

September 3, 2018 Category: [Awards](#)



Community Action Suffolk has today revealed the full list of clubs, groups, charities and individuals who have triumphed in the organisation's annual awards.

Each year, CAS calls for nominations from across the county in order to honour the many volunteering and community heroes who make such a difference in our region.

The latest nomination round saw an exceptional entry level, with suggestions coming in for libraries, hospital projects, youth centres, and countless young people who are contributing to their towns and villages in Suffolk.

Sponsored this year by Birketts Solicitors, the awards culminate in a presentation event for all winners, which is to be held at the Museum of East Anglian Life in Stowmarket on 25th September.

Picked for the category of The Colonel Probert Award for Community Initiative, was the Aldeburgh Hospital Volunteer Garden Team.

Lynne Walker, who nominated the project, said: "Hospitals are frequently noisy places, offering little privacy, and the staff are keen to apply the health giving benefits of patients being able to spend time in an oasis of calm and beauty and exercising in fresh air.

"The volunteer team benefit themselves too and have forged friendships, gained fitness and developed a real team camaraderie."

The title for Outstanding Contribution to Volunteering has gone to Reg Langston, who helped set up the Little Ouse Headwaters Project.

He was put forward by Robert Martyr, who said: "His passion for Suffolk wildlife has enthused hundreds of people in Suffolk. Reg regularly gives up his time to talk to schools, universities, local community groups and local land owners about Suffolk wildlife and how to get involved with supporting LOHP and other Suffolk wildlife sites."

Entries for this year's awards came in from across the full breadth of the county, capturing projects and individuals in Mildenhall, Lowestoft, Felixstowe, Bury St Edmunds – and everywhere in between.

Pete Richardson, CEO of Community Action Suffolk, said: “Every year the awards panel is faced with an exceptionally difficult challenge, selecting from some outstanding and inspirational examples of how groups and individuals are serving their communities.

“What excites me, is the amount of work and volunteering which is taking place here in Suffolk. We really do have some amazing projects on our doorstep.”

He added: “Often, the work that is going on in our towns and villages passes by relatively unnoticed, but without it, vulnerable people wouldn't be given the support they need and communities wouldn't be the social centres that they are.

“We host the CAS Awards to recognise the dedication and commitment of all volunteers, community leaders and organisations across Suffolk's voluntary sector and to inspire others to get involved.”

The full list of CAS Award winners is:

- The Anne Dunford OBE award – youth participation – **Student Life**
- The Roddy Macleod award – youth club of the year – **Outreach Youth**
- The Andrew Towers award – young person of the year – **Kelsi Padmore & Morgan Gammon (joint winners)**
- The Colonel Probert award – community initiative – **Aldeburgh Hospital Volunteer Garden Team**
- The Ian Campbell MBE award – individual initiative – **Mark Knowles**
- The Village Hall or Community Building award (supported by Business Services at CAS Ltd) – **Gainsborough Community Library**
- The Outstanding Contribution to Volunteering award (supported by Policy Bee) – **Reg Langston**
- Event Organiser of the Year (supported by Larking Gowen) – **John Button**

These winners are also available on our dedicated awards pages

at <https://www.communityactionsuffolk.org.uk/awards>

