As the Chairman of Cancer Research UK, I am honoured to be hosting the Flame of Hope Awards ceremony in 2019 and look forward to hearing about the achievements of our many dedicated volunteers.

Professor Sir Leszek Borysiewicz
Chairman of Cancer Research UK
How to nominate a volunteer

Step One
Read the guidelines in this booklet and then decide which award best fits the achievements of your nominee.

Step Two
Complete an online or paper nomination form, making sure you include:
- Name and contact details for both you and your nominee
- Your reason for nominating your chosen volunteer - be clear and concise when writing your nomination
- Examples, dates, facts and figures wherever possible in order to emphasise your nominee’s achievements and efforts in helping to beat cancer
- Other relevant information that is not covered by the criteria. This should be included in section 3 of the form

Step Three
You can submit your nomination:

Online
www.cruk.org/flameofhopeawards

Email
flameofhope@cancer.org.uk

Post
Becky Warburton, Community Development, Cancer Research UK, Angel Building, 407 St John Street, London, EC1V 4AD.

For data security purposes, if you are sending your nomination by post, please email flameofhope@cancer.org.uk with the name of the nominee and the date the nomination will be sent.

For nomination advice, please contact Becky Warburton in the Stewardship Team on 0203 469 5443 or email flameofhope@cancer.org.uk.

Points to remember

Nominations will be judged on how well they address the criteria in the award category, so read through this carefully before writing your nomination.

You can nominate the same volunteer for more than one award, but you should tailor the nominations to meet the criteria.

You can nominate as many volunteers as you wish.

We recommend that you do not inform your nominee that you’re putting them forward for an award at this stage.

All Cancer Research UK volunteers and supporters are eligible for awards.

Cancer Research UK staff, including former volunteers, can nominate but can’t be nominated.

Due to the careful consideration needed to select the winners, we regret that late nominations cannot be accepted.
Next steps

Step One
All nominations received by the closing date of Friday 15th February 2019 will be considered for a Flame of Hope Award.

Step Two
Staff and volunteers from across the charity will be involved in short listing nominations for each category. An independent awards panel consisting of Cancer Research UK’s Chairman, Professor Sir Leszek Borysiewicz, Executive Director of Fundraising and Marketing, Ed Aspel and previous Flame of Hope Award winners, will then select the winners from the short list.

Step Three
Within each category, there’ll be an award winner and a number of special commendations. Special commendations will be presented regionally and all nominees will receive a letter and certificate thanking them for their contribution to the charity. All award winners, and the person who nominated them, will be informed by the end of April and invited to attend a special award luncheon on Friday 28th June 2019. They’ll be presented with their award by Cancer Research UK’s Chairman, Professor Sir Leszek Borysiewicz.
Ambassador of the Year

An award given to an outstanding advocate or ambassador of the charity who has shown exceptional commitment and dedication to beating cancer sooner.

Who is eligible?
Individual volunteers or people affected by cancer

Criteria
Please tell us how your nominee has:
1. Acted as an ambassador for Cancer Research UK, showing passion and enthusiasm for raising awareness of cancer, the work of the charity and our impact on people affected by cancer
2. Been an inspiring spokesperson and accurate communicator of information about Cancer Research UK

“Diagnosed with a brain tumour in 2011, Parminder underwent surgery and drug treatment (including temozolomide, developed by Cancer Research UK scientists). Since then Parminder has been passionate about Cancer Research UK’s work which led to her starring in various campaigns - on TV, in Stand Up To Cancer materials and featuring in the Annual Review and Science Update blog. She even agreed to be body painted for a live billboard poster in rush hour at Victoria station as part of PR activity for Brand.”

Parminder Sangha
Ambassador of the Year Winner 2018

Community Organisation of the Year

An award to recognise the significant achievements of a local organisation dedicated to supporting Cancer Research UK and demonstrating a collective force in the fight against cancer.

Who is eligible?
• Schools, colleges, universities
• Community groups
• Local organisations that support our events or campaigns (for example Cadets, Rotary, Ladies Circles etc.)

Criteria
Please tell us how your nominee has:
1. Demonstrated outstanding teamwork, support, passion and commitment for Cancer Research UK
2. Raised awareness and the profile of Cancer Research UK’s work in their community

“Loose Change Buskers is made up of musicians, singers and ‘bucketeers’ who give up weekends and week days in the rain and wind to beat cancer. In 2017 the buskers attended over 160 events and raised an average of £1,500 a week. Since the group’s formation in 2010 they’ve gone from raising £10,560 a year, to over £80,000 in 2017 - £488,000 to date. The group also share Cancer Research UK’s research through their social media channels, with their posts reaching thousands of followers.”

Katie Hesketh
Local Fundraising Manager

Tom Bourton
Media Volunteer Liaison Manager
Corporate Charity Champion of the Year

An award to recognise the outstanding support of an individual from one of our corporate partners, who has promoted the work of Cancer Research UK and organised fundraising or awareness activities within their company.

Who is eligible?
Charity Champions and Charity Coordinators who work within our Corporate Partners

Criteria
Please tell us how your nominee has:
1. Raised awareness of the work of Cancer Research UK and inspired others to fundraise to help beat cancer sooner
2. Shown outstanding support for Cancer Research UK beyond their job requirement

“Terese is the key member of a small, highly committed team in our corporate partner, M&Co’s, Airdrie store. Her passionate commitment to Cancer Research UK, is driven by her own personal experience of supporting her son through cancer. From World Cancer Day Unity Bands to raffle tickets, Terese uses her customer service role to promote Cancer Research UK - the team at Airdrie has now raised £26,000 in hard cash and regularly features as the top fundraiser out of the 300 M&Co store network.”

Clare Lappin
Account Manager

Corporate Fundraising Team of the Year

An award to recognise the significant fundraising achievements of a group of charity champions from one of our Corporate Partners.

Who is eligible?
A fundraising team or group of Charity Champions/ Charity Coordinators who work within our Corporate Partners

Criteria
Please tell us how your nominee has:
1. Demonstrated significant fundraising efforts and commitment to Cancer Research UK
2. Shown outstanding support for Cancer Research UK beyond their job requirement
Event Volunteer of the Year

An award to celebrate our event volunteer heroes.

Who is eligible?
Individual event and sports volunteers

Criteria
Please tell us how your nominee has:
1. Shown ongoing and outstanding support for third party sports events or events organised by Cancer Research UK
2. Raised awareness and the profile of Cancer Research UK in their community, encouraging others to volunteer or participate in our events

“Since 2008, Carl has been an outstanding supporter of Race for Life, travelling widely and volunteering at countless events for the Midlands and Central Events Teams. During Race for Life it’s not unusual for Carl to be the first volunteer on the scene and last to leave. Despite the early starts & long days, Carl never loses his sense of humour. Carl also uses his personal social media accounts to raise awareness as well helping out with marketing and volunteer fundraising events”

Lorna Hartley
Area Events Manager
Fundraising in the Community Award

An award to recognise exceptional success by the collective force of a fundraising group or committee.

Who is eligible?
Cancer Research UK fundraising groups and committees, including Relay For Life

Criteria
Please tell us how your nominee has:

1. Consistently demonstrated exceptional fundraising success for Cancer Research UK and/or shown recent significant growth and improvement in their fundraising
2. Raised awareness and the profile of Cancer Research UK’s work in their community

"Established in 1962, Colchester Local Committee has grown over the years with fundraising now reaching over £50,000 a year. Their regular events include their flagship summer ball, quiz night, pink night and carols at Christmas. The committee has great links at the local hospital to encourage a better understanding of Cancer Research UK. Colchester Committee chairman, Jill Davies, has built the committee up to 13 members which has helped increase their fundraising ideas. Recently the group celebrated the fantastic achievement of reaching their £1.5 million milestone."

Darren Couchman
Local Fundraising Manager

The Jackie Lacey Award for Fundraising Volunteer of the Year

An award to celebrate the outstanding contribution, commitment and success of a fundraising volunteer.

This award commemorates Jackie Lacey, Head of Research Engagement, who sadly passed away on 31st August 2012 after a lengthy battle with bowel cancer. Jackie joined the charity in 1996 and went on to establish our Volunteering Department and the Flame of Hope Awards as well as raising millions within Community Fundraising through her leadership and passion.

Who is eligible?

• Individual volunteers
• Individual members of Cancer Research UK fundraising groups and committees, including Relay For Life

Criteria
Please tell us how your nominee has:

1. Been a hero by making a recent outstanding fundraising contribution to help beat cancer sooner
2. Demonstrated drive and passion by raising awareness and the profile of the charity in their community

"Ben set up Cogs4Cancer in 2013 and since then they have taken on 4, physically and mentally challenging cycle rides over different terrain across different countries. The team have managed to raise an incredible €1 million split between Cancer Research UK and local French charities. Despite having tripled their first figure in 2017, and reached the huge milestone, Ben and his team aren’t going to stop there. They are going to jump back on their bikes in 2019, as they have more miles to cover and more funds to raise."

Stephanie Maddox
Senior Local Fundraising Manager
Media Supporter of the Year

An award to recognise exceptional and consistent regional media support for the charity.

Who is eligible?
Individuals who work for local or regional media supporters, newspapers, radio television, online etc.

Criteria
Please tell us how your nominee has:

1. Shown exceptional, innovative and consistent support for Cancer Research UK beyond their job requirement
2. Shared accurate and engaging information and stories about the charity and our progress in beating cancer sooner

“3FM has been the media partner for Relay For Life Isle of Man since the event’s conception 8 years ago. 3FM provide exceptional support year-round, with a strategic programme of brilliantly-scripted, free-of-charge radio ads, which perfectly capture Cancer Research UK’s brand whilst making it relatable to islanders. In 2017, they also put together their own corporate team and are now playing a strategic role in the committee aiming for their £1 million goal by 2020!”

Natasha Foxford
Senior Local Fundraising Manager
Pioneer of the Year

An award to celebrate a volunteer, or a group of volunteers, who have recently committed to supporting Cancer Research UK and/or been innovative in their contribution to the charity.

Who is eligible?

• Individual volunteers and teams of volunteers
• Cancer Research UK fundraising groups and committees, including Relay For Life

Criteria

Please tell us how your nominee has:

1. Been an innovative pioneer who has made a significant contribution to the charity by raising income and/or awareness to help beat cancer sooner.
2. Shown potential or evidence of growth and development

“In 2016, Elaine Monro, from the Selkirk Local Committee, was inspired to create a tartan scarf to raise funds for Cancer Research UK. Elaine, in collaboration with the Selkirk-based Lochcarron of Scotland, began the process to design, produce and register the tartan in the charity colours with the name ‘Friends of Cancer Research UK’. Launched in November 2017 they sold out in 6 days. To date they have raised over £12,000, with scarves being sent across the globe and even worn in the House of Commons.”

Heather Duff
Local Fundraising Manager
Sharp Mind Award

An award to celebrate the exceptional contribution, commitment and success of an office based or specialist volunteer.

Who is eligible?

- Office volunteers
- Volunteers offering specialist and professional skills to the organisation (for example, photographers, graphic designers, IT consultants, solicitors, etc.)

Criteria

Please tell us how your nominee has:

1. Made an exceptional contribution to Cancer Research UK by adding significant value to the work of the organisation
2. Applied their sharp mind, skills and experience to help beat cancer sooner

Claire Cullen
Senior Local Fundraising Manager

“Emma’s passion and organisational skills shone through as a member of the intern fundraising team. She worked on the Mistletoe Ball where she worked closely with the Local Fundraising Manager, looking for ways to increase fundraising opportunities and organised volunteers on the night. Emma was a key contributor to the success of the London Region’s Woof Cancer Day (dog walking) portfolio, putting her marketing and promotional skills into practice which played a key role in 5 events being kick-started across London and pitching ideas to the Ted Baker company.”

Peebles Shop

Shop of the Year

An award to recognise exceptional success of a united team of Cancer Research UK shop volunteers.

Who is eligible?

Teams of shop volunteers

Criteria

Please tell us how your nominee has:

1. Been a dedicated team, demonstrating ambition, passion and commitment in raising awareness and the profile of Cancer Research UK in their community
2. Increased the shop’s financial contribution to the charity in the last year

Debby Strain
Assistant Shop Manager

“In 2018, the Peebles Shop celebrates their 30 year anniversary and have raised £2.5million to date! Peebles is a real community shop and is one of the smallest in the country but with a big personality and new ideas! For example - a new arrangement with the Co-op who have agreed to host a donation station providing a valuable touchpoint for the community and an initiative with the local theatre where volunteers staffed a donation station at ‘The Naked Truth’ – a play about breast cancer.”

Emma Wilson
Sharp Mind Award Winner 2018

“Emma Wilson’s organisational skills shone through as a member of the intern fundraising team. She worked on the Mistletoe Ball where she worked closely with the Local Fundraising Manager, looking for ways to increase fundraising opportunities and organised volunteers on the night. Emma was a key contributor to the success of the London Region’s Woof Cancer Day (dog walking) portfolio, putting her marketing and promotional skills into practice which played a key role in 5 events being kick-started across London and pitching ideas to the Ted Baker company.”

Peebles Shop
Shop of the Year Winner 2018
Shop Volunteer of the Year

An award to celebrate a shop volunteer hero.

Who is eligible?
Individual shop volunteers

Criteria
Please tell us how your nominee has:
1. Shown outstanding support and dedication to their shop, shop manager and fellow volunteers
2. Raised awareness and the profile of Cancer Research UK in their community

“Overcoming significant and chronic health problems, Becky volunteers in the Northallerton shop at least 4 full days a week as well as helping to organise other events, for example, our Shop Sleepover which raised £1,000 from just one night! Becky is always wanting to learn and progress and take on more responsibilities including using the till, ticketing and fundraising. She has made a huge impact on our shop with vibrant and friendly personality with her excellent customer service.”

Jennifer Kirby
Shop Manager

Becky Brown
Shop Volunteer of the Year Winner 2018

Uniting Communities Award

An award to celebrate the outstanding contribution of a volunteer who supports Cancer Research UK in a variety of ways across their community.

Who is eligible?
Individuals who have demonstrated their support across more than one Cancer Research UK team e.g. Events and Patient Involvement

Criteria
Please tell us how your nominee has:
1. Supported the charity in more than one capacity, sharing their passion and uniting their networks to help beat cancer sooner
2. Raised awareness and the profile of Cancer Research UK in their community

“Bridie’s friend’s breast cancer diagnosis led her to set up the Know Your Melons breast awareness campaign, encouraging people to carve melons, not pumpkins, during October. Bridie shared her passion by delivering melons to media outlets with a challenge to carve and inform, using the publicity to urge mums to tell daughters, mums, friends, to be breast aware. Bridie appeared as Cancer Research UK’s advocate in the Great North Run magazine, at race warm ups and receptions and raised the highest total for any Race Flower collector. Bridie’s a passionate advocate for Cancer Research UK.”

Carolyn Reynolds
Local Fundraising Manager

Bridie Lincoln
Uniting Communities Award Winner 2018
Tom Mackelden
Young Volunteer of the Year Joint Winner 2018

"Tom, aged 18, applied to run the London Marathon in 2017 in memory of his nanny, and in support of his mum and best friend, Tania, who was diagnosed with terminal breast cancer in 2013. Three days before a marathon fundraising football match, his mum died. Tom bravely put on the match and spoke about his mum and why he is passionate about supporting Cancer Research UK - that event alone raised £7,976 and he has raised £17,375 to date through a golf tournament and the Mummy Mack football cup."

Keren Hollands
Sports Team Executive

Young Volunteer of the Year
An award to celebrate a young volunteer hero.

Who is eligible?
Individual volunteers up to 24 years old

Criteria
Please tell us how your nominee has:
1. Demonstrated outstanding support for Cancer Research UK raising income and/or awareness of the charity
2. Shown potential or evidence of growth and development
Honorary Fellowship

Cancer Research UK Honorary Fellowships recognise the achievement of individuals who have shown outstanding loyalty and dedication to the cause over many years.

Who is eligible?

Long serving individual volunteers – suggested minimum years below (unless exceptional circumstances accompany their nomination);

- 20 years service in Volunteer Fundraising
- 15 years service in Trading
- 10 years service in Events

Criteria

Please tell us how your nominee has:

1. Consistently demonstrated outstanding support for Cancer Research UK over many years
2. Shown loyalty to the charity, championing Cancer Research UK in their community

“Des has been an event volunteer at Cancer Research UK for the past ten years. Des has been a constant source of strength for the Shine team. He takes his own time to research and memorise the entire full and half marathon routes, produce maps for the backmarker teams and then will take extra time off work to cycle the route to make sure he can deliver his role with full confidence. On the night, Des is able to accurately assess events along the route and relay back to the Event Control, our eyes and ears on the course.”

Polly O’Gorman
Area Events Manager

“In 2018 the Neville’s Cross Friends of CRUK group are celebrating 37 years of fabulous fundraising led by the inspirational Anne Robertson. As Chair for 37 years, Anne has ensured that the members have fun while fundraising to beat cancer. When in 2013, 4 long standing members retired from the group, Anne decided to continue as Chair and each year since has inspired this small group to approach their fundraising in a variety of new ways, raising £15,000 plus each year in the process!”

Janet Leafe
Local Fundraising Manager

“The Market Harborough shop opened 28 years ago and the first volunteer was a lady called Hilary Bairstow. Hilary became the person who you would go to for advice, she was not the manager but people respected her opinion. She has continued at the shop on her regular day of Tuesday morning. She is here week in, week out and has not had a great deal of time off as she is so committed to what she feels she needs to do to help Cancer Research UK.”

Gillian Foxon
Shop Manager

Anne Robertson
Honorary Fellow
2018

Hilary Bairstow
Honorary Fellow
2018

Desmond Woo
Honorary Fellow
2018

Janet Leafe
Local Fundraising Manager

Gillian Foxon
Shop Manager

Hilary Bairstow
Honorary Fellow
2018

Anne Robertson
Honorary Fellow
2018

Desmond Woo
Honorary Fellow
2018

Janet Leafe
Local Fundraising Manager

Hilary Bairstow
Honorary Fellow
2018

Anne Robertson
Honorary Fellow
2018

Desmond Woo
Honorary Fellow
2018

Janet Leafe
Local Fundraising Manager

Hilary Bairstow
Honorary Fellow
2018

Anne Robertson
Honorary Fellow
2018

Desmond Woo
Honorary Fellow
2018

Janet Leafe
Local Fundraising Manager

Hilary Bairstow
Honorary Fellow
2018

Anne Robertson
Honorary Fellow
2018

Desmond Woo
Honorary Fellow
2018

Janet Leafe
Local Fundraising Manager
“We had such a lovely day, memories we will treasure forever. Thank you so much!”

Bridie Lincoln
Flame of Hope Award Winner 2018

If you have any questions about any aspect of the Flame of Hope Awards, please email flameofhope@cancer.org.uk or call 0203 469 5443.