



## Lifesaving runner amongst finalists for national award

**A jogger who saved a life and now organises a network teaching CPR to other runners is among those shortlisted at the Welsh Charity Awards.**

In October 2018, Katie Clark was at a parkrun in South Wales when another runner collapsed due to cardiac arrest. Katie, an A&E doctor, performed CPR and used a defibrillator to save the man's life.

Now an ambassador and volunteer for BHF (British Heart Foundation) Cymru, Katie supports the charity's Nations of Lifesavers campaign to help ensure that every young person has the chance to learn lifesaving skills and has set up a new network of junior doctors, nurses and paramedics to help deliver this training.

Katie is nominated for the Volunteer of the Year award at the Welsh Charity Awards. She's one of 30 shortlisted organisations and volunteers across nine categories.

Other nominees include Stephens & George Charitable Trust, nominated for the Organisation of the Year award for their work improving literacy levels in Merthyr Tydfil, and The Homeless World Cup, up for the Change Makers award for this year challenging people's perceptions of homelessness.

The Welsh Charity Awards are run by WCVA and kindly sponsored by Class Networks. The awards celebrate the contribution that Welsh voluntary organisations and volunteers make to Wales and beyond.

Katie and other nominees will find out whether they've won on 15 November 2019 at the National Museum Cardiff where the winners will be revealed at a black-tie ceremony.

The Welsh Charity Awards will share the amazing stories of charitable organisations and individuals across Wales and hope to inspire more people to get involved and make a difference. The diverse range of groups and people shortlisted for an award highlight the positive difference we can make to each other's lives. (The full shortlist is available below)

## NOTES TO EDITORS

- The Welsh Charity Awards recognise and celebrate the fantastic contribution charities, community groups, not-for-profits and volunteers make to Wales. From befrienders dropping in to visit their older neighbour each week, to organisations campaigning for nation-wide equality, the awards highlight and champion the positive difference we can make to each other's lives.
- The awards are organised by Wales Council for Voluntary Action (WCVA), the national membership body for voluntary organisations in Wales. WCVA exists to enable voluntary organisations in Wales to make a bigger difference together.
- The awards are sponsored by Class Networks.
- The awards ceremony takes place 15 November 2019 at the National Museum Cardiff.
- Photographs and details of the winners will be released on the evening of the awards.
- For more information about the awards or for media access to the ceremony and photography **please contact Simon Dowling on 07796115762.**
- Organisation will be using #WelshCharityAwards and #GwobrauElusennauCymru to talk about the awards and ceremony on social media.

## THE SHORTLIST

NOMINEE	LOCATION
<b>Change Makers Award (sponsored by designdough)</b>	
Diabetes UK Cymru	National
Fair Treatment for the Women of Wales	National
The Homeless World Cup Cardiff 2019	Cardiff
<b>Outstanding Trustees Award (sponsored by Hugh James)</b>	
Antur Waunfawr	North Wales
Llanharan Community Development Project	South Wales (Rhondda Cynnon Taff)
Neuro Therapy Centre Trustee Board	North Wales (Flintshire)

<b>Best use of Welsh Language Award (sponsored by Ateb)</b>	
Clwb Gemau Fideo Menter Caerffili   Menter Caerffili's Video Game Club	Caerphilly
Ffederasiwn Cenedlaethol Sefydliad y Merched   National Federation of Women's Institutes	National
Y Bartneriaeth Awyr Agored   The Outdoor Partnership	National (North Wales)
<b>Volunteer of the Year Award (sponsored by Keegan &amp; Pennykid)</b>	
Elizabeth Williams	South Wales (Rhondda Cynnon Taff)
Katie Clark	Vale of Glamorgan
Momena Al	National (Swansea)
<b>Young Volunteer of the Year Award (sponsored by Rockadove)</b>	
Bethany Burrell	North Wales (Gwynedd)
Catrin Sian Davies	Swansea
Laura Ann Moulding	National (Cardiff)
<b>Thriving Charity Award (sponsored by Impact Innovation)</b>	
ACE (Action in Caerau and Ely)	Cardiff
Carmarthenshire Youth and Children's Association	Carmarthenshire
Cynon Valley Museum Trust	Rhondda Cynnon Taff
<b>Community Engagement Award (sponsored by The National Lottery Community Fund)</b>	
Sight life (formerly Cardiff Institute for the Blind)	South Wales (Cardiff)
Mal's Marauders Men's Health	South Wales (Port Talbot)
The Outdoor Partnership	National (North Wales)
<b>Volunteer Team of the Year Award (sponsored by Print Sauce)</b>	
Central Beacons Mountain Rescue Team	Bridgend
Community Furniture Aid	Bridgend
Hear to Help Powys	Powys
<b>Organisation of the Year Award (sponsored by Class Networks)</b>	
ACE (Action in Caerau and Ely)	Cardiff

Blood Bikes Wales	National
Mudiad Meithrin	National
Music in Hospitals & Care	National
Stephens and George Charitable Trust	Merthyr Tydfil
St John Cymru - Wales	National