



NOMINATIONS OPEN!

Calling all medical heroes!

Are you, or do you know someone, aged 6 - 16 who is a medical hero?

The Ouch! Awards are back and Dr Chris, Dr Xand & Dr Ronx want to celebrate your real life stories on CBBC's Operation Ouch!

The nomination categories are:

- * **OUCH! FIRST AID AWARD**
(Eg For correctly administering first aid when someone needed help)
- * **OUCH! LIFESAVER AWARD**
(Eg For calling 999 in an emergency and saving a life)
- * **OUCH! BIG HEART AWARD**
(Eg For caring for a relative or campaigning for charity to help others)
- * **OUCH! PERSONAL COURAGE AWARD**
(Eg For showing great courage in living with a medical condition or doing something extraordinary)

The closing date is at midnight on the 5th May 2019

Nomination forms via email from: operationouch@mavericktv.co.uk

Download the form along with full terms and privacy notice
via bbc.co.uk/cbbc/joinin/operation-ouch-heroes

