

FORMER PARATROOPER CHASED DANGEROUS 'SCUMBAG' WHO ROBBED WOMAN

Hero could get award for tackling knife thug

By DAVID TRAYNER

dent@trayner.com

A PERSONAL trainer who tackled a knife-wielding thug has been nominated for a top award.

Former paratrooper Sam Lake, 26, of Westcliff, sprinted 100m to take down the 6ft "scumbag" who robbed a woman in her own home in Esplanade Gardens, Chalkwell, last month.

Sam, a personal trainer with Military Boot Camp has been nominated for a Citizen of Southend Award, and organisers are now hoping more people will put forward others to be recognised for their outstanding contribution to the community.

Sam, of Cossington Road, Westcliff, said: "I'm pleased someone thought of me. I'm speechless."

Organisers of the Citizen of Southend Awards are looking for nominees for the sixth year running.

Philip Miller, owner of Adventure Island and one of the founders of the awards, said: "Southend is a very community-driven town, with so many people who give up their time to help others.

"These acts of kindness generally become part of these people's day-to-day lives,



Picture: ANNA LUKALA BAVS970

but with the Citizen of Southend Awards, it's a great chance to actually shout about these unsung heroes and give them the recognition they deserve."

Organisers are looking for groups, or individuals, aged eight to 90 years old, who have made outstanding contributions to life in Southend. The nominees' achievements could, for example, be demonstrations of courage, contributions to the

community, caring for the disadvantaged and outstanding achievements in health, education, community affairs, social work and the environment. The winners of the 'Gold', 'silver' and 'bronze' awards will receive trophies and £500, £300 and £100 cash respectively. Nominations can be made online at www.citizenofsouthend.co.uk or by post to Adventure Island, Western Esplanade, Southend, Essex SS1 1EE by June 30.

Hospice set to raffie a plush kitchen, thanks to Homebase

A HOSPICE is raffie a kitchen to raise funds after a donation from Homebase.

fundraisers and Friends of Havens Hospices will be selling raffie tickets in the store, priced £2.50, every weekend

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