

# CHAMPs NEWSFLASH

On Tuesday 25th November 2025 we celebrated carers in Hull for the third annual Champs Awards Ceremony at the Guildhall, Hull.

This event was hosted by the Carers Information & Support Service on behalf of Hull's Carers Partnership Board. We gathered to celebrate the CHAMPs Awards (Caring, Helpful and Amazing People), a special occasion dedicated to recognising and thanking carers for their invaluable contributions. During the ceremony, we had the honour of acknowledging our winners and finalists for 2025. The afternoon was full of heartfelt nominations and well-deserved recognition for these carers who selflessly make a significant impact on the lives of individuals, families, services and communities.



We also want to extend our gratitude to our sponsors for their support in making this event possible.

## Adult unpaid Carer Award

We received nominations for adult unpaid carer who provide care for someone who couldn't manage without their help and support, putting the needs of the cared for first and themselves last. We received lots of nominations from family members and friends who felt their person deserved to be recognised for the dedication and commitment to their loved one.



### Winner - Brian

Brian cares for his wife who has mobility issues and walks with a walker. She also suffers with severe anxiety and severe pain from fibromyalgia and 3 different forms of arthritis which affect her whole body.

Brian has been his wife's carer for many years and even when they were apart he still checked up on her and ran errands.

He works full-time as well as helping his wife stay independent. He rings her whilst he's at work to make sure that she is ok. He helps her with errands and spends his time off picking things up for her if she needs them (meds, shopping etc)

Brian does all of this whilst having treatment for prostate cancer himself which leaves him exhausted.

Brian deserves recognition for everything he does, he would never ask for it.

## Young Carer Award

We asked for nominations for carers under the age of 18 whose family couldn't manage without their help. These young people are balancing caring, school work and friendship whilst providing much needed support to a sibling or parent.



### Winner - Ava

Just two days before her 14th birthday, Ava lost her older sister, who left behind her 18-month-old daughter. Ava quickly took on daily care giving responsibilities for her niece, balancing this new role while coping with grief and preparing to start the last two years of her GCSEs. She has become much more than an aunt to niece —serving as a sister and a mother figure. Ava is deeply involved in caring for her niece, from cooking and bathing her to reading stories, playing and putting her to bed.

Last June, her grandfather was diagnosed with terminal cancer. He passed away after just five weeks, but during that time, Ava visited him daily and spent his final three days by his side, making his last moments more meaningful.

All of this occurred while she was studying for her final exams, which she is currently taking. Despite these challenges, Ava dedicates her weekends and holidays to volunteering, walking donkeys in the park to bring joy to children—a role that also requires caring for the animals themselves. These life experiences have inspired her to pursue a career in care, and she has applied for a nursing apprenticeship with the NHS.

## Parent Carer Award

This category we received nominations for those carers who are providing a parenting role, caring for a member of their family who are under the age of 18 and have additional needs, a disability, or a long-term illness to highlight the fantastic role they provide.



### Winner - Terri

Terri is a mum to 6 children. She has adopted 3 siblings alongside her 3 biological children. She provides support to manage the children's health conditions and additional needs. Terri was a foster carer and had a number of children live within her care.

One of her children receives 24-hour care for non-verbal autism and sensory processing disorder and another has ADHD. Terri never complains. Everyone who knows her says she is superwoman or an angel for never complaining about sleepless nights, she just takes it all in her stride. She has fought successfully for policies for looked after children to change and is writing children's books to help looked after children with trauma! She is an advocate for children, has worked in schools with children and is the loudest cheerleader for her children when they play sports! If anyone deserves this award it is Terri!

## Workplace Caring Award

In this category we asked for nominations for individuals within your workplace who provide support to others to balance work and caring within their employment? We asked, do you have a Go to Person/Manager/Colleague who really understands the juggle of working and caring and has provided much needed support?



### Winner - Anthea

Anthea is a British Sign Language (BSL) interpreter working at Riverside Medical Centre in Hull, who enables one of our receptionists who is also deaf, to work as an equal and included member of our team. As well as enabling equal opportunities for our colleague, Anthea is probably one of the most caring and kind people we have ever met.

Anthea seems to naturally tune into other people's emotions, and she often steps in to make people in the team feel supported and cared for. Anthea often creates hand-painted cards with kind words of support for members of the team if it is their birthday or if she feels they need a bit of extra care and support.

Anthea has even offered statistical help for a member of the team completing an MSc dissertation at the moment. No matter how great the challenge someone might be facing, Anthea can be relied upon to make people feel they are not alone. Anthea is a special person and a true friend to everyone in the team.

## Community Caring Award

Nomination for this category were for those in your community who are doing good deeds for those with caring responsibilities and those who need care and support. Individuals who go above and beyond to support unpaid carers in their community, set up groups, activities or provide social interactions to support unpaid carers within their community. These individuals may cut the grass, collection of prescriptions, go shopping, and all the other things that are difficult to find time to do when you're caring for a loved one.



### Winner - Butterflies Memory Loss Support Group – Award received on behalf of Butterflies by Jo.

This group provides invaluable support to people suffering with dementia. They provide three sessions throughout a week with alternate weeks for some sessions.

It has created friendship within the group and provides a variety of activities for people to try. It also runs catered support sessions alongside these groups that are a real plus for the carers.

Added to this are other sessions for education about dementia and getting people to join in research into causes, treatments and developmental work into the care offered for dementia sufferers and their carers. Nominee advised "at first my husband was reluctant to attend but now looks forward to the session".

## Carers Champion Award

This award recognises a Carers Champion who has undertaken the Carers Champion Training to raise awareness of the services and support available to unpaid carers. Nominations were received for individuals who are passionate about supporting carers, who makes it their business to know what support is available and how to access it.



### Winner - Gina

Gina is a carer for her son and more recently her dad too. Gina has a long history of championing carers and has made it her business to raise the profile of carers, their needs and challenges they face. Gina has given her time to sit on many strategic boards to represent Carers and the impact of caring, share her lived experience, most recently at the PMLD board, Learning Disability Partnership board and Carers Partnership Board.

Gina's drive is extraordinary, the Champs exist because of Gina's passion to celebrate Carers and give them the recognition that they deserve. Gina involvement in the Strategic Coproduction Group as a Peer Leader has significantly helped to influence change with her lived experience of caring. Gina's multiple activities over many years have always had 'think carer' at the heart of everything she does

## Paid Carer Award

Nominations in this category highlighted how these individuals provide a caring role that goes beyond their job title, delivering care that not only supports the person they are caring for but also supports the unpaid caring who is also providing much needed care.



### Winner - Lisa Marie

Lisa has been an exceptional carer for her client, providing dedicated support and compassion throughout her rehabilitation journey. Her professionalism, kindness, and tireless efforts have made a profound difference to her client's recovery, and we are all deeply grateful. Lisa takes the time to understand their individual needs, preferences, and goals, tailoring her care to provide the very best support.

Her encouragement and positivity have kept her client be motivated and focused, helping her to stay strong through difficult moments.

The client and her family absolutely love Lisa and are so thankful to have her in their lives, they feel reassured and have peace of mind when Lisa is with the client, she is in the very best hands. Under Lisa's guidance, the rehabilitation has progressed at an incredible pace.

She has helped the client regain independence, confidence, and mobility—transforming what could have been an overwhelming journey into one filled with hope and progress. Lisa's ability to build strong, supportive relationships, combined with her deep knowledge and unwavering compassion, make her a true asset to our community. She has been a rock for the client and the family, and her impact will last far beyond this recovery. We wholeheartedly nominate Lisa for this award in recognition of her selfless dedication and outstanding contribution to the care and well-being of the client. She is an exceptional carer, and a truly deserving recipient.

## Older Unpaid Carer (65+) Award

We received nominations for unpaid carers aged 65 and over who provide care for someone who couldn't manage without their help and support. These committed Individuals were providing care for someone and also juggling the physical and mental health of their loved one and often their own health conditions too.



### Winner - Eric

Eric was nominated for caring for family members with no previous knowledge of caring. Eric delivered personal care to one family member who had dementia for over 4 years and leukaemia for 5 months before he passed away this year, ensuring they were never without a smile or laugh in Eric's company especially on their dog walking, days out to the beach, weekends on coach trips and two 10 days holidays. Eric worked so very hard to learn what

words not to use to prevent the family member becoming upset whilst always maintaining their dignity to ensure they were included in all his favourite activities.

Eric also cared for another family member by supporting them to attend all their appointments, practical support with the dustbin which he put out every week, which really gave so much reassurance and comfort. Eric was known as 'her rock', as she knew if she needed anything, any time of the day or night she could ring Eric.

Sadly, both family members who Eric cared for passed away within 14 weeks of each other. Their loss had a big impact on Eric. Eric cares for his wife too, He rings her throughout the day, he sets up her breakfast for me and helps her with preparing our meals and cleaning our house. Without him by her side his wife would be truly lost.

## Sandwich Carer Award

In this category we asked for nominations for individuals who are who are everything to everyone, balancing caring and work, family commitments and really are the filling in the sandwich.



### Winner - Claire

Claire is an unpaid carer for her mum. Claire visits almost daily to support mum at her own home, shopping, preparing and freezing meals and laundry/cleaning, collecting medication and makes frequent telephone calls to remind her mum to drink and take her medication. Claire liaises with the GP/hospital for appointments and accompanies her to them.

Claire has 2 children and doesn't drive but is always there in a crisis, putting her own plans on hold, due to her mum's long-term health issues, admission to hospital cannot be avoided. Claire waits with her mum and accompanies her to the hospital and doesn't leave until she is settled, selflessly cancelling any plans and making alternative arrangements for the children so they don't miss out. Claire even fosters the budgie and tortoise in the event mum is admitted to hospital. This last year has been particularly challenging as mum's health has deteriorated, however Claire's commitment to ensuring mum has the best care has not wavered. Claire exemplifies what we mean by an unpaid carer and is so deserving of this award in acknowledgement of the daily dedication and devotion she gives to the role.

# Carer of the Year

The winner of this category was selected by the Champs Panel Members from all nominations received in the 2025 Champs Awards.



## Winner - Angela

Angela has been looking after people all of her life. She started looking after her sister Sue at the age of 15 due to a brain injury. Sue is now in her late 60's and has been diagnosed with dementia.

Angela is her carer full time alongside working full time. She also looked after her other sister Linda who had various mental health issues until she passed away in her 40's.

Angela has always given freely of her time to care and nurture others. She has participated in fund raising for breast cancer by completing bike rides in India London and various other destinations at her own expense to help people going through their darkest day. I believe she deserves recognition for her tenacity over the number of years she has put others first instead of herself. Nearly half a century of selfless care to help others. This only scratches the surface...she works in a facility to provide activities for people with brain injuries during the day - still caring and helping in her free time and as paid work. I admire the dedication and love support she has given over her lifetime, and I am thankful she is there to help look after Sue.

