

# Who is your *local* Hero?

Who do you think is so inspiring they deserve to be recognised with a *mylocal*HERO award? We are looking to find the heroes in your local community. They can be of any age, from any walk of life and from any part of the *mylocal*NEWS distribution area, but the one thing they must be is extraordinary. Perhaps they are a child or an adult who has displayed remarkable courage, a gutsy local champion who has improved the area, or campaigner or an exemplary teacher, dedicated careworker, or member of the emergency services or armed forces who have gone beyond the call of duty. We want to hear about them now. It's free and easy to nominate them, so pick up a form and post it to the address shown on the bottom of this page.

Your full name .....

Nominee's name .....

Award Category .....

Your Area *mylocal* ..... news

Your email .....

Your phone number ..... Your mobile number .....

Reason for nomination .....

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You can also find the form on our website [www.mlh2022.com](http://www.mlh2022.com)



Please post your nomination forms back to us here at:

*mylocal*HERO First Floor, John Dickinson Enterprise Centre, Stationers Place, London Road, Apsley, Hertfordshire HP3 9QU

If you need to use more paper or submit photographs to back up your nomination, please do, but remember to include them in your envelope.