

**PRESS RELEASE**

**THE BRITISH CITIZEN AWARD RELEASES JUNE 2023   
PEOPLE’S HONOURS LIST**

On Thursday 29th June at the Palace of Westminster 26 individuals from around the UK will be awarded the prestigious British Citizen Award for their exceptional endeavours which have positively impacted communities up and down the country.

The 26 making the June 2023 People’s Honours list have all been recognised for making a positive contribution to life in the UK, and sometimes further afield.

The British Citizen Award in partnership with One Stop, is now in its ninth year and recognises an elite group of exceptional individuals twice annually. The June 2023 cohort of medalists each receive the BCA Medal of Honour as a legacy for their commitment to others and richly deserve the right to use the letters BCA after their name in perpetual recognition of the nation’s gratitude. The full list of those being honoured is below:

THE British Citizen Award June 2023 People’s Honours List

**Marie Ralph BCAe** for Services to Education  
Austism champion and trainer, running two charities supporting parents of Autistic children

**Akef Akbar BCAe** for Services to Education  
Supporting and promoting inter-racial harmony through educating hard-to-reach communities

**Gary McKee BCAc** for Services to the Community

Raising over £2million over 20 years and encouraging an active lifestyle to over 1500 in the local community

**Joyce Nicoll BCAv** for Services to Volunteering & Charitable Giving

Charis Charity founder and volunteer for 30 years, providing a much-needed resource to the community

**Peter Whittingham BCAc** for Services to the Community

Community hero and village milkman of 46 years helping to protect the vulnerable and reduce isolationism

**Monju Meah BCAv** for Services to Volunteering & Charitable Giving  
Dedicated foodbank volunteer for 15 years who has raised over £300,000

**Dawn Murray BCAh** for Services to Healthcare

20 years supporting those suffering ‘disenfranchised grief’ after pet bereavement

**Edward (Eddie) Lewis BCAc** for Services to the Community

Supporter of three children’s charities for 40 years raising almost £5 million

**Ram Prakesh Gupta BCAe** for Services to Education

Provided IT equipment to thousands of underprivileged families to better their education

**Heather Prangley BCAc** for Services to the Community

13 years creating a more harmonious neighbourhood engaging different communities

**James Anderson BCAv** for Services to Volunteering & Charitable Giving

Providing free services for the elderly and vulnerable living in fuel and food poverty

**Jeewan Kala Gurung BCAhon** for Services to the Community

Creator and trainer for counselling services to the Gurkha community reaching thousands

**Michael Thomas Hampton BCAc** for Services to the Community

'Mike on a Bike' creator of Local Larder delivering food and essentials to those in need

**Damien Reynolds BCAv** for Services to Volunteering & Charitable Giving

Founder of a mental health support charity for young people suffering loneliness

**Angie Sutcliffe BCAo** for International Achievement

Actively raising morale of children in Ukraine and supporting the relief effort

**Chris Kapnisis BCAc** for Services to the Community

Church leader raising £13million to rebuild and re-design a community asset in Dagenham

**Keith Grainge BCAc** for Services to the Community

Created a fitness group for over 70's promoting positive mental and physical health

**Lesley Allen BCAc** for Services to the Community

22 years supporting elderly African-Caribbean residents in inner city London

**Mark Milligan BCAe** for Service to Education

Creator of the largest dedicated educational platform for archaeology and anthropology globally

**Peter Edwards BCAv** for Services to Volunteering & Charitable Giving

50 year RNLI volunteer dedicated to saving lives at sea and promoting the 200 year-old charity

**Elizabeth (Libby) Ranzetta BCAc** for Services to the Community

Co-Founder of Bury St Edmunds Rickshaw, offering free rides to those with limited mobility and social isolation

**Gemma Ellis BCAv** for Services to Volunteering & Charitable Giving

Founder of ‘Stage 4 Deserves More’ and ‘The Gem Foundation’ providing funding for research

**Dr. Muhammad Nasti BCAo** for International Achievement

Founder Mothers Helpage UK, aiding humanitarian disasters in over 20 countries globally

**Terry Woods BCAv & Barbara Woods BCAv** for Services to Volunteering & Charitable Giving

Dynamic duo who raised over £450,000 for multiple charities and supporters of the Anne Conroy Trust

**Tyler Murphy BCAv** for Services to Volunteering & Charitable Giving

Creator of 'Tylers Trust' to provide toys for children being treated for long-term and complex health issues

The British Citizen Award was established in 2015 to recognise exceptional individuals who work tirelessly and selflessly to make a positive impact on their communities and society. The BCA recognises true community heroes who would otherwise likely be overlooked. Dubbed ‘The People’s Honours’, the BCA has so far recognised over 500 exceptional individuals for their divergent endeavours, making them a very exclusive group of the nation’s favourites.

Anyone with an MBE, OBE or Knighthood is ineligible for a BCA having already been deemed to have received recognition, however, anyone receiving the BCA can still be nominated for the other honours. Nominations can be made a [www.britishcitizenawards.co.uk](http://www.britishcitizenawards.co.uk). Whilst the programme is currently operating nationwide in the UK, negotiations for licensing the programme in overseas territories including the US, Australia, Canada, UAE, India & Spain are ongoing.

\*\*\*ENDS\*\*\*

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**For more information, please contact press@britishcitizenawards.co.uk or call 0203 002 7764.**

**Notes to Editors**

The British Citizen Award recognises individuals that positively impact others and highlights the positive   
aspects of multi-cultural communities, workplaces, community groups and charities throughout the UK. It is accessible to all and serves to celebrate the good things that make Britain great.

There is no fee for making a nomination. Nominees who are granted a BCA will be invited to attend the   
Presentation Day at the Palace of Westminster. Presentations are held twice annually in January and July (June this year for operational reasons).

**The full list of categories for the British Citizen Awards are:**

BCAc for Service to Community  
BCAi for Service to Industry  
BCAa for Service to Arts  
BCAe for Services to Education  
BCAh for services to Healthcare  
BCAb for Service to Business  
BCAv for Volunteering & Charitable Giving  
BCAo for International Achievement

**The full list of supporters include:**

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