

Enthusiastic Angie's healthy outlook

NOMINATIONS are beginning to pour in for the York Community Pride Awards, as the campaign enters the home straight.

There's now less than a month left before the closing date for entries, so if you want to make a nomination, now is the time.

We are still accepting entries for at! 14 categories, and also have sponsorship vacancies for any companies wanting to get involved in this special project.

The awards, which we run with City of York Council, aim to reward the city's unsung heroes - the men, women and children who are a true credit to York.

Among the latest nominees is Angle Hampton, 53, who has

been put forward for the Health Service Hero title.

Angie, of Heworth, is a community nurse and a postural stability instructor for Selby and York Primary Care Trust (PCT), and has worked in the York area since 1991. In 1999, she took a course entitled "Extend movement to music for over-60s and less able people of all ages," and two years ago she did another course on preventing falls among the elderly and frail.

She was nominated by the PCT's care services manager, Linda McDonagh.

Ms McDonagh wrote; "The reason I am nominating Angie for this award is because she has,

over this period of time, maintained an enthusiasm to maximise the opportunities for older people to exercise despite having to juggle personal commitments, the demands of being a community nurse and the changing political agendas in which the emphasis on exercise has come and gone."

Ms McDonagh added: "She is always cheerful, enthusiastic and committed. The classes she runs benefit the attendees not only in the physical sense, but also socially."

Angie said: "I really like working in health and enjoy teaching exercise to older people and the two jobs link up well together. It

would be very nice to receive an award, I feel that health service and care is important to people,"

◆ To nominate your community heroes, fill in the entry form below, remembering to include the category to which your nomination applies, and giving reasons on no more than two sides of A4. Our judges will select three finalists in each category, and winners will be announced at an awards ceremony later this year. We also still need sponsors for our awards. For more information on sponsoring an award category, phone Nigel Briggs at The Press on 01904 567168. or email nigel.briggs@yop.co.uk



ALWAYS CHEERFUL: Angie Hampton