



Just over five years ago Simona suffered a large bleed on the brain, causing a stroke and resulting in left-sided weakness. Several days later she was diagnosed with a

Cavernoma. In the weeks that followed at age 27, Simona's condition deteriorated, she could no longer walk properly, speak clearly or look after herself. She had to move back home, her mum becoming her full-time carer.

In 2015 Simona had her Cavernoma removed after a 6-hour operation and whilst her condition has improved, she is left with some limiting disabilities. Having realised that at least 1:600 people are diagnosed every year, in November 2018 Simona set up the charity The Cavernoma Society, single-handedly, creating platforms for sufferers to get support, advice and guidance. She has fundraised

tirelessly for projects such as mindfulness retreats, psychological and medical research and private counselling for members. She is still very unwell but when a member is preparing for surgery, she will undertake a home visit, prepare and support them by chatting to them and sending them tips or gifts that will make their journey more comfortable. She makes it her goal to ensure every member feels heard and supported.

Nominated by:
Ellie Stankovska

SOPHIA KAUR BADHAN BCAh
West Midlands



In 2016 whilst studying her GCSE's Sophia was diagnosed with an eating disorder and was hospitalised for seven months. Whilst undergoing intensive treatment and

rehabilitation Sophia struggled significantly with her mental health.

On returning to school, Sophia recognised the need to support educational establishments in helping to recognise, guide and support students at risk of similar diagnoses. Her campaign has led to great success in educating young people on how to spot the signs of a serious change in their mental health and how to reduce the stigma surrounding eating disorders. During the last five years she has organised, executed and designed a series of events to support this important initiative. In 2018 Sophia led a

school-wide campaign asking over 1,000 students to wear funky odd socks for the day in order to 'Sock it to Eating Disorders', raising money for the charity BEAT.

Sophia has been appointed a Diversity Lead for the mental health youth board 'Think4Brum', which is part of Birmingham Women's and Children's NHS Foundation Trust. Sophia has represented Think 4 Brum on a national level at the Royal College for Paediatric and Child Health Conference, sharing her experience and her insights to over 300 clinicians.

Nominated by:
Tracy Goodyear

The British Citizen Award Sponsors



With special thanks to:





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 2,000 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.

Dame Mary Perkins, Co-Founder of Specsavers and BCA Patron said “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”.



We are a retail convenience business with over 950 company and franchise stores operating in neighbourhoods across Great Britain. We employ more than 10,600 colleagues many of which are from the local communities we serve. The majority of our stores open seven days a week from 6am to 11pm and offer local communities a range of convenience food and household goods. For added convenience many stores offer additional services including free cash machines, Post Office, Paypoint, Lottery.

We pride ourselves in giving back to our local communities, over the last three years we have donated in excess of £1 million to local communities through our carriers for causes scheme and volunteered over 90,000 hours.

Jonny McQuarrie, Managing Director of One Stop Stores said “We’re proud to Sponsor The British Citizen Award for the first time this year. We pride ourselves in serving communities across the country and giving back to them on a daily basis. It’s an honour to help recognise individuals that go above and beyond in their local areas and change people’s lives for the better every day. Such commitment deserves to be celebrated.”



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“We're thrilled to be sponsoring this year's British Citizen Award, an important event recognising individuals doing extraordinary things in their local communities. It's a fantastic opportunity for us to meet and celebrate some of the most inspiring people in the UK changing people's lives for the better. By celebrating these role models, we hope they can inspire others to follow in their footsteps”.

Objective|HR

Objective HR is a friendly and focused HR Consultancy, with highly specialist teams. We deliver HR transformation, Recruitment solutions, Learning and Development interventions and Background referencing and checking services to provide businesses with a complete “people management solution”. The teams are passionate about people, taking time to understand our clients and the challenges they face. Our focus is to also recognise and support outstanding contributions made within our client base and within our internal teams. With this in mind, we are honoured and proud to support The British Citizens Award, recognising the outstanding contributions and impact people can have on communities.

“The British Citizen Award is an amazing platform to recognise the outstanding contributions that extraordinary people make within their community. Each and every medalist has an inspiring story and their recognition is truly deserved.”

Lisa Collins, Founder, Objective HR



Places for People is a leading placemaker in the UK. We believe that places work when they work for everyone and these places are designed for the long term, with sustainable value at their core. Delivering social impact by taking a commercial approach is what makes us different.

Places for People have sponsored The British Citizen Award since its inception. As a founding supporter, we have attended all of the Medal Presentations and witnessed these incredible people who positively impact society receive the recognition they deserve.

“It is a privilege to once again be supporting The British Citizen Award which celebrates the fantastic work people are doing for the benefit of their communities. On behalf of Places for People, I am extremely proud to be taking part in this inspirational event and would like to thank and congratulate all of the deserving medalists for their selfless contributions and commitment to improving the lives of others.”

Wendy Pretten, Managing Director Places Homes, part of Places for People.

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

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Co-Founder, Specsavers

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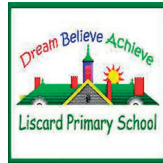
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