Unsung Hero and Captain Tom Young Unsung Hero 2020 – email nomination form

Tell us all about your amazing volunteer right here. The closing date for nominations is 23:59 on 25th October 2020.

Once completed, please email your form to us at unsunghero@bbc.co.uk

Any entries received after this time cannot be accepted for the 2020 award.

Tell us all about your Unsung Hero;

Tell us about your Young Unsung hero; Why they deserve the award? What makes them special? What is their best achievement in the last twelve months?

You can submit your nomination by email to unsunghero@bbc.co.uk. Please note in the subject line of your email if your nomination is for ‘YOUNG UNSUNG HERO’ or ‘UNSUNG HERO’.

If you want to nominate someone and you are younger than 13, ask your parent or guardian and they must complete the form for you.

Maximum 800 words
Unless the information is vital to your unsung hero’s story, we strongly advise you do not provide any sensitive information about them such as their health, racial/ethnic origin, disabilities, gender, sexual orientation, and political, religious or philosophical beliefs.

If you do provide that information, please ensure you have obtained the nominees’ permission to share their information.

**Contact details of your nomination**
Details about your Unsung Hero.

- **Their Name (mandatory)**

- **Post code (mandatory)**

- **Contact number or email address**

If your Unsung Hero is younger than 18, please provide details for their parent or guardian. We cannot accept the entry without this information.

- **Parent/guardian name**

- **Either parent/guardian contact number...**

- **Or parent/guardian email**

**About you**

- **Your name (mandatory)**

- **Post code (mandatory)**
Contact number (mandatory)

Email address (mandatory)

Please note that we will use this information to contact the nominee, or if they are younger than 18 their parent or guardian. You should not submit a nomination without obtaining the prior permission of the nominee or their parent or guardian. They must be aware that they will be contacted by the BBC and we will disclose your name when we contact them.

☐ I have informed my Unsung Hero that I have nominated them.

☐ I have informed my Unsung Hero’s parent/guardian that I have nominated them if they are younger than 18.

☐ I have read and agree to the Award Rules and to the Terms of Use.

Please ensure you have read the Award rules and the Terms of use before submitting your entry. For more information about how we will use your personal information please see the Unsung Hero Privacy Notice.