

# Media Release

Wednesday 13 January 2010



## A CELEBRATION OF MOTHERHOOD - LAST CHANCE TO NOMINATE THE ACT'S TOP MUMS

Do you know the best mum in the ACT? Someone who is loving, caring, brave, strong, compassionate, nurturing...that is, an all round fantastic mum? With only two weeks to go before nominations close don't miss the opportunity to nominate a special ACT mum in the **2010 Barnardos Australia's Mother of the Year Awards**.

**Nominations can be made via the Barnardos website – [www.barnardos.org.au](http://www.barnardos.org.au) and close at midnight on 31 January 2010.**

Barnardos Australia urges everyone in the ACT to show that special mum they know just how much they're appreciated by nominating them today!

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' ACT Mother of the Year will be announced at a special function in Canberra on Friday, 26 March 2010. That mum will then represent ACT as a finalist for the national title of Barnardos Australia's Mother of the Year, to be announced at a special event in Sydney in May - just prior to Mother's Day.

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.

Julia Rollings, the 2009 ACT Mother of the Year is also encouraging local people to nominate a great mum they know. Julia is mum to eight children – six of whom have been adopted from overseas. One of the children is also autistic and blind.

"I felt very privileged and honoured to have been nominated and subsequently chosen to represent the mothers of the ACT." says Julia. "I urge people to go to the Barnardos website and nominate a mum they know for these wonderful Awards. It truly will make them feel very appreciated and loved."

"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."

"It would be a terrible shame if an ACT mum did not receive the recognition she deserves because people were too busy to nominate. She also has the opportunity to win some fabulous prizes," Ms Sequeira continued.

Those prizes include a new car, Johnson & Johnson gift packs, a Telstra digital tutorial and a Samsung mobile phone and prepaid card, a Captain Cook cruise, Easyflower.com.au flower arrangements, Lindt chocolate gift hampers, Almay cosmetics hamper, a Canon camera 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](mailto:sofey@bigpicture.com)**

**Nominate her for Barnardos Australia's Mother of the Year**  
[www.barnardos.org.au](http://www.barnardos.org.au)

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