



British Citizen Awards

PALACE OF WESTMINSTER
Official Presentation Guide

29 January 2015

British Citizen Awards



CHURCH HOUSE
CONFERENCE CENTRE
WESTMINSTER



Welcome to the inaugural British Citizen Awards.

Today marks the first presentations to members of the community that have devoted themselves to making life better for others. British Citizen Awards is a recognition platform for those who work tirelessly and selflessly to make a positive difference to the communities that their actions affect.

This programme has taken three years to reach fruition. Ensuring that the processes are robust yet straightforward was an important consideration. We wanted the British Citizen Awards to be accessible to all, yet retain its gravitas in recognition of the achievements of those deserving of them.

We are proud to be able to honour the first group of individuals for their

extraordinary contribution to society. Congratulations to each and every person receiving their British Citizen Award today.

We are extremely grateful for the outstanding support of our host The Baroness Cox for arranging this wonderful and fitting venue for the presentations; to our media partner the i newspaper and independent.co.uk for our nominations campaign; and to our founding supporters listed on the page opposite.

Our thanks are also extended to our independent assessment panellists who painstakingly considered each of the nominations. Finally we thank the nominators for bringing this exceptional group of people to our attention, and of course we thank the nominees for the good they are doing for the country.

We invite those awarded to use the letters BCA - followed by the initial of the category - after their name so that the lasting legacy of their contribution to society remains for everyone to see, forever.

I sincerely hope that you have an enjoyable and memorable afternoon with us, and I look forward to meeting many of you personally during our drinks reception at Church House following the formal presentations.

Mike Faulkner
Co-Founder
British Citizen Awards



We are extremely grateful to the following people for their support, belief and above all their commitment to our vision. They collectively have helped us to launch this recognition programme so that it may serve as an inspiration for others to emulate the deeds of those being honoured. Thank you all.

Ambassadors

Duncan Slater - former Sergeant and Afghan War Veteran

Hilary Devey – Dragons' Den Investor and business woman

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

George Gilbey – CBB Finalist 2014 & Gogglebox cast member

Madi Sharma – Entrepreneur & Member of the EESC

Our Endorsers

Dame Linda Dobbs – Former QC and High Court judge

Roger Black, MBE – 1996 Olympic 400m Silver Medalist

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

The Lord Dholakia, PC, OBE, DL - Deputy Leader, Liberal Democrats, House of Lords

Angus Munro – Founder of AM Casting and one of the top five casting directors in the world

Lord Digby Jones – Former Director General, CBI

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

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

The British Citizen Awards was borne from an idea which came about following my application to the Cabinet Office for a Queen's Honour for someone that I felt was very deserving. Two years on and I was still no further forward, in the end I had to admit defeat. The complex application process coupled with the relatively few Honours awarded to non-celebrities each year left me somewhat disillusioned. I knew that there are very many worthy citizens in Britain doing great work deserving of recognition, and that there must be many like me that had to give up their hope of seeing them recognised.

Three years later and we now have the very first British Citizen Awards

presentations being made. It is said that every endeavour involves 1% inspiration and 99% perspiration – as many of those being recognised today would no doubt testify – and so it has been for these awards. Our Ambassador programme was a turning point, garnering support from Dame Linda Dobbs and The Baroness Cox, followed by more Ambassadors including Dragons' Den investor Hilary Devey and various other prominent business people and celebrities rapidly catapulted the British Citizen Awards from a concept to a reality.

Creating the British Citizen Awards has been an extremely rewarding experience. I have been touched by the many stories of human courage,

generosity and perseverance of those being recognised. It is remarkable how many people are positively impacting the lives of those around them without reward or recognition. Those who receive a British Citizen Award today are truly special people and most deserving of the honour bestowed upon them. Congratulations to each and every one of you.

Basil Preuveneers
Co-Founder
British Citizen Awards

**AUDREY JOHNSON, BCAv
Greater Manchester**

Audrey, a mother of five set up a food bank through her community church two years ago. Today, it distributes food and counselling to over 100 families each week. In addition to dispensing the food parcels, Audrey also collects food from supermarkets weekly. "Without Audrey's actions many families would go nights without food and would become desperate when it comes to providing for their families". Audrey has for seven years supported a single mother with mental health issues, helping to keep the family together. She runs a Christian Camp annually for up to 100 children and is also committed to fostering new borns to give them a better start.

Nominated by Valerie Atkinson

**CAROLINE SHEARER, BCAC
Essex**

Caroline tragically lost her son to knife crime when he was aged just 17 years old. Overnight her life changed from being a Mum and Foster Carer to being the mother of a murdered child. Four short weeks later she took decisive action and started an awareness charity, Only Cowards Carry, to educate young people of the dangerous consequences of carrying weapons. "Caroline has delivered her programme to over 20,000 school children across Essex within just one year". Caroline now travels the country addressing schools and youth groups and has the support of several police forces who understand the value of her message.

Nominated by Shani Jackson

**CLAIRE GUEST, BCAh
Buckinghamshire**

Claire has devoted the last 20 years of her life to clinically proving the case for early detection of chronic diseases using dogs. She has conducted qualitative and quantitative research to prove to the medical profession the value of this pioneering work. "Claire's work in developing the medical alert assistance dog service at Medical Detection Dogs has allowed many adults and children to function without fear of seizures, unconsciousness and potentially death". Claire is actively involved in training the animals and the world's first medical assistance dog for Addison's Disease has pushed the boundaries of research and science.

Nominated by Claire Moon

**PRIMROSE KAUR PANGLEA,
BCAc, Berkshire**

Primrose has the aspiration to restore faith in human nature by undertaking Random Acts of Kindness. Primrose has written over 5,000 notes of kindness for strangers in just one month – with many people expressing their joy at receiving them on social media. "She has even stopped a young guy committing suicide. She always said if it made a difference to just one person then her kindness campaign would have been worth the effort". Primrose works full time, is mum to two children and self-funded a trip to New York to commemorate 9/11, and then visited 10 major cities doing Random Acts of Kindness.

**Nominated by Jaspreet Singh
Panglea**

**HARVEY MCSLOY, BCAv
Suffolk**

When 20-year-old Harvey lost his 49 year-old mother to cancer he had nothing but admiration for the hospice that had cared for her. He identified that the hospice needed some equipment that was not statutory requirements through the NHS. He started a charity in his mother's name, TrustMaria, and runs all aspects of it single-handedly whilst holding a full time job. Instead of donating money, he finds out what is needed and procures it himself. "He is bringing everyone in the community together for charitable events". Harvey works with the various preferred suppliers of the hospices and often supervises the job from start to finish.

Nominated by Donna Cole

**SIMON ALBERT, BCAB
London**

Simon has helped to develop and perpetuate the Charity Challenge genre of fundraising. As an early adopter of the adventure travel charity fundraiser he voluntarily organised two groups which raised over £100,000. "Simon has inspired many thousands of people to step out of their comfort zones in order to achieve incredible things. His enthusiasm is infectious". Simon's expertise enabled him to move from a pure travel fundraising organisation to a disaster relief organisation, which now helps build schools and classrooms across some of the poorest regions of the world. His organisation has helped 1700 organisations raise over £400m.

Nominated by Mark Roberts

**PAULINE HOLMAN, BCAv
Surrey**

Pauline's is a textbook example of how big businesses in the UK should operate their corporate responsibility and charity support. Most businesses contribute to communities, but in order to be as good as Pauline, they need people who drive and commit to the causes. Pauline fundraises with a vengeance and delivers above and beyond expectations. "Pauline is the most incredible, kind, caring and humble person". In addition to supporting her company's chosen charities Pauline also supports the local Food Bank and a local Children's Trust. She has achieved extraordinary results for each cause that the company and she herself have supported.

Nominated by Victoria Darragh

**LYNDA GWYTHYR, BCAe
Greater Manchester**

Lynda founded the Centre for Teenage Mums in 1979 and was its Head Teacher for the following 20 years. Creating an idyll for young mums, with an adjacent nursery, the girls were able to embark on a meaningful and successful education. "Lynda is the kindest and bravest person I know and always remains humble and cheerful no matter how tough times get." Lynda cared for her husband who had cancer of the oesophagus when she herself was suffering from cancer and its treatment. She is also involved in homeless charities and delivers food boxes at Harvest Festival. The school remains open today as a lasting legacy to her extraordinary achievement.

Nominated by Emily Howling

**EVELYN BUCKLAND, BCAC
Somerset**

Evelyn has been a central figure in her local community for several decades. She has played organ at local churches for 70 years. Through her own bouts of illness she still visited housebound villagers to bring them some company and help where she could. She regularly attends choir practice and was instrumental in getting a CD produced and sold. "An unsung heroine. An honourable member of our community". She is involved in the local drama group and entertains children in the local primary school with tales of her childhood. Being almost 90 years old she is in demand by local publications as a shining example of 'living history'.

Nominated by Margaret Hutchins

**LINDA ANN PHILLIPS, BCAC
Surrey**

Linda has been a Deputy at Camberley Community Group for 25 years helping countless adults with learning difficulties – often befriending them and positively impacting their personal lives. One example involved Linda helping one couple that she has known for 20-years arrange all their wedding and honeymoon plans. Linda's dedication to her work is truly inspiring for others; she influences so many lives in a positive way." She is always willing to take time to teach others life-skills that most people take for granted". Linda still supports 26 adults today but her passion for caring started over 40 years ago when she volunteered at a school for deaf children.

Nominated by Lydia Simpson

**RICK WILSON, BCAh
Lancashire**

Rick has single-handedly inspired over 1200 people to leave the comfort of their sofas and start running to improve their health and fitness. In just 18 months he now has over 1000 people able to run 5km non-stop: he has given them a sense of purpose; motivated them; and given them confidence to volunteer to lead new runners. "In an area with higher than average obesity and mortality rates he has made inactive people active". He volunteers around his full time job and is positively impacting his local community. He has inspired people from 7- to 80-years-old to take part and join in, many of whom are now a regular part of the team.

Nominated by John Clucas

**HOWELL BRISCOE ROWLANDS,
BCAC, North Wales**

In addition to his duties as an RNLI volunteer, where he is regarded as an "outstanding member of the shore crew" Howell (known locally as Bill) previously raised over £100,000 to turn s derelict site into a beautiful park. "Bill is an extremely helpful and practical person of great humility, who is prepared to give his time, willingly". He organised the building of a bridge over a drainage ditch, opening up a new area of the park for leisure. Following recent storm damage, Bill led volunteers in clearing the park of debris enabling it to re-open to children. He is regarded as a real pillar of the community by everybody that appreciates his endeavour.

Nominated by Michael Markwald

**TRACY MAHER, BCAC
South Yorkshire**

Tracy launched a Rainbow Group in 1996, and has been devoted to it ever since. Rainbow's is similar to Brownies and Guides but for younger children. Tracy has barely missed a week since it began believing that young children need consistency in their lives. Over the years she has led numerous activity camps, benefiting several hundred children. She is currently Rainbow Leader and a Divisional Rainbow Adviser. "She is a tireless leader and is thought of highly by the youngsters and other officers". Tracy's devotion to young people in the community and the time she spends in planning the events is alongside her full-time job as a nurse.

Nominated by Margaret Maher

**SHANE BOARD, BCAV
Dorset**

Type 1 Diabetes sufferer Shane contracted the condition aged 10. He has devoted his time to raising funds for a cure and informing other young people that having a lifelong condition need not be a limiting factor. "He has said that when a cure is found for Diabetes he will put all his efforts into doing the same for Cancer". He is an inspiration to young people with the condition, as well as to their parents. Shane works tirelessly to make young people think differently about Type 1 diabetes. He has developed a website and each year he records a song to raise funds and awareness. The music videos he makes to accompany the songs have been recognised as best in class.

Nominated by Iris Board

**DOROTHY RUNDLE, BCAo
Devon**

For the past 14 years Dorothy (Deri) has been committed firstly to supplying sustainable water supplies in Rwanda, to latterly being involved in Education, Health and Family Planning. "One boy did well at University and worked for sponsorship to gain his Masters degree in Europe". Fitting her charitable work around everyday life, she has been instrumental in helping to develop improved conditions for hundreds of local children and adults. Not only does Deri fund her own 3-month long trips, but she even paid for the first water tank. Her biggest achievement has been the education of entire communities to become self-sufficient.

Nominated by Jennifer Arnold

**SUSAN BATES, BCAV
West Midlands**

Susan co-founded the male cancer charity 'Balls to Cancer' five years ago and it has since raised funds for local hospitals, hospices and children's hospital. "She has worked above and beyond any expectation of the charity". Susan is responsible for a nationwide awareness campaign through the media and social networks to make both men and women aware of testicular cancer and to help men help themselves. Her somewhat irreverent approach and her use of humour is getting people talking about the subject especially in sport. Whilst working tirelessly to support the charity Susan has also fostered over 20 children.

Nominated by Mark Bates

**JOHN ANDERSON, BCAV
Tyne & Wear**

John has worked voluntarily and tirelessly since 2006 in establishing and developing Blyth Wildlife Rescue Service – a dedicated service which now operates around the clock all year. John has personally helped care for and rehabilitate over 400 animals annually since forming the charity. He has developed a countywide network of registered volunteers who assist him to extend the reach of the charity's work. "The service is enabling people to become actively involved in wildlife care through John's Animal Foster Care initiative". A number of vets now regularly refer local people to the charity for cases requiring care, fostering and adoption.

Nominated by Phil Dunn

**TOMMY WHITELAW, BCAh
Glasgow**

Tommy gave up his career in the music industry to care for his mother when she was diagnosed with dementia. Quickly he became a passionate, committed and determined advocate for people with dementia and their unpaid family carers. "He has contributed to the education of the health and social care workforce, successfully raising awareness and improving the quality of care". He started an awareness campaign in Scotland in 2011 and the Scottish Government funded him to continue through to 2016. Tommy is a researcher and educator committed to driving through improvements for the benefit of thousands of others.

Nominated by Joyce Cavaye

DARRAN SAUNDERS, BCAC & COURTNEY SAUNDERS-JONES, BCAC, East Sussex

When a gang of youths killed Darran's son Conner (Courtney's brother) aged just 19, mother and daughter's distress was compounded by mocking taunts and a campaign against them on social media. "The fact they had to contend with horrible elements on top of their grief is staggering". They countered this by committing to educate young people about the dangers of violence in an attempt to prevent any other family having to suffer. They offer help and guidance for others who are grieving and have set up a foundation to raise funds for defibrillators at local schools and football clubs – 12 have been donated to date.

Nominated by Jamie Denyer

ARUN VAGHJIBHAI PATEL, BCAh, Essex

Diagnosed with Polio aged 1-yr old, this remarkable man has gone on to positively impact the lives of over 1,000 children living with the condition. Arun invested his own funds into a charity to help victims; it has now helped over 200 girls to learn in a safe environment, many going on to graduate from university. "Most impressively Arun continues to champion his cause while fighting his own battle with post-polio syndrome". Through his efforts since 2002, Polio Children has raised £1.2m to fund projects for under-privileged children with Polio in India, Tanzania, Sudan and Sierra Leone. The charity is set up to ensure that every penny raised goes to helping children.

Nominated by Mayoora Vaghjibhai Patel

JOHN SHUFFLEBOTTOM, BCAC, Derbyshire

John devotes three days a week to helping support vulnerable citizens that have been impacted by crime. A business-consultant by trade, he has applied his business acumen to helping victims of crime overcome their ordeal. "John has been truly invaluable to Victim Support." He has developed systems and measurements which ensure that victims of domestic violence and their children achieve best possible care, and that those supporting them have a robust measuring system to identify where help is most needed. His approach in deploying resources in the most efficient way, gives officers confidence and victims best duty of care.

Nominated by Lesley Daniels

Dr. ANN-MARIE WILSON, BCAC, Hertfordshire

Ann-Marie started volunteering for four and a half months of the year whilst running her own business. She then volunteered in Africa for two years full time. "Ann-Marie embraces the challenges she sees and once she decides to champion a cause, there is no stopping her focus". The catalytic moment for Ann-Marie was meeting an 11 year old mother with her child in West Darfur, who experienced FGM at age 5 and was raped and orphaned at age 10. Ann-Marie retrained in Midwifery and volunteered at Forward, an anti-FGM charity. She has since started a research, advocacy and community networks charity, 28 Too Many.

Nominated by Joanne Robinson

Dr ASHOK BHUVANAGIRI, BCAC, East Kilbride

Dr Bhuvanagiri has worked on improving communication for BME communities in local services; health, employment and crime prevention. He has introduced the Indian culture and heritage to several charities, improving understanding within the community. "Dr Bhuvanagiri's work has previously been recognised by the former Secretary of State for Scotland, Jim Murphy MP". At a local level he has also aided individuals during difficult times; arranging funerals and gathering help from the community for the deceased's family which included transporting the deceased to India, and obtaining and completing all necessary paperwork.

Nominated by Rajeev Peekha

Capt. TRISTAN LORAINE, BCAC, West Sussex

Since 2001 Captain Loraine has campaigned to improve the air quality passengers and crew breathe on all commercial jet aircraft. By 2005 he had organised the first major international conference on this issue which confirmed that there was a serious problem that could impact travelling public globally. In 2006 he was instrumental in forming the Global Cabin Air Quality Executive, and is still its Co-Chairman today. "His efforts will in the future help make air travel safer for everyone". He has made three documentaries, the first triggering two calls for a UK public inquiry. His research and lobbying has now resulted in changes to aircraft design being considered.

Nominated by Dr. Susan Michaelis

**IRENE MOORE, BCAC
Warwickshire**

Irene has spent 21 years providing services for the disabled and older members of the community of Rugby. Irene manages the Hoskyn Centre which provides entertainment, occupational therapy, meals and outings for 50 people; dispelling loneliness that age and disablement can bring. It is entirely self-funded with no grants and relies on donations and events. It is a unique local charity that provides vital services to the people of Rugby. "Irene has not received any recognition, not even by her local town council". Irene also looks after her elderly parents and disabled brother in addition to running and managing the centre.

Nominated by Anne Pilling

**CHARLES CALLAGHAN, BCAC
& DONALD FRANKS, BCAC
Merseyside**

Charles and Donald (Don) are retired gentlemen who have collected a staggering amount for Jospice in Thornton, near Liverpool. They are well known characters around Merseyside who in all weathers stand outside stores and sports grounds armed only with their collection box and sometimes an umbrella. "Don, in particular is known for his singing and dancing whilst collecting". They initially started collecting in 2000 as they heard the Jospice needed a new bed. They wanted to raise £1,000, 14 years later have reached nearly £300,000 (enough for 300 beds) enabling many terminally ill patients to die peacefully in the lovely surroundings of Jospice.

Nominated by Ray Mitcham

PALLEX

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

i National Media Partner

The i is Britain's first and only concise quality newspaper from the same publishers as the Independent. The newspaper is aimed at "readers and lapsed readers" of all quality newspapers and is proud to support the British Citizen Awards.

WOMEN IN trade UK magazine Business Media Partner

Women in Trade Magazine is the first tradeswomen-focused magazine in the UK; it simply exists to enrich lives with articles covering wellbeing, life, news, coaching, self & interviews with inspirational women.

places to people

Places for People are one of the largest property management, development and regeneration companies in the UK. Our vision is to ensure successful places and enable people to reach their potential. Corporate responsibility is at the heart of what we do, and we are proud to support the British Citizen Awards and to celebrate the positive impact people have on the lives of others.



Founded in 1980, Bigbury Mint designs and manufactures medals and precious-metal gifts for organisations and individuals. It is also a Ministry of Defence licensed manufacturer of replica military medals, and offers medal-mounting and framing. Bigbury Mint is proud to be the designer and manufacturer of the British Citizen Award medals.

CHURCH HOUSE
CONFERENCE CENTRE
WESTMINSTER

Situated in the heart of Westminster, Church House Conference Centre's unique Grade II listed venue offers 19 diverse event spaces. With state-of-the-art technology and award winning in-house events, AV and catering teams, Church House Conference Centre is a popular London venue for a wide range of daytime/evening events.

British Citizen Awards
10 Buckingham Palace Road
London SW1W 0QP
T: 020 3002 7764
www.britishcitizenawards.co.uk
[@citizenawards](https://twitter.com/citizenawards)

