

last- for their or a bra- Cllr give cog- nise the work they do. The event was organised by Eastleigh charity One Community at the Nightingale Annexe in Pavilion on the Park.

Guests spilled out onto the terrace after the presentations for a celebratory drink afterwards.

In total 45 volunteers from 12 organisations received cer-

tificates in for their work in the community by helping people in need, supporting the arts and enabling activities that improve the quality of life for local people.

Winners of the Mayor's Youth Awards were also announced, with presentations made to winner Emiley Hinton, who volunteers with the Kings Community

Church Youth Project, and runner-up Chloe Munde, a Young Carer, who raised £493 for the Eastleigh Young Carers Project by doing a sponsored 75-mile bike ride in the New Forest.

The Youth Award is a joint initiative between Eastleigh Borough Council, Eastleigh Lions and One Community.

Organisations represented included Bishopstoke & Fair Oak Good Neighbours, Breathe Easy Hedge End, Eastleigh Museum, EBS Counselling Service, Good Companions Social Club from Hedge End, Health Works Activity Buddy Scheme, Lifeline, Macmillan Solutions, Carers Centre and Open Sight.

# A royal award for volunteering doc

Emily Ford



A DOCTOR from Eastleigh who devotes his spare time to volunteering in the community has won an award with his community team.

GP Mark Rickenbach was out on his bike training to raise money for a sponsored ride to Rome for Cancer Research UK when he discovered that the Eastleigh Community Games group had won a Queen's Award for Voluntary Service.

It's a big accolade for the GP who has recently been busy raising money for Cancer Research UK, hosting "guess the number in the jar" competitions with his friend Alex Gair at the HILT Chandlers Ford community beer festival.



**Dr Mark Rickenbach was delighted to receive the prize from Andy Gair on behalf of Countess Mountbatten Trust**

Now Mark and the Eastleigh Games team are celebrating after discovering their volunteering

team has won the Queen's award.

The award has been given to the Eastleigh Youth and Community Trust at 'The Pavilion on the Park' which organises the annual community games.

Mark, who has been working as a GP at Park and St Francis surgery in Chandlers Ford for 25 years, and is a visiting professor of healthcare education at Winchester University will now be donning his cycle shorts to ride 600 miles from Turin to Rome at the end of August.

He will be cycling around 90 miles a day for the challenge with 30 other people supporting Cancer research UK and as part of his training Mark will be riding in the 100-mile Olympic Prudential ride on July 31.

The Rome challenge has been organised by Eastleigh organisation Inspired Living which was set up by Eastleigh GP Tim Frank after his wife Marey Frank died

from breast cancer in 2010.

Mark said: "Every day I see the bravery of those facing cancer and know how it affects everyone's lives.

"But every day research brings a cure closer to each cancer patient as well as finding new treatments.

"Cycling to raise funds for Cancer care is a double win for us all as exercise itself reduces the chance of people getting cancer and reduces the rate of spread of cancer."

To sponsor Mark, visit [www.justgiving.com/Mark-Rickenbach](http://www.justgiving.com/Mark-Rickenbach).

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