



Thursday 3rd November 2022

The Main Hall,  
King Georges Hall  
Northgate  
Blackburn  
BB2 1AA





## Order of the evening

Host for the evening  
**Graham Liver**

**5.30pm - Doors Open**

**5.30pm - 6.00pm**  
Entertainment from  
Vocalise - Blackburn Peoples Choir

**6.00pm**

Welcome from  
Mohammed Tayyab Sidat -  
Chair of Community CVS

**6.15pm**

Welcome for Councillor  
Phil Riley - Leader of  
Blackburn with Darwen Borough Council

**6.20pm - 7.20pm**

Awards presented to nominees

**7.30pm - 8.00pm**

Entertainment from  
Blackburn & Darwen Junior Brass Band

## Food Served

**8.00 - 9.00pm**

Awards presented to finalists



Blackburn & Darwen Junior Brass Band

## *Garth Hodgkinson, CEO Community CVS*

"It always amazes me the lengths people go to, to help other people and how frequently they underplay what they are doing – saying 'it is nothing' or 'it is just what I do'.

Volunteers are very humble people, not looking for attention, just content at doing what they do and making an enormous difference to the people and communities they serve.

Gandhi once said "The best way to find yourself is to lose yourself in the service of others' and there is a lot of truth and wisdom in what he says. It is what thousands of volunteers are doing in Blackburn with Darwen each day in their daily lives spending

time helping others and helping their community. Volunteering becomes a vital part of their life, their passion and part of who they are and their way of life.

Reading the nominations, I am humbled by the stories of their contributions to our community. This year, we received 329 nominations from 100 nominating individuals and organisations. This is just the tip of the iceberg. I know there are many more outstanding individuals and organisations out there devoted to what they do in helping to make a difference to our community.

These awards are to recognise and celebrate volunteering. I hope you all enjoy the celebrations and whether you win or lose, you are all winners in my eyes. Thanks for your hard work and thanks to everyone who has been nominated and the thousands of volunteers across Blackburn with Darwen. May I also thank all our sponsors. Without their continued support we could not put on the Community Volunteer Awards."



## *Councillor Phil Riley Leader of Blackburn with Darwen Council:*

"Blackburn with Darwen is, and always has been, a borough that is ambitious and rises to all challenges together, and this is especially true of our community spirit. The Community Volunteer Awards embody this are a real testament to the dedication and tireless work of the people who volunteer day in day out to help make our borough a better place.

"The nominees this year are truly inspiring and every volunteer and community champion deserves the highest recognition and thanks. We should be very proud that we have so many people in Blackburn with Darwen who give their time and energy to help others and make a difference to their lives.

This is very much the best of our borough and I want to give my heartfelt thanks to everyone involved."



**“Inspire Motivate Overcome (IMO) Charity** initially began its work in 2006 by providing recreational and diversionary activities for young people in the Audley & Queens Park ward in an urban town called Blackburn, Lancashire. Since then it has grown its offering to work with and alongside the community; filling gaps in service where the people tell them there is need. IMO’s ethos is to support all of those who have an influence on the future generations whether that be family, peers, statutory organisations, businesses or the wider community. IMO’s current core mission has been to help local young people and their

families to combat disadvantage, to overcome the difficult and different challenges they may face. We believe this community requires community led needs-based support from individuals with similar backgrounds as they understand the cultural barriers that can arise when accessing support.

We believe that by harnessing the passion and skills of our volunteer community, we can achieve more for our service users and are committed to engaging volunteers in this mission wherever possible. We aim to deliver a sector leading volunteering experience so that our volunteers enjoy supporting us and feel well equipped to support the work of IMO. Volunteering is vital for us at IMO Charity as we believe in engaging with our beneficiaries on a routinely basis to understand and support their needs. Most of our volunteers have at one point been a beneficiary on one of our programmes, we believe that IMO can facilitate your life journey through its programmes and volunteering. Having been a participant at one point, our volunteers have the unique insight of truly understanding the mindset and experience our beneficiaries go through.



Volunteering helps individuals build interpersonal skills and communicate with other volunteers, which provides the foundation for engaging social relationships. If an individual sees themselves as shy or introverted, registering for volunteer work can provide opportunities to engage with other people and connect with the community. As a result, the individual can enhance their interpersonal and communication skills.

It is important to support the Community Volunteer Awards to ensure volunteers and organisations are recognised and celebrated for the great work they do in the community. Furthermore, it is important local community organisations with a keen interest in volunteers to network with each other and support each other to signpost volunteers to different roles within different organisations in the community. Within the third sector, volunteers generally make up a large amount of the workforce and without them multiple organisations would struggle to continue functioning and continue the vital services they give to the community”



**Mohammed Tayyab Sidat CEO IMO**

# Health & Wellbeing Award - Individual

"I've been involved with youngsters since the age of 28, MPS, manpower services, a government initiative, for kids that had no "so called " four years doing that, then became college lecturer. I came in contact with all types of youngsters and mature students. I loved that some of them came back and told me how well they had done. How satisfying is that? My motivation for being at Nightsafe is much of the same. How very fortunate does a person have to be to be able to give a small part to help the people you come in contact with? At Nightsafe I cut the young people's hair and cook for them – they all love my cheese pie!! All I can really say is, why would anyone not want to join our Nightsafe family? You'll really get so much more out of it than you put in" –

**Janet Ross**



"I'm a Mum of 3 children - I am disabled and when my eldest son was born, I really struggled with getting out and about – I had lost all grip in my hands , I discovered slings and carriers which made a massive difference to being able to get out and about with a baby and also helped combat Post Natal depression. Because of the nature of these illnesses, I cannot work in a standard job, so volunteering enables me to get out, feel useful within society and meet some incredible people! It also gives me the flexibility to have rest days and balance my life for medications and surgeries whilst enjoying my young family. Volunteering is incredibly rewarding and keeps me from being isolated and helps my own mental health, whilst hopefully helping other people feel empowered and showing that

lifelong illness and ill health is not the end of a fulfilling and inspiring life." –

**Anne Crook**

"I am a project lead for the Brook House Development Group and volunteer for the Blackburn Muslim Burial Society. We support families and help them arrange the funerals for their loved ones, and we continue the aftercare by helping support families to maintain the graves of the deceased if they need us to. It gives me great comfort to relieve the stress of grieving families during their most difficult times, and to be able to assist them when they are really in need of that support. I continue to volunteer to further improve the burial process and to create an efficient system. I hope to take away some of the stress of families. Helping others is always a motivation, as it doesn't just help the families, but it also gives me great purpose and direction in my life. The friendships that we gain through volunteering is priceless as our teams become a part of our lives, and a great bond is created. We also form great bonds with the families and we continue to support each other".

**Imran Patel**



# Health & Wellbeing Award - Group

"Sliding Doors is a place of friendship and fun, a local charity providing social activities, support, and worthwhile volunteering opportunities for people with disabilities, learning difficulties and those who are lonely and isolated. Sliding Doors has been so life changing for our service users, it is also why many so many of them want to volunteer. Sliding Doors is run by people with lived in experience of both isolation and disability and the loneliness and stigma that accompanies it.



We work with over 200 people each week and without our wonderful volunteers we could not do this. We have 20 volunteers ages ranges from 18 – 76 with a wide variety of additional needs, who put aside their own issues, abilities and often pain to ensure others have somewhere to go and are always welcomed. Without our volunteers Sliding Doors could not deliver the wide range of activities, support and opportunities and many more vulnerable people would be isolated with poor health, feeling excluded from society."

**Julie Astley - Sliding Doors**



"Arts2Heal is a volunteer led organisation. We use a range of art-based intervention to support mental wellbeing and develop skills, our volunteers are mainly former beneficiaries who have grown and developed with our charity and who are dedicated to paying it forward to help others. Our volunteers are committed to their roles, regardless of own learning difficulties, disabilities and/or mental health needs. They are passionate and think and act quickly and creatively to support one another and the local community. The team is extremely diverse, speaking

a range of languages between them and have a deep understanding of the local community we support. Most significantly, our volunteers harbour a selfless team spirit, quick to share what little they may or may not have, supporting one another as much as others and the charity. This is what makes our volunteers team strong and outstanding."

**Banu Adams - Arts2Heal**

"With the support of Blackburn with Darwen Council, Blackburn Rovers FC Community Trust set up a 'Men in Sheds' Group. The main aim of the project is to connect with men who are not currently engaging within the community. This could be because of mental health issues, loneliness, and isolation. The project is about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. These individuals did not know each other before the project started but now have become a close-knit family who support each other and are always there when they need support. by attending the session, making new friends, they have now become a family and together by supporting each other are confident in going out in the community to help."



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**Men in Sheds**



“Volunteering is incredibly important and an amazing opportunity for people to give back to their community and feel like they’re making a difference to people’s lives no matter how small. Volunteering doesn’t just help others but helps the individual connect with other people from various walks of life whilst also having amazing health benefits for the mind and body.

Volunteers provide organisations, communities, and charities with many different benefits. Each individual volunteer brings their own unique skill set which organisations can utilise to achieve communal goals whether that’s fundraising, helping the less fortunate, taking over a charities’ social media account, coaching or maybe just being present and supporting other volunteers.

We are always actively engaging with different charities and supporting the community of Blackburn.

As a company we acknowledge our responsibility to the environment and to our local communities, we are actively involved in supporting and developing the local community to make a lasting positive impact . Our employees are actively encouraged to participate in civic duties, and many are involved in their local community centre football club, foodbank, charity and school. Through supporting the Community Volunteer Awards, we are able to see the great work many individuals are doing in Blackburn with Darwen and it gives everyone else the motivation to help and engage in their local communities”

**Abid Ditta – Star Tissue**



“Volunteering is a huge part of John Lewis Partnership’s policy to give back to the community.

It’s a great way to support those in need locally whether it be your time or a donation. Volunteering is the perfect way to share skills that will bring benefit to others.

Volunteers can fill skills gaps where needed, Herbert Parkinson support the Community Volunteer Awards by judging on the panel, attending the event and providing donations, when needed. The John Lewis Partnership has a great scheme to encourage partners (employees) to partake in the Golden Jubilee Trust, which funds a 6-month secondment to spend time volunteering for a local charity.

Our Partners (employees) have always been great at fundraising and we are never short of people wanting to volunteer their time to help others.”

**Stuart Parker – Herbert Parkinson**



# Prosperity, Learning & Employment Award Individual

"I have a lifelong fascination with technology and so ever since I was young, I have been developing my interest, when I first heard about The Making Rooms a few years ago, I was delighted, as I could develop myself and help people in the process. I've been able to help individuals in my local community develop their skills, as well as help The Making Rooms train other volunteers. One of the best things about this is that there is a perpetual flow of new skills being taught and people can pass on the skills they learn, I love teaching others my skills as I get to witness other people bring their own ideas to fruition. This may seem small but it's a cascading effect, as they may choose to continue pursuing it and it can change their lives. Furthermore, many people in our community choose to also volunteer. Through my volunteering in The Making Rooms, I have had the opportunity of helping establish a beacon of learning at the Youth Zone, called 'The Making Zone'. Young minds are very creative, and that's why it brings me a lot of satisfaction, developing workshops and teaching young people how to use these advanced technologies"

**Uzair Patel**



"I'm a mum I have a son and daughter, a grand daughter and I have been married to Ray for 50 years, when my son was struggling with drugs, BwD carers were there for me, they supported me and my family, they helped us get through a really difficult time. so as a result I wanted to give something back, I wanted to help others who had gone through what I had. I never thought about volunteering but I like helping people and decided to give it a go, I volunteer at BwD Carers every week and I also volunteer as a befriender, I shop for a wonderful lady who is 100 years old and I help whenever and who ever I can, I think its important to help others, we all need a helping hand and I love helping people, Volunteering is really enjoyable and worthwhile"

**Janet Spencer**

"I have been involved with voluntary work since I left my last paid job in 1996. I suffer with Bi- Polar disorder, I was encouraged to do voluntary work, I volunteered in a number of places over the years, after looking after my mother, after she became ill, I became involved with the Carers Service in 2008. My role involves taking people on health walks and looking after them while they are on the walks, we organise walks at different locations. I continue to volunteer because I feel there is definitely a need to sustain services in our community, there are so many people out there who need to trust and communicate with others in a relaxed way. I always receive a feeling of gratitude and satisfaction when I work with others. I like to keep myself busy and involved in the community. I have a respect for my community and county and I feel that all Lancashire people of different backgrounds are special and fantastic to get along with. Providing help for unpaid Carers is very important."

**Alison Atherton**





# Prosperity, Learning & Employment Award Group



“In April 2016 volunteers from St. Georges Mill Hill Scout Group agreed a lease with BwD Council for a 3-acre plot of land adjacent to Feniscliffe Allotments to develop as an outdoor activity centre initially for Scouting use. Over the last 6 years, the volunteers have developed the site to have a wide range of activities including bush craft, archery, axe throwing, catapults, airsoft, pond dipping, Harry Potter hunt, mountain biking, team building, canoeing and kayaking. The centre also has a small allotment. Canalside Activity

Centre is run by a small dedicated set of volunteers who are also Scout Leaders at St. George’s Mill Hill Scout Group. ”

## **St Georges Mill Hill Scout Group – Canalside Activity Centre**

“The group have a centrally based shop in Accrington Road, that has become a real hub, of hope for the wider communities, where help and support is offered in abundance. The support spans between free food, very low-cost food club, low cost clothing and everyday living essentials. The group run various events in the area for families and children, often free or at affordable costs, to ensure the wellbeing and life chances of local people are raised and maintained. The groups are run entirely by residents of the area, all of who are volunteer and really make a difference to the community. So many families have been hugely impacted by the group and it really is a lifeline to them.

## **Shadsworth & Whitebirk Big Local**



“Blackburn with Darwen Community Library Volunteers have been integral to the smooth operation and functioning local Libraries since 2015, Supporting customers to find what they need and use the huge range of library resources takes not only knowledge and experience but also patience, understanding, kindness and great communication skills – our volunteers have all of these in abundance. Through hard work and dedication, the volunteers also manage to plan and deliver an ever-increasing range of activities and events for visitors of all ages. They are so generous with their time and talents, bringing light and life to their communities. They provide a fantastic service to their customers. ”

## **Blackburn with Darwen Library and Information Service: Community Libraries Volunteers**



“Volunteering is important because it enables individuals to help others in a selfless way. When people volunteer, they may choose to help people, support good causes and provide assistance to their local community. Volunteering



benefits everyone and is a terrific way to have a positive impact in the community. Volunteering is also fun and can bring fulfilment to people’s lives. Numerous charities and CICs depend solely on volunteer work to operate and provide services where mainstream organisations cannot or do not offer a much-needed community service. Volunteers often bring bespoke knowledge, understanding and a high level of enthusiasm which enhances the experience for the beneficiaries



and impact on the individual, group or community. Individuals often benefit in a multitude of different ways directly as a result of volunteering. Volunteering connects you to others, helps you make new friends and contacts, increases social and relationship skills and is known to be good for improving

wellbeing by increasing self-confidence, combats depression and stay physically active. Volunteering also provides people with vital career experience and when volunteering, they often acquire vital new job skills which can provide new opportunities to progress their careers. Supporting the Community Volunteer Awards is the perfect way to acknowledge the dedication, commitment and selflessness of those people who chose to volunteer.”



**Gary Robinson – BRFC**



“I think it’s so important that we give back what we can to our local communities. Every action – no matter how big or small it may be – helps make our communities better places to live and work. Alongside creating a more vibrant and successful community, volunteering is a great way to meet likeminded people and expand your network of friends. Not only that, but the act of doing something positive and proactive within your community can be so rewarding. It can also be a great opportunity to learn new skills and build confidence. It can even help those who are looking to get back into the workplace. SUEZ has supported so many great local projects in that time, including community litter picks, river clean ups and community garden projects. Being a part of these projects has put us in touch with a network of incredible local volunteers who work tirelessly to make

our community as vibrant and successful as it can possibly be – they really are the backbone of our community. Supporting the Community Volunteer Awards felt like a very natural thing for us to want to be a part.”

**John Wilkinson – Regional Director SUEZ**



# Grass Roots Community Action Award Individual



"I have been through a lot of crap when I was younger, I worked and then at 34yrs old I turned to drugs to help cope with everything that was in my head, I lost everything and when I was at my lowest I used to access the Voice breakfast club, it was the one day of the week that I would have a warm meal. The one day of the week I would talk to someone, they helped me and I have been in recovery for the last 6 years and I just wanted to give something back, Voice had been there for me and now I am there for Voice. Every Saturday I set up and make sure everything is ready for when the other volunteers turn up, then we cook breakfast, have a chat with the guys, I travel from Burnley every Saturday morning, I do it because those there are good people with bad stories and if I can

help them I will. I am so proud to have been nominated for an award and just to reach the final is enough"

**Baz Lettherd**

"I got into volunteering a few years ago firstly helping out with people like Canal and River Trust and Festival of Making, then volunteering in care homes and I really enjoyed it meeting new people making new friends doing a wide range of things. Then last year I decided to start to try and make my back alley a bit cleaner and safer so the kids had somewhere to play, I do get a sense of satisfaction seeing the kid's playing knowing that they aren't playing in the roads and are safer. I am retired and disabled so volunteering keeps me as active as possible and I can do as little or as much as I am able to and I love seeing the little bit of difference I have made. I would say to anyone thinking of volunteering in any form to do it, it will certainly give them a great deal of satisfaction to see the difference even a few hours Can make and see how you become part of a wider community who just want to improve the area they live in or the lives of others who they might help."

**Carol Scott**



"my role for the Blackburn Pride is Youth Officer of the committee. The project was very important and personal for me from the beginning as I was born in Iran, a country where I had to hide a big part of my identity and watch people lose their lives for daring to be themselves, so this opportunity to help bring awareness and to celebrate my identity with my community was something that I appreciated greatly. I had the chance to share my life-long struggle for freedom, my pride and my love with the people of my community. I was overwhelmed by the number of people who came up to me to tell me of their own stories, the number of hugs I received and the flow of love I received from the people who felt inspired by my words. I will never forget the gratitude I felt that day and will forever be thankful for the opportunity I have to change people's lives for the better. The skills and values I have gained through volunteering are also priceless. Seeing people of all walks of

life, working with professionals who have the same passions as myself, working in teams and hearing perspectives different to mine are all things that I have gained through volunteering and I don't plan to stop learning anytime soon."

**Hasti Jahanghiri**

# Grass Roots Community Action Award Group

"Aawaz Group is run by a group of volunteers, we decided to get involved in this project because a lot of ladies in the community were looking for help and support around mental health and wellbeing, somewhere they could go and make friends. The group meets up once a week for couple of hours, we like to support our local community, we want to make a difference to the lives of the ladies and be there for them. We enjoy empowering the women, encouraging them to take part, it is so nice to see the ladies come to the group for the support, nice to see a smile on their faces and then you just know that you have made a difference in someone's life. Volunteering is good, it becomes part of your lifestyle, you are helping other people, people who just need to know someone is there for them if they need to talk. Also you as an individual will learn a lot from others as well, as humans we learn new things everyday make new friends and by volunteering you gain this experience and much more."

## Awaaz Group



"On the 20th May 2021, a local Blackburn man aged 41 called Nicolo Marchese took his own life. The inquest into this tragic loss found that Nicolo had sought help for Mental Health, and various services fell short to assist with support. A local group of men decided to launch a campaign, called 'Male Suicide Prevention' initially to raise awareness, showing that men need to talk about their feelings and seek help. On the back of this campaign, this groups then began a weekly 'Man Hub' session in the local community Hub, many of those attending are socially isolated, the Man Hub has created a safe space where over 250 men both younger and

older can come together to talk about issues that range from Education, Bullying, Harassment, Parenting, Relationships, Finances, priorities and daily life, where signposting takes place and friendships forms."

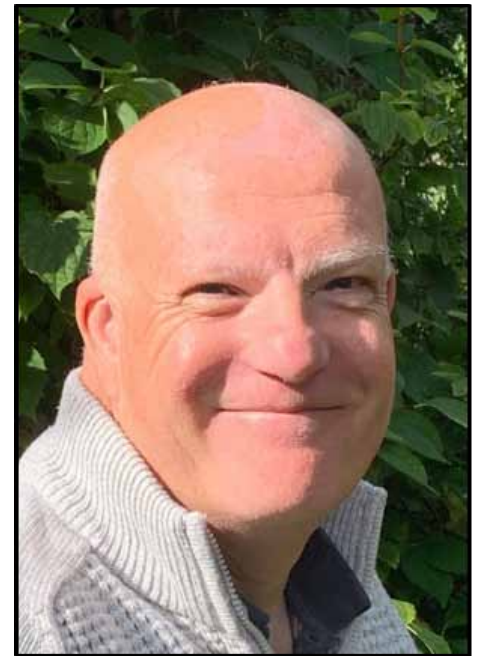
## Shad Chefs Man Hub

"In April 2016 volunteers from St. Georges Mill Hill Scout Group agreed a lease with BwD Council for a 3-acre plot of land adjacent to Feniscliffe Allotments to develop as an outdoor activity centre initially for Scouting use. Over the last 6 years, the volunteers have developed the site to have a wide range of activities including bush craft, archery, axe throwing, catapults, airsoft, pond dipping, Harry Potter hunt, mountain biking, team building, canoeing and kayaking. The centre also has a small allotment. Canalside Activity Centre is run by a small dedicated set of volunteers who are also Scout Leaders at St. George's Mill Hill Scout Group. "

## St Georges Mill Hill Scout Group – Canalside Activity Centre



“Without volunteer’s society in the UK wouldn’t work. Whether it’s working in a charity shop for a couple of hours a week, coaching the local under 8’s football team, cutting the grass for an elderly neighbour or helping out at the local food bank it doesn’t



matter; they are all important and contribute to the quality of life we have here in the UK. Often, we don’t label it with a capital ‘V’ volunteering, we just get on and do it because it needs doing, because it’s always been done like that and because it’s no bother to do. Collectively it’s seems like we don’t want to take the adulation and recognition that doing something good for no reward is reason itself to do it, others acknowledging that our contribution matters and makes life more bearable for others somehow devalues it. It doesn’t we should shout it from the rooftops it’s important, you’re important and the many selfless acts of volunteering makes life makes life better for everybody. Whatever else people have going on in their lives good or bad, volunteering gives them the chance to contribute, concentrate and feel good about themselves by helping others. Volunteers need to know that their contribution is recognised and valued, they are recognised and valued. Without volunteer’s civil society would break down and we need to promote both the breadth and depth of volunteering. Additionally we need to share examples of exemplary volunteering practice that can go on to motivate and grow volunteering in the Borough.”

**Russell Sandbach -Newground**



“Volunteering is a good thing to do, you can get a lot of satisfaction out of it and it feels good to achieve things. Volunteering is an integral part of society and of the community. People who volunteer do things with a lot of heart and empathy. Volunteers meet needs and increase the capacity of the community and are essential to healthy community life. They reach areas that local authorities can’t – they’re a different route into the community, and they have a better understanding of the

community and its needs.” “It’s rewarding and you get a lot from it. I can’t imagine not volunteering – it’s a way of committing to your faith. Volunteering opens up other opportunities that you might not have realised existed before. It helps you build up confidence, you meet new people and it gives you experience.”

“We sponsored the Renee Black Award as a way of carrying on her legacy. The Jewish community in Lancashire is very small, and she stood out like a sore thumb living in a mainly South East Asian community in Blackburn, but she still wanted to be part of that community and she continued her voluntary work up until the end. Everyone knew her, she was very straight forward and you always knew where you stood with her. She was one of the founding members of the Interfaith Forum – she saw the benefits to interaction between faiths and we celebrate our different faiths together. Everyone loved her, it was a sense of mutual love. We’re keen for her legacy to continue in volunteering through this award.”

**Interfaith Forum**



# Young People's Award - Individual



"I am 11 years old, a year 7 student at Witton Park Academy I got involved with volunteering during Covid and whilst school was closed, my father contacted BwD Youth Awareness Project and they offered me a position part of the Outdoor community fridge shed free food project and the 'great-food not waste' session's. I volunteer at weekends going out with a senior volunteer driver to collect surplus foods from local supermarkets that otherwise go in to waste bins, I go through each item to make sure nothing is spoilt or gone off. Once checked I then assist a senior volunteer to put out the outdoor food counters and place edible foods on them. I also prepare family food packs, meeting new people each time I volunteer, it give me a sense of being part of the community, I have developed lots of new skills I am part of BwD Youth

Awareness Project team, I can share ideas and have a voice for other young people to put on the table to discuss future planning and activities. Volunteering is rewarding and fun."

**Yusuf Kathrada**

"I am 17 years old. I have volunteered at Mill Hill junior club with BRFC Community Trust for over a year. I decided to start volunteering here because when I was younger, I didn't have many close friends after spending several months in hospital having a bone marrow transplant, this was a great opportunity for me to make friends and have fun, despite the challenges I faced with my disability. In June 2021, I love volunteering because not only does it give me new experiences and chance to speak with different young people, but also knowing that in some ways I am inspiring young people to be themselves and to learn more about the world around them. many youth clubs would not be able to function, or disadvantaged young people would not be able to attend if the clubs costed money. Not only do you get to be involved with projects to inspire young people you also learn a lot yourself within the role and can grow more confident It also makes me feel like I am bettering the lives of others instead of just thinking about myself, and helping others is something I enjoy."

**Kelcey Firth**



My name is Muhammed Amaan Adam I am 14 years old and live in Blackburn. This summer holiday I wanted to do something different out of my comfort zone. Rather than playing football all day and PlayStation I put myself forward for volunteering every day at IMO Charity. The reason it interested me is because my father also this year did something different and volunteered at Foodbank. I was appointed as a lead volunteer, where I was responsible in taking part in activities, encouraging young children to engage and participate in group activities. What gives me satisfaction is seeing the smile on young people's faces after they have completed an activity that they were not confident in. I really have found my passion in youth working and thoroughly enjoy that environment. I am in Year 10 at school and prior to volunteering I was undecided as to what path I was going to take. I am now fully committed to becoming a youth worker after

my studies and want to continue to develop. I have reached out to Child Action Northwest and YPS to work with other communities and help at foodbanks, activities anywhere that I can give my time and give back to the community. "

**Muhammed Amaan Adam**

# Young People's Award - Group

"I am 66 years old married and have 3 children. My youngest son aged 25 years has autism and ADHD. His journey has been my journey. I set up In Di Go 8th June 2012 I have faced many hurdles providing group activities, trips signposting, form filling and hand holding at meetings and appointments giving vulnerable families a voice. In Di Go staff and volunteers are crucial in running of group activities for families, providing weekly Saturday clubs, 16+ autism groups short activity breaks and trips. In Di Go has a caring non-judgemental, welcoming, person centred approach, often meeting families who have no voice and no knowledge of how to access vital services for their children with special needs. I believe individuals with disability have a right to community inclusive activities and services which supports them and their families. I am proud of our In Di Go Team and all of their personal and team achievements. Volunteers have benefited in many ways particularly their own health and wellbeing. It is a very difficult role being a carer for a child/young person with a disability. People don't realise the impact it has on the carers own and wellbeing often feeling depressed and isolated. In Di Go has worked hard to improve the lives of families. Caring and making a difference is a gift"



**Diane Price - Indigo**



"Nightsafe is a local Charity set up in 1990 by a group of local people, with the aim of alleviating the plight of homeless and vulnerably housed young people within the borough of Blackburn with Darwen and surrounding areas. We are very proud of the recognition as the volunteers and Night Safe have been given their time and efforts even through Covid and the challenging times that it brought. demands never reduced but in fact has increased so it is good to get the recognition our volunteers are like our treasures and they are the backbone to the company. The Community Volunteer Event allows us to join up with other organisations and charities, Night Safe is a small charity within the borough it shows that even as a small charity it can achieve very big things, so much hard work really does have

good outcomes, and hopefully brings out good news stories along with it, and we cannot thank our volunteers enough".

**Nightsafe**

"As I got older I felt like I wanted to give back to the community, we started up Secret Santa to ensure that all children in Blackburn with Darwen received a little something at Christmas – throughout the year we continue to spread the word to ensure that we have over 1000 sacks of toys and goodies to give away, we have a wonderful team of volunteers, its hard work but its brilliant working with like minded people, meeting new friends, together we make a difference to our disadvantaged young people. Helping local struggling families is so rewarding if I wasn't volunteering I would just be sat at home on the settee watching TV, wasting life – its not a rehearsal we only have one life so let's make something of it. Volunteering is so wonderful you get so much out of it and what you give you get back in bucketful's, it's a win- win you cannot lose its so rewarding. We are so proud to have been nominated "



**Secret Santa**

"I started off working in the security sector in 2017 when I started up DPM Security- initially covering local areas we are now have several national contracts. I know of many organisations that have volunteers as part of their workforce these organisations could not survive without Volunteers, I understand how volunteers are the backbone of certain organisations and carry out invaluable work in the Blackburn with Darwen. I have personally volunteered and always found it to be rewarding and worthwhile, you gain many skills volunteering and it helps to shape you as a human being, professionals and socially. The Community Volunteer Awards are a fantastic way of saying thank you to all the wonderful work and dedication that Blackburn with Darwen volunteers contribute to our community We are very proud to be sponsoring such an Event Fida Ashraf –

**DPM Security**



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grow, develop and give them opportunities, and even change lives, depending on the situation. We're delighted to be able to support these awards and make sure that the people who are nominated are given the recognition that they deserve. A lot of these people and groups are too busy doing such a great job in our local community that they don't take the time out to see the impact of what they are doing.

The CVS awards are a perfect platform to put the spotlight on our local heroes and celebrate their achievements."

**Reta Rose**

"Farley's is a full-service law firm providing legal advice, support and help to individuals and businesses across Lancashire and further afield. As a firm we've been part of the local community in Blackburn since our origins on Richmond Terrace in the town in 1958. We're very conscious of our responsibilities as an employer - not just to employees but also the wider communities that we are part of. Whether through fundraising activities across our offices, providing free legal advice to those in need, or our efforts to improve the environment we live in, we aim to make a real difference to people's lives and local communities. For us, as a firm we feel that it's important to give back as much as we can to the local Lancashire community. Not only for the fact that the majority of our staff are Lancashire born and bred, but also as our way of giving back to the communities that have helped us grow as a business for the last 60+ years.

Volunteering for us as a firm is crucial in helping the most vulnerable members/areas of society, and helping the charities and groups that help to deliver these services. It can help people to access support, to



# Renee Black Award



"I have been a volunteer since I became a Scout leader aged 18, when I retired from Blackburn Cathedral as a refugee Support worker for the ARC Group in 2002 I was asked to set up a volunteer Drop in – in Darwen. We now have a thriving drop-in DARE Darwen Asylum refugee Enterprise. We try to support our clients 24/7, I suppose volunteering is now second nature, a committed member of the community I try to support vulnerable people who just need a new start in life. Volunteering at this level can be very demanding on your time however, supporting these clients in their search for a new life and opportunities gives me and many of the volunteers a sense of purpose and fulfilment. It also tells those of us who live in peace with relatively little threats - how lucky we are in

a world that is in conflict. I am so grateful to play my part in welcoming people whose lives have been destroyed and to help rebuilt them with a smile, handshake, Lancashire Brew and move them on to settlement in a peaceful and welcoming area of the UK."

**John East**

I've been volunteering with the Carers Service since 2016. I got in touch with the service through the crisis team due to being a long-term carer for my husband with Borderline Personality Disorder. Everyone was very friendly and welcoming at the Carers Service, soon after becoming a regular attendee of groups I was approached by Kulsum if I'd like to sign up as a volunteer to help run the craft group. I was thrilled to get involved and give back to the service, I felt this was the very start of my healing process. I feel it is important for me to be involved with the Carers Service so I can support my fellow carers in their caring roles because they in turn support me in my role, together we share our experiences, give each other encouragement and support building friendships. Volunteering gives me a purpose to get up in a morning when I'm feeling depressed or anxious it helps reduce loneliness and isolation even though you have family or a partner it's great to connect with other carers. Volunteering provides opportunities to feel useful and appreciated.



**Christine Finch**



"My role for the Blackburn Pride is Youth Officer of the committee. The project was very important and personal for me from the beginning as I was born in Iran, a country where I had to hide a big part of my identity and watch people lose their lives for daring to be themselves, so this opportunity to help bring awareness and to celebrate my identity with my community was something that I appreciated greatly. I had the chance to share my life-long struggle for freedom, my pride and my love with the people of my community. I was overwhelmed by the number of people who came up to me to tell me of their own stories, the number of hugs I received and the flow of love I received from the people who felt inspired by my words. I will never forget the gratitude I felt that day and will forever be thankful for the opportunity I have to change people's lives for the better. The skills and values I have gained through volunteering

are also priceless. Seeing people of all walks of life, working with professionals who have the same passions as myself, working in teams and hearing perspectives different to mine are all things that I have gained through volunteering and I don't plan to stop learning anytime soon."

**Hasti Jahanghiri**



"A volunteering community improves and strengthens the capacity of an organisation to help and support others. The community and the organisation benefit from the diversity of skills, experience and knowledge that can empathise and help the most multi-disadvantaged and vulnerable people. From giving practical help, hope for the future they can also engage and support others in our cause'. Volunteering can increase social interaction, stop loneliness, improve wellbeing and mental health. It can encourage routine, enables individuals to be part of something, meet new people and try new things.



Community Volunteer Awards are a way of showing our local volunteer's appreciation and recognition for the time and support they donate freely to our local organisations. It provides agencies a forum to gain recognition for the work volunteers do and the staff and colleagues that support them. Awards can facilitate relationships between the different organisations and an opportunity to find out more about what others do in the community. An opportunity to give something back!"

**Alexandra Clayton – Shelter**

"As a local charity, our volunteers are vital to the organisation and we simply could not deliver the services or support as many people as we do without them. Our volunteers don't only give us their time – they bring a huge range of skills and experience which really add value to what we can offer for older people and help to develop the charity's services. Our volunteers also tell us that they gain much from volunteering – from making new friends and social networks, to gaining new skills, to feeling that they are contributing to the local community and making a positive difference to people's lives.



We are pleased to support the Community Volunteer Awards as they are one, very visible, way to say thank you to everyone who gives up their time to volunteer in Blackburn with Darwen. The borough is fortunate to have so many people who contribute in so many different ways and it is right that this is celebrated. The Awards also provide a great opportunity to promote volunteering to more people and to champion the benefits.

**Vicky Shepard – BwD Age UK**



"Volunteering is a powerful tool to demonstrate to the local community. Volunteering gives you the opportunities to improve life chances, it is very self-satisfying contributing to the community because you will continuously see benefits as well as personal development. It lets volunteers know their community better, and a cohesive community which pulls people together. Volunteers support communities and organisations Volunteering also gives lots of opportunities for all ages, all genders, all ethnicities etc there is no restrictions when it comes to volunteering.

Having an opportunity to work with the community allows people to explore opportunities without over committing and having a community to work together creates bigger goals to society and helps people delve in more, especially to find

out whether they'd really enjoy it. Blackburn college is an anchor to the community, and providing support to the community awards is a fantastic opportunity to get the word out for support for the volunteers".

**Fazal Dad – Principle Blackburn College**



## Environment Award - Individual

" I got into volunteering a few years ago firstly helping out with people like Canal and River Trust and Festival of Making, then volunteering in care homes and I really enjoyed it meeting new people making new friends doing a wide range of things. Then last year I decided to start to try and make my back alley a bit cleaner and safer so the kids had somewhere to play, I do get a sense of satisfaction seeing the kid's playing knowing that they aren't playing in the roads and are safer. I am retired and disabled so volunteering keeps me as active as possible and I can do as little or as much as I am able to and I love seeing the little bit of difference I have made. I would say to anyone thinking of volunteering in any form to do it, it will certainly give them a great deal of satisfaction to see the difference even a few hours Can make and see how you become part of a wider community who just want to improve the area they live in or the lives of others who they might help." **Carol Scott**



" I am 83 Yrs. Old I moved into a lovely flat 4 years ago, unfortunately when I moved in the surrounding area wasn't as nice as where I had lived before so I decided to do something about it, I was fed up of looking out my window and seeing others rubbish thrown all over the floor. So I filled 10 sand bags with rubbish and it took me 6 hours, to completely clean the area and within 2 weeks the rubbish was back. But, I wasn't going to be beaten so I went out every day and I eventually managed to get on top of it and now collect rubbish every 2 weeks, the area looks nice and tidy and its lovely when people say "thank you" - I have started to go further afield and now clear Bolton Road, including trimming the bushes and grass areas, it looks a lot better. Since I started others have been out helping and a local business has been supporting me and my efforts, I volunteer because it gets me out and about and it is so rewarding seeing it all tidy after a litter pick, I hope I will be able to continue to carry on but for how long I do not know, my family keep telling me to take it easy - but I'm not ready for that yet"

**Roy Parker**

After selling my business I retired and used my spare time to go on holiday with my wife, but after three years my wife developed pancreatic cancer and she passed away just ten days after being diagnosed. The last days of her life was spent in East Lancashire hospice - the treatment and care she received in the short time was first class. My wife and I was able to spend time in the garden alone and together - the garden gave me the chance to have some time alone and gather my thoughts, have reflection time, and my own space for a short time. This is when I decided I would like to volunteer at the hospice, my role is varied, I work with the hospice maintenance team, mainly work in the gardens, this includes all aspects of garden work, weeding sweeping, planting, pruning etc. I continue to volunteers because of the pleasure the gardens give to all users -this is what makes it all worth while On a personnel reason for volunteering - why do I need to be sat at home watching day time telly (getting old) when I can be at the hospice, putting my skills to good use, putting a smile on peoples face, enjoying what I am doing, having conversations with other people, working as part of the time with all the hospice staff, keeping fit and making new friendships"



**Tommy Topping**

# Environment Award - Group

"We Come together to clean-up the woods this includes litter picking, fixing paths, signs and access points to the wood which helps to improve and maintain the beautiful environment. events put on by the group help bring the community together, but also help to share and showcase the environment. "I get great satisfaction from trying to keep the Wood tidy" "I enjoy both the practical and administrative side of the volunteering work. " "I continue to volunteer as I feel it is important to give something back to the local community. I like to feel I am making a worthwhile contribution to help preserve the natural woodland, ensuring its continued use for everyone to enjoy. "

"The social aspect of volunteering gives you a great opportunity to meet and work with other like- minded people, important for mental health."

## Friends of Sunnyhurst Woods



"In April 2016 volunteers from St. Georges Mill Hill Scout Group agreed a lease with BwD Council for a 3-acre plot of land adjacent to Feniscliffe Allotments to develop as an outdoor activity centre initially for Scouting use.

Over the last 6 years, the volunteers have developed the site to have a wide range of activities including bush craft, archery, axe throwing, catapults, airsoft, pond dipping, Harry Potter hunt, mountain biking, team building, canoeing and kayaking.

The centre also has a small allotment. Canalside Activity Centre is run by a small dedicated set of

volunteers who are also Scout Leaders at St. George's Mill Hill Scout Group. "

## St Georges Mill Hill Scout Group – Canalside Activity Centre

"Community & Business Partners (CBP) manage three community projects. One of these projects is SAMS (Scrap Art Material Store) which is an environmental social enterprise that brings together public and private organisations with a common aim of recycling. 13 volunteers from all backgrounds volunteer their time to support us.

The project is the only one of its kind in Lancashire and serves communities with clean surplus materials, which would normally be destined for landfill, sourced from private sector businesses, collected, sorted, merchandised and displayed by our volunteers to

provide a good value for money, ethical source of raw materials for arts, crafts and play for organisations, SAMS volunteers also support our sister projects which support our community in many different ways:

Community RePaint,  
Charities @ SAMS and  
Waste Not Want Not."

## SAMS – Community & Business Partners





“We are very proud of our Volunteers that give up their valuable time to support our Charity, they are amazing. As a Charity, funding can be limited, yet carers needs are increasing every day. We couldn't provide all the Services on offer without the support of Volunteers. This is the Carers Service 3rd year in supporting the Community Volunteer Awards. The Awards are a fantastic way to recognise, nominate, identify and celebrate! The Carers Service is 1 of many local organisations that come together as a community to raise the profile of Volunteers and to shout from the roof tops the amazing work they do. The Carers Service are proud to be a part of this event, to be a part of the local community, celebrating and supporting Volunteers”

**Sam Morris – BwD Carers**

“Volunteering is extremely important; a person volunteering gives us their time and their knowledge. Every individual who volunteers helps to improve the services that are available to our communities and in a time of austerity and increasing cuts it is so important to recognise and appreciate the difference our volunteers are making. For the individual who is volunteering they are benefiting from meeting new people, being part of an organisation and likeminded people, learning and sharing new skills and knowing they are making a difference. It is so important to recognise people who are giving their valuable time and energy to make a difference to our communities. These awards are a recognition of the amazing work that our volunteers do.”



**Shigufta Khan – The WISH Centre**



“For individuals, the benefits of volunteering are enormous! Volunteering benefits people facing issues such as low mood, anxiety, depression, low confidence and the benefits can last a lifetime! Volunteering as part of a team with a common goal helps people form bonds with others that can be life changing. For many organisations – like us, volunteers are fundamental. Without them, they simply wouldn't achieve what they do. By supporting the Community Volunteer Awards, Community & Business Partners are helping to celebrate the wonderful dedicated people who contribute and make a difference in the borough”

Community & Business Partners are helping to celebrate the wonderful dedicated people who contribute and make a difference in the borough”

**Amanda Meachin – CBP**

“Volunteering can change people's lives, for both the person volunteering and others being supported by volunteers. It is a reciprocal process. Volunteers build stronger communities, complementing services and save a vast amount of public money on resources. Most people volunteer because they believe in the mission of the community or charity they serve. Volunteers are the backbone to many charities and voluntary groups. Without their tireless and unpaid support, many organisations would not exist and Lancashire Women are one of them.”



**Donna Bailey – Lancashire Women**

# Culture, Leisure & Sporting Life Award Individual

"I have a lifelong fascination with technology and so ever since I was young, when I first heard about The Making Rooms a few years ago, I was delighted, as I could develop myself and help people in the process. I've been able to help individuals in my local community develop their skills, as well as help The Making Rooms train other volunteers. One of the best things about this is that there is a perpetual flow of new skills being taught and people can pass on the skills they learn, I love teaching others my skills as I get to witness other people bring their own ideas to fruition. This may seem small but it's a cascading effect, as they may choose to continue pursuing it and it can change their lives. Through my volunteering in The Making Rooms, I have had the opportunity of helping establish a beacon of learning at the Youth Zone, called 'The Making Zone'. Young minds are very creative, and that's why it brings me a lot of satisfaction, developing workshops and teaching young people how to use these advanced technologies"

**Uzair Patel**



"I have been involved with voluntary work since I left my last paid job in 1996. I suffer with Bi- Polar disorder and as I was living with my parents for a short time. My parents encouraged me to do some voluntary work, I volunteered in a number of places over the years, after looking after my mother, after she became ill, I became involved with the Carers Service in 2008. My title is Walk Leader. My role involves taking people on health walks and looking after them while they are on the walks. We organise walks at different locations around the Blackburn with Darwen area. I continue to volunteer because I feel there is definitely a need to sustain services in our community, there are so many people out there who need to trust and communicate with others in a relaxed way. I always receive a feeling of gratitude and satisfaction when I volunteer. I like to keep myself busy and involved in the community. I have a respect for my community and county and I feel that all Lancashire people of different backgrounds are special and fantastic to get along with. Providing help for unpaid Carers is very important."

**Alison Atherton**

"I'm 63 years old been a resident of Little Harwood, Blackburn since the early 1970's. I've been volunteering all my life as far as I can remember since a very young age, Volunteering has provided me great satisfaction, reward and been very fulfilling to see less well-off people in the community benefit. I'm still trying to be a perfect role model for all from the voluntary work I do like cleaning the area of litter etc, volunteering gives me an opportunity to engage, stay busy and be connected to the community. Volunteering is very worthwhile it is part of my faith to care and look after not only my neighbours but the whole community. There are a lot of people out there disadvantaged, young and old that need a helping hand and role models to look up. At my age I just want to give my experience, knowledge and effort back to the community. I get satisfaction and knowledge that I am helping and making a difference and bridging the gap between all communities. I think the benefits of volunteering are immense. You get a feeling of pride, joy and satisfaction knowing that you have given something back that's made a change to their lives positively."

**Ismail Esat**



# Culture, Leisure & Sporting Life Award Group



“Blackburn with Darwen Community Library Volunteers have been integral to the smooth operation and functioning local Libraries since 2015, Supporting customers to find what they need and use the huge range of library resources takes not only knowledge and experience but also patience, understanding, kindness and great communication skills – our volunteers have all of these in abundance. They willingly share their skills not only with library visitors but also with each other and it has been a pleasure over the years to see some very firm and lasting friendships made. Through hard work and dedication, the volunteers also manage to plan and deliver an ever- increasing range of activities and events for visitors of all ages. They are so generous with their time and talents, bringing light and life to their communities. They provide a fantastic service to their customers. ”

## Blackburn with Darwen Library and Information Service: Community Libraries Volunteers

“My journey started at 15 years old and I wanted to get into sport, I started volunteering and support a local charity called Z’s Defence Academy. Our mission is to combat and breakdown mental health barriers for youth/women through sporting activities, outdoors, pursuits self-defence and volunteering. We strive to educate the most vulnerable to learn life skills, resilience, confidence, independence and become strong individuals to live a fulfilling lifestyle. Giving back to the community is a key aspect in my life and my journey has given me the skill set to support others with volunteering. Volunteering is fun and a chance to learn new skills as well socializing and become strong individuals. It’s a fantastic way to gain experience and develop life skills, which in return supports better employment opportunities and healthier lives.”

## Z’s Defence Academy



The group offers an opportunity to carers in BwD to access walks in a safe environment, the majority of our volunteers are carers themselves. Kevin and Alison organise lovely weekly walks in and around Blackburn. They like to ensure that every walk is different to the last one. Sometimes they plan an historic walk or a fun themed activity/walk (they have one planned for Christmas). Also trips out the next one planned is to Settle. They share these special events with all Carers, not just the regular walkers.

They ensure they keep in regular contact with everyone, encouraging the carers to take time for themselves and making walks interesting. “It’s a good way of gaining new skills and meeting new people, it gives you a sense of

purpose” “I enjoy meeting different people and having a laugh with them, I love seeing people form connections with each other”

## BwD Carers – Walking Group



“Volunteering is a basic human need, it’s a fantastic opportunity and it shows that you are passionate about the organisation because you are giving your valuable time and effort. It all adds to giving you a “feel good factor” knowing you are going out there and helping people and helping the organisation that you are volunteering for; many organisations would not be able to function without the support and knowledge of their amazing volunteers. There are vast benefits as there are many options that you can do within volunteering, as it all depends on who or what you volunteer for. Volunteering gives you the opportunity to work but also spread goodness, and positivity. “Get out there and do it, make a difference!”

**Ian Brown – Chairman, The Hive**

The TIME and TALENT of our volunteers are crucial to provide support to the Hospice services. Giving a few hours a week volunteering can help to make that difference. You will meet people from all backgrounds, communities and ages, and when you go home, you will have the satisfaction of knowing you have made difference. Volunteers don’t give their time to be thanked or applauded, but each and everyone deserves recognition for giving their time and expertise freely.



The Community Volunteer Awards, allows us to show our appreciation to all volunteers out there and we would like to take this opportunity to applaud each and every one of you.

**Hilary Barrett – East Lancs Hospice**



“Volunteering is incredibly beneficial to individuals because of the skills, knowledge and experience you can gain as well as the confidence it gives people and a whole new range of social networks. Volunteering is so important for our community because so many local services simply could not help as many people without the support of our amazing volunteers. Volunteers also bring a huge amount of

experience and new ideas to help us keep improving the local support offer for residents of all ages. It’s really important to us to support the Community Volunteer Awards to reward and recognise the huge impact that volunteers in our borough have on their community. The Awards also serve as a great opportunity to showcase the fantastic work of our local voluntary sector and how residents can get involved in a wide range of opportunities.”

**Sarah Johns – Healthwatch**



# Lindsay Dunn Award Individual



"I have been a volunteer since I became a Scout leader aged 18, when I retired from Blackburn Cathedral as a refugee Support worker for the ARC Group in 2002 I was asked to set up a volunteer Drop in – in Darwen. We now have a thriving drop-in DARE Darwen Asylum refugee Enterprise. We try to support our clients 24/7 – and most have a phone number to call in emergencies especially through the Covid lockdown, I suppose volunteering is now second nature, but as a lay preacher, elected Town Councillor and a committed member of the community I try to support vulnerable people who just need a new start in life. Volunteering at this level can be very demanding on your time however, supporting these clients in their search for a new life and opportunities gives me and many of the volunteers a sense of purpose and fulfilment. It also tells those of us who live in peace with relatively little threats - how

lucky we are in a world that is in conflict and unjust and still treats people with contempt, hostility and lack of compassion and humanity. I am so grateful to play my part in welcoming people whose lives have been destroyed and to help rebuilt them with a smile, handshake, Lancashire Brew and move them on to settlement in a peaceful and welcoming area of the UK."

**John East**

"My name is Josh, I am friendly and quiet but also an outgoing person. I am in recovery from alcohol and drugs with the 180 Project being a very big part of my journey. When I graduated from 180 I was lucky enough to start volunteering which I love because it allows me to help people the way 180 helped me, as part of my role, I support males to access the project and settle in. I facilitate the workouts on the gym floor alongside the coach and I am also heavily involved in group work provision where we look at emotional and mental health. I can honestly say I love everything about 180 and my role. Seeing people get the same opportunities I got and watching them grow through the programme from destruction to self-belief, freedom, and joy is priceless. I continue because it's my purpose in life. I never get fed up or tired, it gives me joy, peace, energy, and a sound mind. It gives me the ability to love and help others. Seeing people turn their lives around 180 degrees and move away from heartache and past hurts is the best reward".

**Josh Dalton**



"I'm 63 years old been a resident of Little Harwood, Blackburn since the early 1970's. I've been volunteering all my life as far as I can remember since a very young age, Volunteering has provided me great satisfaction, reward and been very fulfilling to see less well-off people in the community benefit. I'm still trying to be a perfect role model for all from the voluntary work I do like cleaning the area of litter etc, volunteering gives me an opportunity to engage, stay busy and be connected to the community. Volunteering is very worthwhile it is part of my faith to care and look after not only my neighbours but the whole community. There are a lot of people out there disadvantaged, young and old that need a helping hand and role models to look up. At my age I just want to give my experience, knowledge and effort back to the

community. I get satisfaction and knowledge that I am helping and making a difference and bridging the gap between all communities. I think the benefits of volunteering are immense. You get a feeling of pride, joy and satisfaction knowing that you have given something back that's made a change to their lives positively."

**Ismail Esat**

# Lindsay Dunn Award - Group



"Albion Mill is a supported housing scheme for residents over the age of 18 of BwD who have a housing and care need. Our volunteers support us with Groups, reception and the café. The volunteers have made the move easier for residents and have spent time getting to know them, building up trust and supporting to attend activities. Residents sit in reception and feel very happy and comfortable knowing there is always a volunteer to offer them a helping hand and listening ear. Nothing is ever too much trouble. They treat everyone equally and with respect. Some residents who moved into the scheme feeling very anxious and shy now want to volunteer themselves, as they recognise the positive difference the

volunteers have had on their lives and their wellbeing. Several of our volunteers are disabled and it has inspired others to believe in themselves and that they can make a difference regardless of their disability. We honestly do not know how we would have coped without our wonderful volunteers who all come with different skills and abilities and always turn up with eagerness and a smile on their faces."

## Albion Mill

"Sliding Doors is a place of friendship and fun a local charity providing social activities, support, and worthwhile volunteering opportunities for people with disabilities, learning difficulties and those who are lonely and isolated. Sliding Doors has been so life changing for our service users, it is also why many so many of them want to volunteer their time. Sliding Doors is run by people with lived in experience of both isolation and disability and the loneliness and stigma that accompanies it. We work with over 200 people each week and without our wonderful volunteers we could not do this. We have 20 volunteers ages ranges from 18 – 76 with a wide variety of additional needs, who put aside their own issues, abilities and often pain to ensure others have somewhere to go and are always welcomed and supported by people who have lived in experience of some of the issues they face. Without our volunteers Sliding Doors could not deliver the wide range of activities, support and opportunities and many more vulnerable people would be isolated with poor health, feeling excluded from society."

## Julie Astley - Sliding Doors



"The Thomas drop-in-centre at St Anne's Blackburn has been providing a free hot meal for people in need for 27 years. They are open most days of the week and offer a friendly, non-judgmental environment for chaotic individuals, on average the wonderful volunteers feed around 50 people a day. Some of the most vulnerable, chaotic people access the project, not only are they given a free meal they are also offered help and support – the project is supported by a number of volunteers many of them in recovery and wanting to give something back. The Volunteers prepare and

serve the food but also offer time, they chat and listen and offer support for a number of issues – this could be anything from debt, health, mental health, drug & alcohol issues. The volunteers have built up a great relationship with other agencies and when the individuals need it they can signpost to relevant services. The Volunteers take the time out to build good relationships with isolated individuals often shunned by many. The Drop volunteers are dedicated, hardworking and wonderful, kind empathic individuals who go above and beyond for those many ignore"

## Thomas Drop In



“Volunteering in the community is a vital part for any Business, we all have to find a channel to ensure that we give something back into communities in which we trade. MacDonalD’s does volunteer work in communities by sending our staff to help organisations to fundraising projects. Each of our restaurant’s complete community litter picks, and have helped in building restorations projects i.e., painting, or clean-up projects. Volunteering can also help you build upon skills you already have and use them to benefit the greater community. The Community Volunteer Awards recognise the people often unseen in the background and we are proud that our organisation has been a supporter of these events for many years.



**Tony Perez –MacDonald’s**

“Night safe has helped the homeless for around 30 years, Volunteers have been the backbone of our service with many volunteers coming from overseas. There are massive benefits that volunteers bring to our organisation - enthusiasm, creativity, many professional skills and life skills. Nightsafe simply would not work without our volunteers “We always welcome volunteers”



The Community Volunteer Awards are a great way to support the community, thank our volunteers and all the other wonderful volunteers in Blackburn with Darwen for the amazing work they do.

**Jan Larkin – CEO Nightsafe**



“Volunteering is so crucial; I think it says so much about a person if they do volunteer. To put in your time and effort into an organisation or project without getting paid, to me, says that this person is selfless, hardworking and an open mind which are such important qualities which we look for in employees. I believe it’s important to support any initiatives that both recognises the exceptional contribution volunteers make, and to inspire others to take up volunteering themselves. In my experience, nothing is more inspiring than hearing from others - what better way to do that than to celebrate all the exceptional people and work they have done for others! ”



**Celia Gaze – CEO Wellbeing Farm**

“As a local organisation we work closely with other local organisations to support the most vulnerable in our community, volunteers are vital to these organisations and simply could not deliver the services or support without them. volunteers in these community organisations give their time, they bring a huge range of skills and experience which really add value to what these services can offer. The volunteers themselves also gain much from volunteering gaining social networks, to gain new skills, and feeling that they are contributing to the local community and making a positive difference to people’s lives We are more than happy to support the Community Volunteer Awards, they provide a very visible, way to say thank you to everyone who gives up their time to volunteer in Blackburn with Darwen. –



**Care Station NW**



**Lynn Kennedy – Care station NW**

# Community Involvement Award



Blackburn with Darwen Carers Service started in 2004 after a community consultation. The Carers Service provides information, support and advice to family carers. Carers are people living in the local community of Blackburn with Darwen who look after a family member or friend who could not manage without their help due to illness or disability. The Carers Service is led by carers supporting other carers. The Carers Service is so proud of the volunteers that give up their valuable time and energy in supporting the local community of Blackburn with Darwen. Volunteers have shared their journeys and stories of volunteering for the

Service, Roles undertaken include: Asian Carers Group, Men's Group, walking group, life after caring, befriending, sewing group, Exercise classes. Craft groups, workshops, Trips/Events, Coffee mornings, 5 ways to Well Being, Counselling, Mindfulness, Pamper sessions, Yoga, Dementia Peer Support Group, Dementia Support Group"

## **BwD Carers**

"I created Talk Ourselves Well after the death of 2 of my friends to suicide. I wrote a status on Facebook about what we can do to raise awareness, educate and empower other men to start talking and stop dying. The status gained a lot of attention from local men and the day after I started a Talk Ourselves Well page on social media. I continue to volunteer so that we can raise awareness, educate and empower other males to speak up, give them a voice and a listening platform to assist them to experience Mental Wealth and to continue to build upon their Mental Health needs. I am a firm believer in what you put in, you get back out and there have been many times that I have felt like an Emotionally Healthy Millionaire, it is a selfless thing to volunteer and the impact and change that we can have on people's lives is immense! I feel extremely proud to be nominated for these awards. Just being nominated shows that Talk Ourselves Well is making a difference to people's lives and is being recognised even though we are a reasonably new and small community group."

## **Talk Ourselves Well**

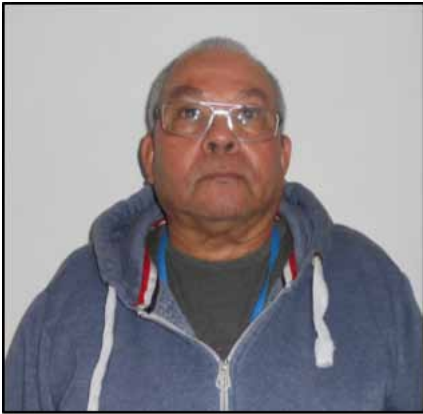


Dare was set up by the British Red Cross to set a more formal support group as more world conflicts took place, Syria, China, Afghanistan, Myanmar, and the continuing conflicts in the Middle East, Eastern Europe. The dispersals continue as more recent conflicts blight the world and people seek a safe and peaceful place to live. In Blackburn with Darwen we are proud of our reputation of helping others fleeing wars and human rights abuses, this continues as DARE supports the needs of others seeking refuge, peace and sanctuary. Supporting these vulnerable communities will support our local economy. Many have settled into work and education,

supporting refugees brings a new dimension to integration, regeneration and community development. DARE tries to direct asylum seekers and refugees into learning and signposts the many volunteering opportunities around. We have many high ended learners that can support the gaps in employment in the area and we endeavour to enrol them with local colleges and universities. All these actions help to support the local economy and welcoming community. DARE has around twenty volunteers. NONE are paid.

## **DARE**

# Good Neighbour Award



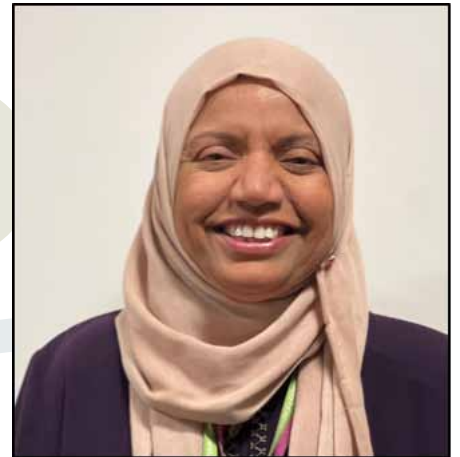
"I began Volunteering whilst still living in London with my local community. When we moved to Lancashire I continued with the local community like the Grow Zone and various other project in Energy Zone, now I am volunteering with Blackburn with Darwen Carer's Services. I was with the Fairshare Project collecting the food from Preston and helping with the distribution, currently assisting with the BwD Carers project at the Café Hub in Darwen, I will also soon be starting to volunteer with the sit in project after training. I enjoy all the activities, I really love being helpful and the sense of giving back to the community, meeting new people and making new friends, it is really wonderful and to be able to give something back for all the goodness life has given me. I would recommend

volunteering for everyone just go for it and enjoy the pride and joy of doing something for others, and the sense of doing something worthwhile, and enjoy the benefits of helping your community"

**Delroy Chung**

" I have lived in the Audley area for a long, long time. I see the rubbish within my area and small things like that matter to people, I don't just want to clean up, but educate the future generations, hence I try to work with all the children and express community concerns regarding cleanliness. I also look at people who are homeless and have no food, I also help the elderly with in my area, by cleaning and cooking for them. It is so important to help others live a dignified life. I enjoy helping others, I get satisfied that I am able to help the neediest, I like to build my skills by helping people, it gives me satisfaction on a different level, it gives my life a purpose. I meet wonderful people through my volunteering, and it's always a pleasure to listen to people . The importance of just saying good morning to some people is the world, and I want to be that world where I can make a difference to people's lives."

**Mehrun Jogee**



"I am a 60-year-old Dad, Grandad, Husband and all-round family man. I have been volunteering since my younger adult days in youth clubs, the community and community events. About ten years ago myself and neighbours set up the local residents group Romney Voices to help improve the community, to bring people together and bring back that good old sense of community. 5 years ago, we set about reducing food waste to help combat environmental problems opening SEBs food club which quickly evolved into supporting those who need help, from single parent families to overworked under paid nurses. The

group and I are passionate in ensuring food waste is limited and helping those where we can. Romney Voices is just as passionate in bringing the communities together and has especially enjoyed hosting events this year post covid and seeing the same enthusiasm from those who attended the events. I enjoy the chaos; the pressure and the distraction the work brings from the day-to-day mundane and recent health problems I have had this year.

**Cally Kershaw Calvert**

# Volunteer of the Year Award



**Martin Hegarty**

"I'm 64 years of age, Since I returned to Blackburn -after 6 months of Homelessness I began Volunteering with Shelter in 2019 and at the same time I started helping out at the Thomas Charity kitchen as well. Due to ill-health I sadly had to give up my Kitchen work earlier this year. I love my work with Shelter. It is a totally rewarding challenge. It is a wonderful feeling when someone secures a property and I know I have helped change their life for the good. In all I feel a valued and respected part of the team. I volunteer because I can and believe thoroughly in the work I am doing. My daughter summed it up perfectly when she told me that I have a passion for helping people. Everyone at Shelter (paid or unpaid) shares that passion with me. It is our strong bond as a team. Voluntary work gives structure and meaning to my life. I do it without thinking why... it is part of my routine. get an amazing sense of self-satisfaction from it."

"Having retired 5 years ago, I decided to take a year off to just relax and think about my future. The North West Air Ambulance shop is only a mile away from where I live and I thought it would be a nice walk to the shop, volunteer for a couple of days and a nice walk home. My role is wide and varied. Serving customers, taking donations in, sorting out donations, my favourite job is merchandising the shop, making it look enticing for people to come in and buy. It is a completely different role to my previous paid work and I enjoy every moment, especially working with a great bunch of volunteers and paid staff. I get a great deal of satisfaction knowing that every penny going in the till keeps our 'Doctor in the 'copter' in the sky. It's a great feeling of satisfaction and well-being that you have done something to be proud of."

**Karen Woods**



**Hannah Goldthorpe**

"I got into to volunteering when I started reporting fly tipping and environmental problems within my local community, this quickly grew into getting involved with neighbourhood community projects, I created Friends of Infirmary Area back in 2015. then in January 2022 I became the volunteer catering manager and cook at Blackburn Youth Zone, within this role I cook up to 400 meals per week for the young people, I enjoy helping others. Volunteering also gives me a great deal of purpose as I am not able to work due to long-term health conditions, I have developed many connections and friendships over the years. I have seen the benefit of what volunteering can give to a person's life, the simple joy of making a difference to somebody else's world no matter how small is reward in itself. I always aspire to making a difference to just one person's life."

# Lifetime Award



" I have been volunteering for the past 34 years at Ivy Street Community Centre, I was part of the group who got the centre built and I have never looked back. I do a bit of everything paper work, book keeping, banking, fire drills but I also help out with the parties, groups because all of the volunteers all muck in, that's what makes the centre a family, What I love most is meeting people, the wonderful characters but also, it's a privilege to be part of their journey helping them in any way we can. I love having a natter and when anyone new comes in the centre e make them feel welcome part of the community. The thing that keeps me motivated as a volunteer is that you can help improve someone's life just by believing in them, helping and supporting them to build

their confidence and believe in themselves. Watching people go from no confidence to finding full time employment is wonderful. I feel honoured that someone has taken the time to nominate me.

**Christine Connell**

"I'm 63 years old been a resident of Little Harwood, Blackburn since the early 1970's. I've been volunteering all my life as far as I can remember since a very young age, Volunteering has provided me great satisfaction, reward and been very fulfilling to see less well-off people in the community benefit. I'm still trying to be a perfect role model for all from the voluntary work I do like cleaning the area of litter etc, volunteering gives me an opportunity to engage, stay busy and be connected to the community. Volunteering is very worthwhile it is part of my faith to care and look after not only my neighbours but the whole community. There are a lot of people out there disadvantaged, young and old that need a helping hand and role models to look up. At my age I just want to give my experience, knowledge and effort back to the community. I get satisfaction and knowledge that I am helping and making a difference and bridging the gap between all communities. I think the benefits of volunteering are immense. You get a feeling of pride, joy and satisfaction knowing that you have given something back that's made a change to their lives positively."

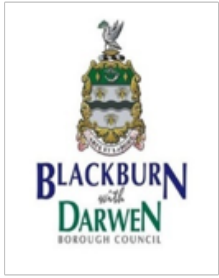
**Ismail Esat**



"June has run the St Peters Church Darwen play group for approximately for 30 years now. Every week June sets up, clears up, serves drinks, makes families feel welcomed and this is all done voluntarily. June has impacted on each and every one of the mums and children that have ever attended. June has offered vital support for new families or existing ones who need to access the community in a social and safe environment, for their babies and preschool children to learn, play, socialise and become ready for their preschool years. Some new mothers may feel isolated and the play group creates a warm welcoming environment where you can make much needed friends. June is a gentle approachable person who makes everyone feel relaxed, welcomed and secure in the play group. June interacts with the children though a sing along activity at the end of every session. The play group offers amazing support you feel welcomed by June, other families, parents/carers and new mothers all who need reassurance. The children are able to play, explore and mix with others. June has run this group for so many years and has always been dedicated to her role there."

**June Sumner**

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