

Media Release

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A CELEBRATION OF MOTHERHOOD – NOMINATIONS ARE OPEN FOR THE 2010 BARNARDOS AUSTRALIA'S MOTHER OF THE YEAR AWARDS

Do you know a great mum? Nominations for the Barnardos Australia's Mother of the Year Awards open today and close at midnight, 31 January 2010. So visit www.barnardos.org.au and show a wonderful mum just how much she's appreciated.

Whether it's your own mum – biological, foster or adoptive – your wife, partner, sister, friend, daughter, someone in the local community or anyone else who you believe is truly worthy of the title '**Australia's Number One Mum**' – nominate them now.

The Barnardos Australia's Mother of the Year Awards are the only national awards which celebrate Australian motherhood and recognise the enormous contribution mothers make in shaping Australia's future generations.

"Barnardos cares for thousands of children who are robbed of the foundation of life – their childhood – so every year we hold these awards to show what an important role mums play in giving kids a good start in life," said Glynis Sequeira, Marketing Director of Barnardos Australia. "Last year we were inundated with thousands of wonderful stories about amazing mothers from all around our country and this year we look forward to once again being inspired by Australian mums who day after day go that extra mile for their kids."

Barnardos are honoured to once again have the Governor-General, Her Excellency Ms Quentin Bryce AC as the Vice-Regal Patron of the Awards. Ms Bryce's longstanding commitment to the welfare of children and women's issues make her an outstanding patron of the awards.

Respected actor, Noni Hazlehurst, AM has been the national ambassador for the awards and for Barnardos for seven years. "These awards highlight the remarkable achievements of mothers all around Australia and recognise that mothers are often the unsung heroes not only in their own family but also in the community," she says.

Bernadette Black, a 32-year-old mother of three from Tasmania, is Barnardos Australia's Mother of the Year for 2009. Bernadette unexpectedly fell pregnant at aged 16 and she now works tirelessly to show single mums how life's adversities can be turned into positives and that with support and encouragement anything is possible.

"I felt overwhelmed, surprised and privileged to be nominated out of so many worthy mothers around Australia," Bernadette says. "I encourage everyone who knows a great mum to nominate her. It's a wonderful way to make her feel appreciated and loved."

Eight state and territory finalists will be selected from which the national Barnardos Australia's Mother of the Year will be chosen and announced at a special event in May 2010 – just prior to Mother's Day.

There are fabulous prizes to be won including a new car, Johnson & Johnson gift packs, a Captain Cook cruise, Canon cameras, easyflowers.com.au bouquets, Lindt Chocolates hampers and more.

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For more information contact Sofey Youssef, Awards Publicist, Barnardos Australia on 02 9743 2790 or 0419 272 237 or email sofey@bigpicture.com.

VICE REGAL PATRON
Her Excellency
Ms Quentin Bryce AC
Governor-General of
the Commonwealth
of Australia

NATIONAL AMBASSADOR
Noni Hazlehurst AM

AMBASSADORS
Dennis Coard
Debra Lawrance
Paul Mercurio
Lisa Wilkinson

Nominate her for Barnardos Australia's Mother of the Year
www.barnardos.org.au

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