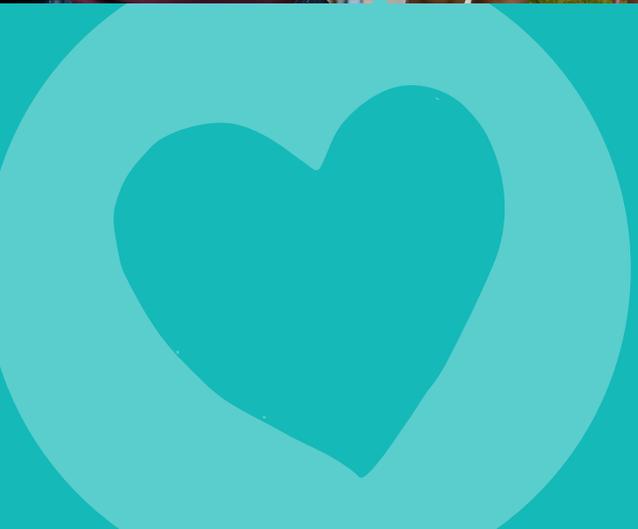


# Volunteer Awards 2026

## Nomination Guide



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# Volunteer Awards 2026



Since joining Tenovus Cancer Care, I've been amazed by the passion, generosity and commitment of the volunteers I've had the privilege to meet.

Every year, we're reminded that our volunteers are the beating heart of this charity, and saying diolch hardly feels enough to express our gratitude for the time, energy and care they give.

With their support, we're proud to be here for thousands of people affected by cancer across Wales - giving help, hope and a voice when it's needed most.

I'm delighted to open nominations for this year's Volunteer Awards - our annual opportunity to celebrate the many different ways volunteers make a difference. Whether it's someone who shows real integrity, creates an inclusive and welcoming environment, works collaboratively with others, supports fellow volunteers, brings fresh ideas to life, or a group that goes above and beyond together, these awards are about recognising the impact of everyday dedication.

If you know someone who deserves recognition for their contribution, I'd encourage you to nominate them. It's a simple but powerful way to say thank you and to help them feel valued.

This pack explains the award categories and how to nominate. You can put forward as many people as you like, for as many awards as you wish, and you'll also find tips and examples to help you get started.

With so many deserving volunteers across Tenovus Cancer Care, we want as many people as possible to be recognised - so please do get nominating.

Thank you for helping us celebrate the people who make Tenovus Cancer Care what it is.

**Gareth Howells** | Chief Executive

## Why are we celebrating?

We've been holding these Awards since 2011, to celebrate and thank our amazing volunteers.

The Awards highlight the incredible people; individuals, groups and communities, helping Tenovus Cancer Care, and making a difference to the lives of people around them.

People choose to help for all different reasons and give their time in lots of different ways. Volunteers are the reason we're able to do what we do, and with their help in the future, we hope we can support even more people affected by cancer.

We hold these Awards because we value the support and dedication we've received and want the world to hear about it too!

Pictured are some of the wonderful winners from last year's Awards (from top: Jane Francis, Alan Bagshaw, Radyr and Morganstown Friends of Tenovus Cancer Care group, and John Saunders-Davies).



# Nominating is easy



## ? How do I nominate someone?

Nominations are open between Thursday 19 February and Thursday 12 March.

Complete a paper nomination form and send it back to us in the office, or scan the QR code to visit [tenovuscancercare.org.uk/volunteerawards](https://tenovuscancercare.org.uk/volunteerawards) and fill in the short form. If you'd prefer to give us a call to fill in your nomination form, please contact us on **029 2076 8323** and we will happily fill in the form for you.

Anyone can nominate a volunteer or group for a Tenovus Cancer Care Volunteer Award - a staff member, fellow volunteers, customer, friend, employer, employee, family member, supporter, someone who uses our services or a member of the general public.

## ? What do I write?

The best nominations are the most heartfelt. You don't need to be a brilliant writer, or think of something clever. Just be **honest**, and tell us how that person helps you or has helped the charity over the last 12 months. **How do they make a difference?**

Think about the skills they use, the qualities and behaviours they demonstrate, the reason they joined and what they get out of it.

## ? Who can I nominate?

You can nominate any volunteer who makes a difference by helping Tenovus Cancer Care, and you can nominate as many volunteers as you want.

A single person, a group of people, a duo, a corporate volunteer. The only rule we have is that you can't nominate yourself.

## ? What happens once I send my nomination in?

After we receive all nominations, an internal panel read through them and **shortlist down to three nominees per award**. The names are then taken out so the shortlisted nominations are anonymous, before they're sent to a second judging panel, for the very tough task of choosing the winners.

The three nominees in each category are sent an invite to the Awards ceremony which will be in **June 2026 at The Parkgate Hotel, Cardiff**. The winners will be announced at the Awards ceremony. All shortlisted nominees will receive a certificate and everyone who gets nominated will be sent a thank you letter..

## ? Who's invited?

We open up invitations to volunteers, staff, choristers, supporters and people who use our services. **However, we have limited space so you will have to register your interest early.**



## What can I nominate someone for?

### **Integrity** Award

For volunteers who have demonstrated honesty, respect and trust.

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### **Inclusive** Award

For volunteers who have created a welcoming environment where everyone feels respected and has a voice.

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### **Collaborative** Award

For volunteers who work together with others to make a difference.

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### **Supportive** Award

For volunteers who have dedicated their efforts to help and encourage each other so we can be there for those who need us.

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### **Innovative** Award

For volunteers who explore new ideas and create ways to deliver for today and tomorrow.

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### **Group Volunteer** Award

For groups of committed volunteers who have demonstrated incredible dedication and support, or brought fantastic skills and abilities, creative thinking, and exciting ideas to their roles to raise awareness and / or funds. This could be a friends of Tenovus Cancer Care group, another fundraising group, a choir or a shop team.



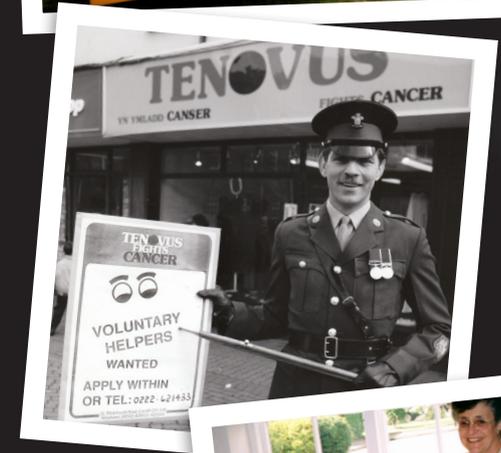
# It started with volunteers!

Tenovus Cancer Care was founded by ten businessmen in 1943 - all of which were volunteers, and it's our volunteers that have been the backbone of the charity for the last 80 years. Those first ten supported others from their community, helping to raise vast amounts of funds, spreading the word and raising awareness about cancer.

Our Friends of Tenovus Cancer Care groups, the shop volunteers, the bucket shakers and corporate supporters, have all given their time and energy to help make the charity the success it is today. But it's not just about raising funds!

For over eight decades, our volunteers have been supporting us in all sorts of ways. We have volunteers who assist our Services team, helping make life easier for people affected by cancer. Our Trustees and committee members are all volunteers. Our Patrons and celebrity supporters all give their time free of charge.

Volunteers give a huge amount of support with administration tasks, giving inspirational talks and raising awareness in their communities.



## What happens at the Awards?

The evening is a real celebration of all our volunteers! Not just the people shortlisted, or those who have been nominated, but everyone who helps us by giving their time or donating their skills for free, and supporting us to do the work we do.

We host a reception for all our shortlisted nominees, the judging panel and special guests. It's a great way for our nominees and their friends and families to meet and chat to staff, trustees and other volunteers at the event.

This is followed by the Awards ceremony, attended by supporters, trustees, corporate partners and volunteers. It's an uplifting, fun evening where we hear about each nominee's volunteering story, and announce the winners of each award. We're very excited to be joined again this year by BBC's Carl Edwards as host for the evening.

“ There's usually lots of laughter and some tears. It's an incredible evening! ”

This year's event is taking place on **Tuesday 2 June** at **The Parkgate Hotel, Cardiff**



Did you know...

Some of our long standing Corporate Supporters, who've raised lots of funds over the years, started supporting us after being inspired at the Volunteer Awards?

## What do the Awards do for us?

The Volunteer Awards are an amazing opportunity for us to tell our guests, supporters and the press about the incredible contribution of volunteers, and how they make their time count for us.

Over the years we have had amazing coverage in local press about the volunteers who've been nominated in their communities. **This helps to raise the charity's profile** so more people get to know about the work we do. As a result we can see more donations come in to local shops, more people signing up for events and more people raising money for us.

**The Awards, and the stories we share, inspire others to join us and volunteer. It also means more people get to know about how our services can help them and those they love.**

Many of the guests who come along to the Awards say they leave feeling 'enthused', 'motivated' and 'driven' to support us in any way they can. These guests include current and potential corporate supporters. **These are businesses, both large and small, who can raise vital funds for us.** They are always very excited to be invited and, over the years, some of them have gone on to be 'super supporters', raising many thousands of pounds, sponsoring events and supporting vital services.

## Example nominations

Here are a few examples of nominations, to give you some ideas on how to write about the volunteers you're nominating.



### The nomination for Sian

“ Sian's been a volunteer for 5 years and has gone from sorting donations, to dealing with the children's books and jewelry sections. She's such a trusted and valued part of our team that she's also a key holder; opening, closing and running the shop for holiday and sickness cover. When Sian took over the jewelry we were taking just under £1,000 per year. Over the last 5 years she has increased this to £12,500 which is a huge increase on sales. Sian takes the jewelry home to sort, wash and price. She gets items valued and has been known to post items for valuation out of her own money. She has built a strong rapport with the valuation house and they have sold items at auction valuing over £1,000. This is all done in her own time, she goes above and beyond for the charity. ”

### The nomination for Llandudno Friends of Tenovus Cancer Care

“ For the past decade this group has tirelessly devoted their time, energy and resources to support people affected by cancer. Their unwavering commitment and outstanding fundraising efforts have made a significant impact in their community and beyond.

Over the past ten years, Llandudno Friends of Tenovus Cancer Care have raised an incredible £30,200. They have successfully organized numerous events, including charity walks, gigs, community fairs, bucket collections and much more which have not only raised funds but also increased awareness of the charity. Their innovative and engaging fundraising activities have brought together people of all ages and backgrounds, fostering a sense of community spirit and solidarity.

The group's volunteers exhibit remarkable dedication, often going above and beyond to ensure the success of their initiatives. With their own fundraising and also supporting Tenovus Cancer Care campaigns and events. ”

### The nomination for Ammanford shop volunteers

“ I feel a sense of pride at how well the volunteers support both the shop and each other. Together, they brought the shop from the brink of closure last year, to finishing the financial year above target! They did this with such passion and resilience because a shop closure wouldn't just affect the charity, it would affect all of their lives as they have become more of a family and enjoy working together and supporting each other outside of work too.

Thelma is our oldest volunteer and despite being over 90 years old she comes in 6 days a week working on the till - the face of our shop for over 30 years! With Thelma's loyalty and reliability we're able to plan our workload knowing the tills are covered every afternoon.

We also have Gwen and Shirley who both have keyholder responsibilities, and are more than happy to step in to cover any time. Despite the shop not having a manager, between them all there wasn't a single closure. They all bring their individual strengths to help drive sales and bring in old and new customers alike.

I believe the group volunteer award would be well-deserved by the fantastic volunteer team at Ammanford shop. ”

# Nominate!

Help us celebrate the people who are making a difference for Tenovus Cancer Care

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Full terms and conditions and FAQs are available if you'd like them.  
Call **029 2076 8850** to speak to the Volunteer Team or you can download them from [tenovuscancercare.org.uk/volunteerawards](https://tenovuscancercare.org.uk/volunteerawards)

Reg Charity Number 1054015

**Give hope. Help cope.**  
[tenovuscancercare.org.uk](https://tenovuscancercare.org.uk)

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