




OFFICIAL PRESENTATION GUIDE

THE BRITISH CITIZEN AWARD

in partnership with 

January 2022 Medalists



With special thanks to:  

PATRON



DAME MARY PERKINS

“Welcome to the sixteenth British Citizen Award, 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”.

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

one|stop

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 partner 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 British

Citizen Award 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 'J McQuarrie', written in a cursive style.

Jonny McQuarrie,
Managing Director
One Stop Stores
The British Citizen Award
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 was as a Medical Laboratory Technician at Southlands Hospital in Shoreham-by-Sea.

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

League for Penal reform. He is the current chair of Nacro and also chairs its Race Issues Advisory Committee.

Lord Dholakia is involved with a range of charities including being a Patron of the British branch of Child in Need India. In 1994 he was made an officer of the Order of the British Empire (OBE). In 2000 he was named 'Asian of the Year' and won the Pride of India Award in 2005.

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

HOST PEER



THE BARONESS COX, OF QUEENSBURY

Baroness (Caroline) Cox was created a Life Peer in 1982 and was a deputy speaker of the House of Lords from 1985 to 2005. She was Founder Chancellor of Bournemouth University; Chancellor of Liverpool Hope University from 2006-2013 and is an Hon. Vice President of the Royal College of Nursing. She is Founder and CEO of HART [Humanitarian Aid Relief Trust].

Her humanitarian work takes her to conflict and post-conflict zones, including the Armenian enclave of Nagorno Karabakh, Sudan, South Sudan, Nigeria, Uganda, Syria, the Shan and

Chin regions of Burma. She has visited North Korea to promote Parliamentary initiatives and medical programmes.

Caroline Cox has been honoured with the Commander Cross of the Order of Merit of the Republic of Poland; the Wilberforce Award; the International Mother Teresa Award from the All India Christian Council; the Mkhitar Gosh Medal conferred by the President of the Republic of Armenia; and the anniversary medal presented by Lech Walesa.

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."

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

PATRON



NICK KNOWLES

Nick Knowles is one of the UK's highest rated TV presenters and an RTS award-winning writer.

Over the past twelve years he has hosted prime time Saturday night quiz shows Break the Safe, Secret Fortune and Who Dares Wins, and he is the presenter of BBC1's most watched and longest running prime time factual series DIY SOS – The Big Build, which celebrated its 20th anniversary in 2019.

Huge builds for the families at Grenfell and an entire street for veterans in Manchester helped by HRH Duke of Cambridge and HRH Duke of Sussex got over 9 million viewers per episode.

"I've seen the power of communities coming together and the significant difference kindness can make. When I was invited to become a Patron of the British Citizen Award, which honours individuals who make a positive impact on communities, it was an opportunity that I jumped at."

"I am proud to be associated with so many people doing such positive things. It is uplifting, moving and emotional to see everyday people getting this recognition of the highest order, when it is furthest from their mind. It is humbling to see some of the sacrifices these people make for the benefit of others. I look forward to playing whatever small part I can in making their recognition even more special".

PRESENTER



Photo by
David Venni

TIM VINCENT

Tim Vincent's presenting experience is legendary and continues with his second series hosting BBC Radio 4's 'The Likely Dads' which sets out to explore every aspect of fatherhoodand with his own three-year-old twin sons, Tim has much to contribute!

His CV lists iconic series such 'Blue Peter', 'The Clothes Show', 'Escape To the Country', CBS's 'Who Wants To Be A Millionaire', and NBC's 'Access Hollywood', which he presented for 11 years before moving back to the

UK. Tim now continues to interview their A list stars as a regular contributing reporter.

"This will be the second time I have had the honour of being involved in the BCA's. It was the highlight of my presenting duties last year, and I suspect it will be again for 2022. The awards celebrate the sheer strength, talents, compassion and heart of the individuals honoured. It will be a humbling and uplifting day in the aptly prestigious backdrop of the House of Lords".

ROLL OF HONOUR

ABU MUMIN BCAC

London



Abu came to Britain from Bangladesh aged just six years old and has lived in Tower Hamlets and Newham in inner city London ever since. Abu is

committed to improving the lives of people from a truly diverse part of the community both here in the UK and in Bangladesh.

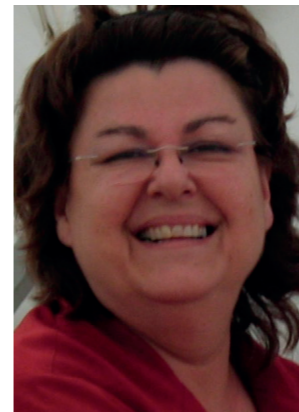
Through the Muslim Burial Fund, a programme of 13 Rivers Trust, Abu and his team of volunteers assisted in the burial of 152 people during the height of the Covid-19 pandemic. Abu and his team offered telephone befriending to support people who were socially isolated due to the Covid-19 pandemic. He and his team also delivered 7,665 hot meals between November 2020 and June 2021 to vulnerable people and their families.

Abu volunteered and later worked for the largest BAME-led organisation in London, The Osmani Trust. He delivered gang mediation through the Aasha project. The project has a track record spanning 25 years, dealing with hard-to-reach and difficult-to-engage young people. Abu volunteered on the streets, working with young people to support them and bridging gaps between young people and the rest of the community.

Nominated by:
Sayd Ahmed BCAh

ANN ARNOLD BCAC

West Sussex



Ann has had a positive impact on her community for the last 40 years. In the village of Rogate since 2004, her contribution has been multi-faceted including

village committees, village events, supporting the local school, Youth Club, churchwarden, the annual fete and flower show, and fundraising.

Ann refurbished the Youth Club in 2009 helping to run it until temporary closure due to the pandemic. In her retirement, Ann is now working for the re-opening.

Ann has sourced considerable funds for the village playground, the heritage centre and the restoration of the church roof. Having served on the Parish Council for 12 years, Ann's close contact with the community provided positive contributions

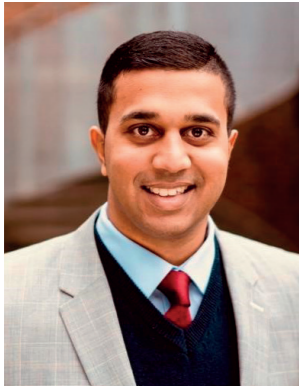
to her work with the other councillors.

Determined that the village should be sustainable and not a commuter village, Ann bought a run-down village shop due for closure in 2004. Ann applied for a grant to help refurbish the shop and post office and trained as a post mistress. The post office and shop are now the hub of the village. Ann did not see this as just her job, she made great efforts to find the right person to take on the lease of the shop before she would consider retirement.

Nominated by:
Mairi Reni

TREVOR GOMES BCAe

London



At the age of just 25-years-old, Trevor is dedicated to supporting young people, not only from his own community but young people from disadvantaged backgrounds

from all over the UK. Trevor has engaged, motivated and upskilled thousands of young people during a time when their education and ability to engage with employers had been massively impacted.

Trevor researched, designed and developed the ELEVATE programme, a self-improvement programme designed to give young people a better opportunity of success in their career. The programme features topics relevant to young people such as personal branding, growth-mindset and resilience, well-being, networking skills, presentation skills, interview techniques and career paths. Trevor has engaged well-known public figures as guest speakers and 100

volunteers to help support him to provide 1:1 mentoring. Trevor has received no funding for the project but has continued delivering this alongside his own postgraduate studies, full-time job and start-up business.

Over 10,000 young people have benefitted from ELEVATE, as well as thousands online through the programme's social media accounts. Trevor has helped young people stay focused on their studies as well as develop new skills during a difficult and scary time in the world of finding a career during the pandemic.

Nominated by:
Clara Gomes

ANTHONY LOVERIDGE BCAC

Surrey



Anthony has been committed to volunteering for Sea Cadets for over five decades, during which time he has also volunteered for over 35 years with The Royal British

Legion and created a lasting legacy through his sporting prowess. Today, aged 74, he is a grass-roots Football Referee Assessor, having only stopped refereeing games in 2015.

During his distinguished volunteering career, he developed an effective and enduring methodology to enable London Area Cadets to engage in national sporting competitions. This gives opportunities for young people from the capital to travel and enjoy experiences that might otherwise not be available to them. Anthony has been called upon to fulfil important roles, most recently in the important area of Conflict resolution. Anthony's calm and

methodical manner, coupled with his ability to meet individuals in an informal way, lends itself to finding suitable outcomes in most cases. He is also mentoring others in the art of conflict resolution.

As Parade Marshal for The Royal British Legion, Anthony takes pride in ensuring that the events under his direction are conducted with efficiency, precision and dignity appropriate to the occasion – always conscious of upholding the reputation of The Legion and presenting its public persona.

Nominated by:
David Lewis

CAROLINE TEMPLE-BIRD BCav
Bristol



Caroline served as Chair of Bristol Parent Carers for ten years, working hard to preserve the rights of children with disabilities and special needs and their

parent carers. She dedicated her spare time to providing a voice for children with SEND and their parent carers, despite her own personal constraints - she has a son with complex needs.

On first becoming Chair, Caroline coordinated all operations from her home until this became too big to manage. She established an office, recruited volunteers, successfully bid for government and local authority funding, organised training, and developed a parent carer participation forum that successfully improved local services. She liaised with SEND And You, Carers Support Centre, and Contact to provide an annual event.

Caroline attended the House of Lords with Carers UK to lobby parliament to change policies and give parent carers of children and adults the same rights, this was successful leading to parent carers having access to the services and support that carers for adults have. Caroline wanted to support parent carers and set up spaces where they felt empowered and had a voice. She requested local authority funding and established much needed support groups for this complex, diverse community.

Nominated by:
Oonah Finn

ASHLEY MANSELL BCac
Swansea



Ashley has, from a young age, been determined to help his local community through community work on the ground, charity volunteering and even running a

local drama group free of charge, to bring people together. He volunteered at the local charity shop as well as currently going through the recruitment process to become an Emergency Response Volunteer with the British Red Cross.

Throughout the pandemic, since the end of March, Ashley has stepped up for his community and has been collecting and delivering food parcels to those in need through the local Eastside Foodbank, whilst continuing to work full time from home. Determined not to let anyone feel isolated, Ashley kept up the local drama group online and ran sessions via media

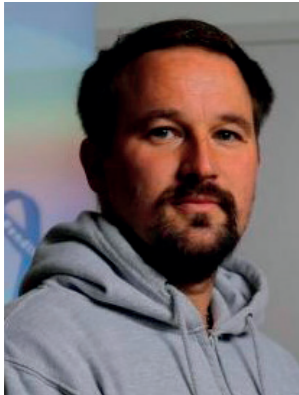
platforms that were accessible to all to ensure that the community were safe, well and to keep them engaged. When he has managed to arrange 'physical' performances, all monies raised are donated to local charities.

From the age of 13 Ashley has been committed to helping others, collecting outside the local supermarket, shaking a tin raising money for local charities or volunteering at the local youth club. Helping others is his passion.

Nominated by:
Angela Mansell

DEREK REID BCAC

Glasgow



After three suicides in the local community, Derek created the suicide awareness and mental health campaign called 'LD Let's Talk'. Derek continues to run the

campaign which has helped so many people in the community and beyond. The group holds weekly meetings and walks, to help people feel less alone and give them a safe place to share their feelings.

To encourage talking about mental health, Derek has placed multi-coloured chatty benches in schools, parks, and youth centres. The benches in schools are to encourage early intervention and encourage children to feel confident about being able to talk openly about their feelings. Derek hopes that by promoting awareness, the stigma surrounding mental health difficulties will one day end.

Derek has completed mental health first aid training for adults and children, and he also holds a counselling diploma.

His aim is for people to come to the group from anywhere to talk about their feelings and share experiences. Within the group he hopes that people build connections and support networks. In times when people feel alone, there are so many people willing to help. During the pandemic, videos and daily posts helped many through the dark days of lockdown.

Nominated by:
Deborah Reid

JANET JONES BCAC

Cardiff



Jan is dedicated to community education and has always held the firm belief that it is possible to transform someone's life through learning. Coming into

teacher training by accident, Jan has worked within the community education sector for over 25 years. When her children were young, she became involved in delivering local community classes, which ignited her passion for learning and supporting others through their learning journeys.

Her ability to connect and support others set her on a lifetime path in community education providing opportunities for those in the hardest-to-reach areas. Jan understands the challenges students have when they do not have family or finance to support them through their education. By using her knowledge, skills

and experience she works closely with community contacts to create bespoke learning opportunities. Putting the learner at the heart of these programmes enables those who have missed out on education, or who thought education was not for them, to build confidence, re-engage and offer them a more prosperous future.

South East Wales contains a large proportion of social and economic deprivation. Jan's career and service to this region has resulted in innovative and long-lasting life-changing interventions.

Nominated by:
Charlotte Arundel

ERIC BROWN BCAC
Kent



Despite battling chronic fatigue and taking early retirement due to ill health, Eric is passionate about giving back to his community. In 2016, when walking his dog, Eric started to collect

litter he saw on his journey, which inspired him to create Litter Picking Watch Romney Marsh (LPWRM). Despite his health, Eric invested his time and energy into volunteering and inspiring others to join him. The group has made a huge difference keeping the countryside and coastline of the Romney Marsh and surrounding areas, clear of litter. LPWRM has now grown to over 1,600 members and followers on social media.

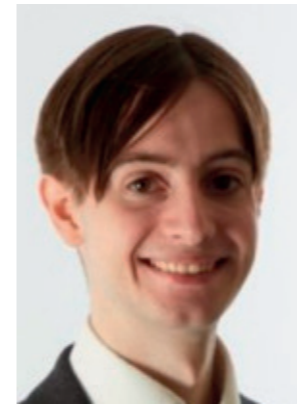
The LPWRM volunteers are active daily, picking litter, posting updates of their efforts on social media groups and joining regular litter picking group sessions, organised by Eric. The team cleared 9,000 bags of

litter from Romney Marsh in one year.

Eric's tenacious attitude and desire to make a change in his community has ensured the group has grown from strength-to-strength. Joining events such as the Great British Clean Up and raising funds to purchase and brand a specially adapted trailer to both carry the equipment and publicise the group. Eric also regularly writes a column to raise awareness and has promoted events within local schools.

Nominated by:
Sallianne David

ELLIOTT LANCASTER BCAe
Derbyshire



Elliott has a passion for social change, youth empowerment and sustainability. At the age of just 15 Elliott's experience led to a battle with loneliness, isolation

and depression yet despite this, Elliott has made it his mission to support other young people. Youth empowerment and sustainability are highly important to Elliott, and this is where his intellect, passion, and dedication is seen most clearly, demonstrating his commitment to other young people to engage in meaningful and sustainable change.

Elliott's impact and encouragement, directly or indirectly for young people across the range of his activities are immeasurable. All done whilst balancing his academic studies and at-home caring responsibilities. He has provided a significant long-lasting impact, demonstrated by engaging over 20,000 young

people in events and raising £50,000 collectively between projects.

In 2016 Elliott established 'Utter Rubbish' a social enterprise that has integrated mobile phone app technology into councils for UK citizens. The purpose of this app is to reduce recycling waste for local councils and enable citizens to have real-time knowledge of their council's recycling policies. Elliott has established partnership with local government bodies across Staffordshire and is now looking at implementing this across other parts of England.

Nominated by:
Timothy Gerber-Mellish

JULIET BREMMER BCAe
London



Juliet has worked within education for over 20 years and retired in 2019 due to ill health. As Senior Deputy Head at Gladesmore Community

School, she coordinated and led award-winning community campaign, 'Everybody Dreams',

A Song for Tottenham which allowed students to support building community confidence post-riots, along with award-winning active citizenship campaign, 'Value Life' where, with her students, they fought against gun and knife crime. Anti-knife crime charity 'The Kiyan Prince Foundation' approached her to be their Chief Trustee and she is still volunteering with them 11 years on. Her current volunteer roles include being a local council accountability board member, ensuring positive outcomes for young black men, a literacy and literature support teacher

to a school in Ghana and an NHS responder supporting vulnerable and isolated patients on the telephone.

Since retiring, Juliet has worked with 100's of children delivering free workshops developing their ideas, research and literacy skills and supporting them to become published authors. She has published the work of 39 UK children, aged 6 to 15 in 19 books. The books cover a range of topics including racism, cancer, free London, black role models, the Caribbean, Caribbean cookery and stories of Windrush grandparents.

Nominated by:
Yazmin McKenzie

GEORGE HARDING BCAv
Somerset



George has volunteered as a fundraiser for Macmillan Cancer Support since 1998 when he ran his first London Marathon. When he finally hung up his London

Marathon shoes, he could be found regularly running around the streets of Bath and taking part in the annual Bath Half Marathon. George has now raised in excess of £200,000. His passion and dedication to Macmillan and helping those living with cancer is not showing any sign of slowing down, even now at the age of 86.

In addition to Macmillan, George fundraises for The Forever Friends Appeal at the Royal United Hospital. Having lost his wife and other family members to cancer, George's commitment and dedication, together with the need for the service, motivates

him with all of the challenges he undertakes.

The funds George has raised will pay for a Macmillan nurse for over three years as well as supporting the cancer information support team that run the Macmillan support line service for six weeks. These funds have also provided over 560 cancer sufferers with a Macmillan Grant, which is a one-off payment of £350 to help with the extra costs that living with cancer brings.

Nominated by:
Kaeti Morrison

KATE LAINE-TONER BCav

Somerset



Kate founded the Bristol Autism Support (BAS) charity in Bristol to help parents of autistic children and volunteered up to 30 hours per week for over nine years. Despite

being autistic herself, Kate set up the charity when she couldn't find any support to help her with her own daughter who was diagnosed with autism when she was two years old. Starting as a small monthly meeting in a local pub, in a decade it has grown to become a comprehensive support service for the autism family community in the Bristol and wider area.

Having a child with autism can be isolating for parents, BAS is a safe haven and has a community of more than 3,000 autism families. It offers extensive support from a wide range of channels as well as family activities, training sessions

and courses. Through BAS, Kate ensures parents know how to deal with a wide range of autism-specific issues including how to find support for their child in school.

During the pandemic, when most professional support was withdrawn from autism families, Kate stepped in to fill the gap, moving all in-person support online and setting up a team of parent support volunteers to provide phone, email and befriending support.

Nominated by:
Jackie Novels

DR MOHAMMEDABBAS**KHAKI BCah**

Middlesex



Dr Khaki is a portfolio GP, holding roles as a medical doctor, educator and international medical relief worker. His passion for

inclusivity has led him to regularly conduct outreach work within hard-to-reach communities to address taboo subjects, facilitate blood donation and conduct medical screening. In 2012, accompanied by three colleagues, he started an international charity 'The Who is Hussain Foundation', which now has a global footprint of over 100 teams across 6 continents.

Dr Khaki has assisted the development of polyclinics in Iraq, providing medical, dental and optical services, whilst establishing a mental health programme for two orphanages of over 1,000 children also in Iraq. He was a first responder to the fire in Grenfell and has also worked to serve the displaced

populations across Bosnia, Calais, Lesbos, Tanzania and India, and most recently assisted with the Rohingya Refugee Crisis, helping to create a Fellowship in Refugee Medicine that has trained 99 doctors across 36 NGOs.

He has also become an established and trusted health expert, working with NHS England, Public Health England and mainstream media outlets to tackle and address health misinformation, support the vaccine drive and provide expert opinion on health and wellbeing issues.

Nominated by:
Shobhit Srivastava

MOIRA BROCK BCAa
Essex



Moria founded 'La Danse Fantastique' in 1990. It is a school for the arts, mixing children with special needs and able bodies, through music, dance and a variety

of shows where they all get to express themselves. Along with her talented team of teachers, for the last 3 years Moira has taught Ballet, Modern, Tap, Musical Theatre, Drama, Singing and Commercial Street to children and toddlers of all ages and abilities. This is a truly inclusive setting where those with special needs are genuinely integrated, which serves both sets of children equally, enabling able-bodied children to accept and understand those with differences. At the same time, helping those with differences express themselves in an understanding environment.

Melody Movement and Early Learning introduces children to

dance and movement using the natural actions of the body such as running, walking, jumping, hopping, skipping and galloping. It is a structured syllabus to aid children's physical development, coordination, spatial awareness, creativity and self-expression.

All drama classes are taught and examined in-line with the London Academy of Music and Dramatic Art. Moira's vision was to open up the world of music and dance to all young people, including those with physical challenges, sensory impairments or learning difficulties.

Nominated by:
Danny Lawrence BCAC

MOTIN MIAH BCav
Bedfordshire



Motin's greatest asset is his inner compassion to champion and support those who are less fortunate. As a teenager he volunteered at Chiltern School,

Bedfordshire, where he worked with disabled children and young adults. As an adult he regularly donated and raised money for a variety of charities locally and internationally. These have ranged from providing emergency aid to natural disaster victims to helping provide education and clean water in developing countries. He continues to support international charities like Oxfam, Water Aid and Macmillan Cancer Support.

Now as an established businessman he is an ambassador for several charities and community projects. Motin is keen to give back to the local community through sponsorship of local events and youth football. He is an advocate in using sport to

educate, inspire and promote community integration and cohesion.

Motin is Chief Treasurer of the British Bangladeshi Caterers Association; during the pandemic he campaigned and delivered 30,000 free meals per month for the elderly, NHS staff and care home workers. He also encourages debate and discussions about various issues important to the BAME community on his TV talk show and webinars; these include the effects of Brexit to the uptake of COVID vaccines.

Nominated by:
Mahela Miah

NATASHA BRITTON BCAa

East Sussex



Natasha has taught inclusive dance to thousands of people with disabilities, helping them unlock their potential through the power of dance. The impact

on their lives has made a difference; opening up possibilities they may never have known existed. The projects she delivers improve motivation, communication, health, independence and more importantly happiness.

Natasha has been dancing since she was three years old and for the past 22 years has pursued the art of dance for the benefit of others. Natasha became an expert in inclusive dance teaching, recognised and respected by her peers in the field. She developed new ground-breaking methods to train the next generation of inclusive dance teachers and wrote the 'Inclusive Dance Practice Training Programme'.

In 2019 she took the step to co-create a community interest company 'Parable Dance' with the purpose of providing a space for creativity, individuality, and opportunity for people with disabilities through dance.

Natasha is dedicated to inclusivity and equality, she has produced an industry standard short film about inclusivity, and she mentors for major companies including Sadler's Wells, The Royal Academy of Dance and The ISTD.

Natasha has simply made dance, in all its forms, more accessible for those with disabilities.

Nominated by:
Geoffrey Holland

NICHOLAS BENGE BCAC

Edinburgh



Nick Benge has volunteered for 20 years for the Friends of Cammo Park. Using his expertise in ecology and landscaping, he has been able to organise

large-scale work parties of local volunteers to plant hedgerows, woodlands and wildflower meadows.

As an environmentalist, Nick is interested in the balance that can be achieved in public spaces between biodiversity and the needs of the park users. Cammo Park is primarily visited for its natural beauty and because of this, Nick's work to enhance habitat and increase biodiversity has also made the park more attractive to people. Nick and the Friends of Cammo are a shining example of what local people can achieve when working in conjunction with

a supportive and active local council. Cammo Park is now a biodiversity haven, a wonderful place to walk and a carbon sink on the edge of what is a rapidly expanding city.

During the Coronavirus lock-down the park was a refuge for people excluded from normal social activity. Says Nick, "If more of our landscape generally, were managed in the way Cammo has been, we would not be in the middle of a crisis of ecosystem collapse and climate change."

Nominated by:
Harry Taylor

ROSALIND HARDY BCAe

Surrey



Rosalind works part-time for Achieving for Children and is an Associate Trainer with lived experience of Special Education Needs and Disabilities (SEND) for

the National Children's Bureau (NCB). Rosalind uses her own experiences as an Autistic person to support children and young people with disabilities through local participation work. This enables them to have a voice and make a meaningful positive impact on decision-making in local authority children's services. Rosalind is a passionate advocate for disabled children and young people.

Rosalind has also achieved outstanding success on a wider, national level. Since August 2019, she has worked for the NCB to co-plan and co-deliver professional training sessions across different locations in England. These sessions help professionals to

learn new skills and gain real insight about how to better support and engage with children and young people with Autism and disabilities.

In partnership with the NCB, Rosalind created a public podcast in January 2020 in which she speaks openly about her personal experiences of growing up and living with Autism. This is on the NCB website and has been shared widely on social media. Rosalind has also made a video for the NHS, one of a series of films about aspects of autism.

Nominated by:
Joe Fautley

SALLY ORANGE BCAv

Wiltshire



Although battling daily with her own illness, Sally has made it her crusade to support others by taking on gruelling physical endurance challenges to raise funds

and awareness. These include completing eight full ironman triathlons, cycling the length of New Zealand, running the length of Iceland and she also holds six Guinness World Records. In addition, she champions women and young people in her volunteer role as a UK National Ambassador for Army Cadets.

Physiotherapist and former Army Major, Sally returned to the frontline to work at the NHS Nightingale hospital after 22 years military service. Whilst there, she ran a marathon in full PPE around the hospital, dedicating each mile to a member of the Armed Forces and NHS worker, raising thousands for charity.

Sally spent some of the second lockdown seriously unwell and required the care of the mental health crisis team. She went on to demonstrate courage by being open about her difficulties on social media, with a view to helping others experiencing challenging situations. To symbolise the high and lows the pandemic is having on the nation's mental health, Sally ran the virtual London Marathon in a pod of the London Eye.

Nominated by:
Naomi Warner

MOHAMMED SHAKEEL FARAZ BCAC
West Yorkshire



Mohammed Shakeel Faraz, grew up in Heckmondwike, seeing his family struggle financially, sharing with many of his community the struggles of growing up. This

drove Shakeel to want to change his path and to become a successful entrepreneur, believing that when success came, he would use it to help others.

Over the last 5 years, Shakeel has been passionate about making changes in the local community. One of the first projects was the 'Free Food Parcels' which were originally self-funded. He soon realised the magnitude of the need and how this was not sustainable, so started fundraising with his team undertaking activities, including charity car washes, BBQ's and auctions. The team has to date raised almost £1 million for various projects.

The need for the food parcel delivery service was increased during lockdown. Shakeel felt a base was needed to create a local food bank. After seeing how many people were affected and in need, particularly the homeless, he decided to run a hot meal plan every Sunday, meaning those in need came along for a hot meal and shared their issues and see how they could be helped. Every year Shakeel also delivers hundreds of Christmas presents to children's wards throughout West Yorkshire.

Nominated by
Daniel Taylor

SANDRA GROOMBRIDGE BCAC
Kent



In addition to being a well-respected member of the Rotary Club of Sidcup, Sandra has long had an interest in supporting the local youth community. Her first

project was raising funds and working alongside local police and social workers in Forest Hill and Sydenham to keep young people off the streets during school summer holidays.

In the time Sandra does not devote to serving the local community, she is also a Trustee of the Friends of Queen Mary's, Sidcup, aimed at supporting current and former patients of the hospital who are sick, disabled or infirm or who are in need of assistance and to generally support the work of the hospital by the giving of grants to purchase much needed items and equipment.

One of her greatest achievements was securing the future of a local youth facility, Chislehurst Sea Cadets, in 2015, she set about re-invigorating the leadership of the unit, bringing renewed energy to its fundraising potential and addressing a number of long-needed projects, including the re-roofing of the headquarters. She volunteered in the knowledge that the unit had limited human and financial resources, but her passion and determination has improved the facilities and increased morale.

Nominated by:
David Lewis

STEPHEN PAGE-MITCHELL BCAC
East Sussex



Steve is accredited with being instrumental in the social fabric of a village community through the creation of clubs and social groups during a period of 30

years. 'Postman Steve' has been a constant presence for 30 years in the parish of Ashburnham, a rural community with only 150 properties spread over a daily round 40 miles long.

During the last three decades, Steve has demonstrated that he has always been prepared to go beyond simply bringing the community their mail. He always puts others first, showing a genuine interest for the well-being of people on his round. His actions prove he believes that working in a rural community comes with an unwritten duty to keep a special look out for people that live on their own, to be an extra eye for security, help newcomers

and offer a daily dose of good humour.

This initially started when one villager expressed a desire to start a Women's Institute to bring together like-minded ladies in the rural community. Steve took the initiative to encourage and connect prospective members by preparing and distributing a welcome letter. The first meeting had more than 40 attendees and has now been successfully running for over 13 years.

Nominated by:
Andrew Hoad

SOPHIE WILLAN BCAa
OLIVER SYKES BCAa
Manchester



Sophie is a care leaver whose personal experiences are part of her life's mission: to empower, represent and advocate for care-experienced young people and

marginalised children and adults. In 2015, Sophie founded non-profit organisation Stories of Care (SOC), a dynamic and rebellious writing and outreach organisation which works exclusively with new writers from diverse backgrounds, providing a safe and supportive setting to make new friends, share experiences and support each other.

Oliver is SOC's Lead Artist and has been Producer since 2015. Oliver is one of six children and was brought up by his single-parent dad on a council estate in Derbyshire. His career in the arts began in 2012 when he was accepted onto the Jerwood Creative Bursaries Scheme, ring fenced for arts graduates from low-income

families, as a Theatre Producer. Over the past ten years, he has enabled over 5,000 young people to access the arts.

Sophie and Oliver have both used their experiences as fuel to overcome challenges and barriers of class and social mobility. They have actively created progression routes to help other marginalised young people to do the same. 14 participants have been published and over 1,000 children in care being given a free copy of SOC's first anthology.

Nominated by:
Susie Hadaway

ANIKA WALIA BCAv
London



Anika has always been passionate about raising more awareness of important social issues which lead her in 2018 to establish her own charity. Through Anika Food Charity

Anika is hoping to raise awareness of issues such as food wastage, food poverty, mental health, homelessness, domestic violence, period poverty and food insecurity.

Her charity aims to engage hard-to-reach communities such as homeless individuals and families, asylum seekers, refugees and those seeking shelter from domestic violence. Whilst Anika helps to distribute food and hot meals, she is also acutely aware of the need for toiletries, sanitary products, dental kits, baby items, and other essentials that they need, such as furniture, clothing, quilts, sheets and blankets. During the half-term holidays Anika also supplies packed lunches to children. During the first lockdown Anika

delivered over 800 hot meals to homeless shelters and delivered food to those in need that had tested positive for Covid-19, leaving the meals outside and supplying them with cleaning supplies and hygiene kits.

On average, Anika continues to support between 180-200 people per week and empowers other women. Anika is a Dentist, a mental health first aider, a member of the Queen's Commonwealth Trust, a UN Women UK Delegate, and a SmileTrain ambassador.

Nominated by:
Dr. Shivangi Walia

STUART HURLSTON BCAC
Manchester



Stuart has volunteered for many years but most actively since 2014. He undertakes first aid training with young children and volunteers with Royal Marine

Cadets and Sea Cadets. He is a mental health well-being advocate and supports children with dyslexia. Stuart is an active contributor to various charities and is currently helping children to overcome mental health challenges.

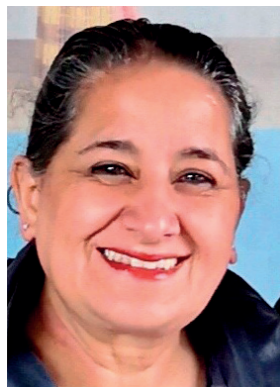
At a time when children and young adults most needed professional and informal support, Stuart recognised it was in short supply, so embarked on a number of courses, including psychological first aid, covid awareness and promoting resilience, in order to be able to provide the most appropriate help where needed. Stuart also developed and delivered Positive Outlook Training, which enables young people with Dyslexia gain

confidence and develop a positive attitude. He has been instrumental in teaching young children - and also instils in his older students - the importance of following a positive path in life.

Stuart's commitment to his community was inspired following an arson incident he attended, in which children were reported inside. This was the catalyst for Stuart to embark on a volunteering path, trying to keep as many young people off the streets as possible and to provide them with life-tools that could shape their futures.

Nominated by:
Lyndsey Chambers

SURINDER KAUR DHESI BCAC
Oxfordshire



For over 40 years Surinder has been at the centre of her community, whether in her role as a councillor, Rotary Club member or through her work in the Business Involvement

Group. She has raised funds for PHAB, the scanner appeal at the local Horton Hospital, a Sensory Garden at a specialist school that supports children with learning disabilities. She has helped and supported The Sunshine Centre, Lake House, Chasewell Playgroup, Guide Dogs for the Blind and Dogs for Good.

The Banbury community does not have a large amount of Sikh's, but Surinder enthusiasm and determination saw her make history in 2004 when she became the first non-white town mayor in Oxfordshire and the second Sikh Lady Mayor in England. As a Councillor she often referred people facing hardship to local charity

Banburyshire Advice Centre, where she soon became a volunteer.

She fights to retain local services for local people, including trying to keep the local hospital a General Hospital rather than a specialist centre. She is active within The Rotary club of Banbury where she was recently recognised for her many years' service. She has raised money for a minibus, Maggie's Centre and Maternity Unit and Katherine Hospice.

Nominated by:
Andrew Willis BCAC





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. 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.”



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, 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”.



Experian is the world's leading global information services company. During life's big moments – from buying a home or a car, to sending a child to college, to growing a business by connecting with new customers – we empower consumers and our clients to manage their data with confidence. We help individuals to take financial control and access financial services, businesses to make smarter decisions and thrive, lenders to lend more responsibly, and organisations to prevent identity fraud and crime.

We have 17,200 people operating across 44 countries and every day we're investing in new technologies, talented people and innovation to help all our clients maximise every opportunity. We are listed on the London Stock Exchange (EXPN) and are a constituent of the FTSE 100 Index. Learn more at www.experianplc.com or visit our global content hub at our global news blog for the latest news and insights from the Group.

“We are thrilled to sponsor The 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.

Lisa Collins, Founder, Objective HR said: “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.”



Places for People is a leading UK affordable homes led-placemaker. 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 the Medal Presentations and witnessed these incredible people who positively impact society receive the recognition they deserve.

Wendy Pretten, Managing Director England Affordable Housing, Places for People said: “We are very proud to once again be supporting the British Citizen Awards which celebrates the positive impact each of the medalists is having on their communities. On behalf of Places for People, I am delighted to be part of the celebrations and would like to extend my thanks and congratulations to each and every one of the recipients for their truly inspirational contributions.”

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.

Patrons

Dame Mary Perkins
Co-Founder, Specsavers

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

Bradley Walsh
Actor & TV Presenter

Nick Knowles
TV Presenter

BCA TEAM

Head of Strategic Advisory Panel

Des Benjamin, Chairman,
Royal Hospital for Neuro-disability

Ambassadors

Fred Holland BCAh,
Diabetes Champion

Sayd Ahmed BCAhon,
Community Fundraiser

Alison Bond
Founder & Director, The Halo Works

Torrion-Lee Dewar BCAa,
Founder Alliance Arts UK

Leigh Yates BCAe,
Educational Fundraiser

Ben Forbes BCAC,
Community Champion

Naveen Arles BCAa,
Vocal Leader & Choirmaster

Shane Yerrell BCAC
Founder, Through The Fight

LeighAnne Wright BCAv
Founder, Little Things & Co

Courtney Hughes BCAv BEM
Founder, Secret Santa 365

Benjamin Carpenter BCAe
Ambassador, LGTBQ Fostering

David Campbell BCAe
Co-Founder, David Campbell Soccer School

Lorraine Sass BCAe
Co-Founder, David Campbell Soccer School

Dr Peter Minto BCAe
Prison Visitor and Law Tutor

Andrew Baker BCAv
Founder, Play2Give

Carlos Dennis BCAv
Founder of PINT



THE PEOPLE'S HONOURS

Change someone's life today

[READ MORE](#)

People are key to making our society and communities special places to live, so what could be better than to single some of them out with The British Citizen Award

[NOMINATE](#)

The British Citizen Award



It is the endeavours of The British Citizen Award medalists which makes life in Great Britain so much better for so many – kinder, more supportive, more humane.

The British Citizen Award is the nation's way of saying 'Thank You' to this special group of people. Each one of the incredible people being honoured today richly deserve their recognition.

We are fortunate to live in a society where people consider one another, a society which respects individuals, and a society which is largely caring. We are also fortunate to be living among people who are moved by others,

and who bring them to our attention through nominating them.

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

With special thanks to:



T: 020 3002 7764

www.britishcitizenawards.co.uk

@CitizenAwards



The British Citizen Award