We are looking for Wellbeing Heroes from Calderdale.

Help us, by nominating someone who has helped you, in any way, no matter how big or small.

It may be a family member, a friend, a colleague or a professional who has made a difference to your wellbeing.

Our Wellbeing Heroes Awards are being run to celebrate World Mental Health Day and will form part of an event on 10th October 2016.

Winners will receive an award and prizes

Please complete the form below and return it by email to: [Calderdale@insighthealthcare.org](mailto:Calderdale@insighthealthcare.org)  
or by post or in person to: Insight Healthcare, Carlton Street, Halifax, HX1 2AL.  
The closing date for nominations is 29th July 2016

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| --- | --- |
| Your name: | Your email address: |
| Your telephone number: | Would you like to stay anonymous to your nominee? Yes/ No |
| The name of the person you are nominating: | The telephone number of the person you are nominating: |
| The address of the person you are nominating (if you have it): | The email address of the person you are nominating (if you have it): |
| Why do you think this person should win a wellbeing hero award? (examples overleaf) | |
| Can we disclose the reason for the nomination to the person that you have nominated? Yes/ No  Can we use the reason for this nomination publicly? Yes/ No | |

The information submitted will only be used in connection with the Calderdale Wellbeing Heroes Awards and will be securely destroyed after it has been used on 10th October.

The person that you are nominating will be contacted via post, telephone or email between 31st July 2016 and 30th September 2016. We will discuss with them what being nominated involves and ask them if they are happy to accept the nomination.

**Examples** why people would be nominated for a wellbeing hero award:

* Someone who has provided you with an invaluable volunteering, training or employment opportunity
* Someone who has befriended you in your time of need
* Someone who has been your ‘get fit’ buddy
* Someone who gave you a recommendation that changed your life
* Someone who made you that cup of tea just at the right moment
* Someone who came to your aid in your hour of need
* Someone who passed on key information that made a real difference
* Someone who listened, when you needed them to
* Someone who reminds you that you are not alone
* Someone who provided an excellent service that made a real difference to you
* Someone who always remembers to say hello
* Someone who encourages you to do the things that are good for you