TELL US ABOUT AN AMAZING PERSON IN YOUR COMMUNITY...

CARER OF THE YEAR
This award aims to recognise an unpaid carer who’s efforts in providing care to someone else are particularly exceptional.

The winner will be:
- Someone who provides exceptional unpaid care and goes over and above the call of duty.
- Someone who has overcome a particular difficulty or specific challenges in a caring role.
- Someone who has addressed unusual or unexpected circumstances.
- Someone who has been innovative in finding a solution to a particular problem.

GOOD NEIGHBOUR OF THE YEAR
Cumbrians are renowned for looking after each other but this award seeks to recognise people who have gone out of their way to be a good neighbour.

The winning submission will demonstrate:
- Someone who has gone over and above normal friendship to be a good neighbour.
- Someone who has had a significant impact on an individual or community.
- Someone who has helped an individual or community in an hour of need.

GOOD FRIEND
This award recognises people with hearts of gold who put the needs of others before themselves. A friend that you know is always there, and puts their friends before themselves.

The winner will be:
- Someone who has significantly helped a friend during a difficult life event.
- Someone who is exceptionally kind to those in their local community.
- Someone who has overcome difficulties and still managed to be a great friend.

YOUNG ACHIEVER OF THE YEAR
Many young people under the age of 18 make an excellent contribution to their communities and this award recognises the importance of young people in our region.

The winner will be:
- Someone who has given up their time to help others.
- Someone who has made a significant impact in their local community.
- Someone who has gone above and beyond to help their community.

YOUNG SPORTING HERO
This award recognises those who have made an outstanding contribution to amateur sport.

The winner will be able to demonstrate that they are:
- Someone who has shown particularly outstanding achievements in amateur sport.
- Someone who has made an outstanding contribution in a non-playing capacity (e.g. coach, manager).
- Someone who has made an outstanding contribution in an hour of need.

SPORTING HEROr
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- Someone who has made a significant impact in their local community.

BEST COMMUNITY PROJECT
This award recognises projects carried out by any local, informal or non-recognised voluntary group.

The winner in this category will be:
- A group who has been a part of a community project that is original.
- A group that has been involved in a project that has the potential for long lasting impact.
- A group that has been involved in a project that has an outstanding benefit to the local community.

CARER OF THE YEAR
This award recognises the achievements of unpaid carers who have gone above and beyond to help their community.

The winner will be:
- Someone who has gone above and beyond the call of duty.
- Someone who has performed a selfless act for those in need.
- Someone who has exceeded normal expectations to help others.
- Someone who has made a significant impact in their local community.

GOOD NEIGHBOUR OF THE YEAR
This award seeks to recognise those families who go above and beyond in conserving our resources and make good use of any waste they create.

The winning submission will demonstrate and give examples of:
- Someone who has made a significant impact in their voluntary role.
- Someone who has motivated others to volunteer.
- Someone who has made an outstanding contributio

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The winner will be:
- Someone who has given up their time to help others.
- Someone who has made a significant impact in their local community.
- Someone who has gone above and beyond to help their community.

YOUNG SPORTING HERO
This award recognises those who have made an outstanding contribution to amateur sport.

The winner will be able to demonstrate that they are:
- Someone who has shown particularly outstanding achievements in amateur sport.
- Someone who has made an outstanding contribution in a non-playing capacity (e.g. coach, manager).
- Must be under the age of 18.

SPORTING HEROr
This award recognises those who have made an outstanding contribution to amateur sport.

The winner will be able to demonstrate that they are:
- Someone who has shown particularly outstanding achievements in amateur sport.
- Someone who has made an outstanding contribution in non-playing capacity (e.g. coach, manager).
- Must be under the age of 14.

THE CATEGORIES:

UNSUNG HERO
This award is designed to pay tribute to inspirational individuals who have gone that extra mile to help their community.

The winner will be:
- Someone who has gone above and beyond the call of duty.
- Someone who has performed a selfless act for those in need.
- Someone who has exceeded normal expectations to help others.
- Must be under the age of 18.

VOLUNTEER OF THE YEAR
This category focuses on those dedicated to their community.

The winning submission will demonstrate and give examples of:
- Someone who has made a significant impact in their voluntary role.
- Someone who has motivated others to volunteer.
- Someone who has made an outstanding contribution.
- Must be a paid employee in the education sector.

PARENT OF THE YEAR
Everyone thinks their mum and dad are the best and this is your chance to prove they are! This award is open to mums, dads, guardians and foster parents, and they do not have to be your mum or dad to be nominated by YOU!

The winner will be:
- Parents/guardians who exemplify sacrificial love.
- Parents/guardians who have overcome major obstacles to provide for their child/children’s happiness and development.
- Parents/guardians who have a noteworthy record of their contributions to their family and community.

PERSON OF THE YEAR
A very special award designed to honour someone who has made a real difference to their community over many years, but especially in the last 12 months.

This award will be an inspirational individual who goes above and beyond expectations on a regular basis, or who has done something so special it has made a long lasting impact.

www.cumberlandnews.co.uk/heroes

TELL US ABOUT AN AMAZING PERSON IN YOUR COMMUNITY...

COMMUNITY HEROES AWARDS 2015

in association with

United Utilities

Celebrating 200 years of
The Cumberland News
in the Community

TELL US about an amazing person who is your community hero

F rom carers to parents, young and old, everyone has a hero. We aim to recognise the work of people in our community who inspire us and make a difference.

Entries are encouraged from the main circulation area of The Cumberland News. Simply go online, view the details of the categories below and make your nominations for your community heroes or fill in the form opposite.

www.cumberlandnews.co.uk/heroes
Please tick the category you wish to enter (or nominate someone for). You may enter as many categories as you wish, however, you must supply a separate entry form for each one. This form can be photocopied to enable you to enter more than one category.

1. CARER OF THE YEAR
2. GOOD NEIGHBOUR OF THE YEAR
3. GOOD FRIEND
4. YOUNG ACHIEVER
5. YOUNG SPORTING HERO
6. SPORTING HERO
7. BEST COMMUNITY PROJECT
8. UNSUNG HERO
9. VOLUNTEER OF THE YEAR
10. MOST RESOURCEFUL FAMILY
11. SCHOOL WORKER OF THE YEAR
12. PARENT OF THE YEAR
13. PERSON OF THE YEAR

ENTRY DETAILS (nominee’s details if applicable)
Name of Entrant ..............................................
Position Held ..................................................
Address ................................................................
Website Address ..............................................

NOMINATOR’S DETAILS (if appropriate)
Name ..............................................................
Position Held ..................................................
Address ................................................................
Tel No ..............................................................

Please give a brief description of the organisation/individual.

With reference to the criteria for your selected award, why do you think you/your organisation/your nominee should win the award.

I hereby declare that the above information is correct. I wish to enter the Community Hero Awards 2015 and agree that the organisation’s name can be used for publicity purposes.

Signature ................................................................

Name (in block capitals) ..............................................

Date ...........................................................................

or enter online at www.cumberlandnews.co.uk/heroes