



FAQS

Our annual Heart Hero Awards recognise and celebrate the exceptional contribution that our supporters, fundraisers, volunteers and partners have made to our fight for every heartbeat.

Who is organising the Heart Hero Awards?

The British Heart Foundation organise the Heart Hero Awards annually and shortlisted candidates attend their nearest BHF Supporter Days around the country to find out if they have won.

How do I enter?

You can nominate anyone you think fits the criteria of one of the four awards.

Inspiration Award

For involving and inspiring others in the fight for every heartbeat. This could be demonstrated through their fundraising efforts, taking part in a physical challenge, organising an event or volunteering activities.

Young Hero Award

for an exceptional young person raising awareness of the BHF's aims and ambitions. This person might be a heart patient, a campaigner, a blogger, a volunteer or a fundraiser.

Heart Health Professional

This award will go to an individual who has shown drive and commitment to improve the lives of heart patients and/or their families. This could be BHF-funded scientists, cardiologists, cardiac rehabilitation instructors, pharmacists, GP's and nurses.

Fighting Spirit Award

This award will go to an individual or group of people who have been affected by congenital heart disease and used their experiences as a force for good.

What if I am a BHF Volunteer or staff member?

Anyone is eligible to nominate someone for the Heart Hero Awards.

Who can enter the BHF Heart Hero Awards?

Anyone can nominate someone for a Heart Hero award if they successfully complete the online nomination form and answer all the questions required.

What happens with my nomination?

Stage 1

All nominations received will be reviewed and validated as having answered all the questions asked.

The closing date for nominations is Friday 10th February.

After the closing date all validated entries will be written up into short summaries for the BHF website and allocated to their nearest Supporter Day event.

Stage 2

The written up short summaries of nominated candidates will be available to review and to vote for by the public.

The voting will open for two weeks. **Voting opens on 1st April 2017 and closes on 15th April 2017.**

Only one vote per person will count.

The BHF will contact all the people nominated to tell them they have been nominated to see if they would like to feature in their local press to enable locals to vote for them.

Stage 3

The final three people in each category of Inspiration, Young Heart Hero, Heart Health Professional and Fighting Spirit, across all Supporter Day locations, will be announced online on **21 April 2017.**

To see if your nomination has been shortlisted visit bhf.org.uk/heartheroes

Shortlisted candidates will be invited to attend their local BHF Supporter Day where the Heart Hero awards will take place at 3pm.

Do I have to tell the person I am nominating them?

We advise that you let anyone you are nominating know that you have done so at your own discretion. It is not compulsory to do so but it is usually best to inform them in advance so they are not caught off-guard if they are shortlisted or see their name in their local paper or online. It's also an opportunity to let them know you think they are fantastic!

Why have some categories been changed?

The awards have been refreshed and modernised to reflect the priorities of the BHF.

Do you have any examples of nominations which have been successful?

Yes, you can view previous short-listed nominations and winners on the [past winners page](#)

How many categories are there?

There are usually four categories Inspiration, Heart Health Professional, Young Heart Hero and Fighting Spirit.

What are you awarded with?

Everyone who is shortlisted is recognised at their local Supporter Day. The overall winner for each category will win a trophy. Everyone else will receive a Heart Hero medal and a special certificate of recognition.

Who should I contact if I have any questions about the Awards process?

Should you need any further information please contact the team by [email](#).