

HOME-GROWN HEROES

You don't have to be able to fly or see through walls to be a hero – you just need to be passionate, brave and dedicated! We've scoured the British Isles for our most heroic residents – and guess what? Some of them are just like *you!* Check out their incredible stories, gang...



THE ECO ADVENTURER

Name Roz Savage, Nantwich, England
Hero status Ocean rower

"In my latest adventure, I'm rowing across the Pacific Ocean to inspire people to do something to slow down climate change. And when I complete the final stage next year, from the island of Kiribati to Australia, I'll be the first woman ever to have done it! I'm hoping that if I can row thousands of kilometres across the Pacific, it will encourage other people to do something to help the planet, too!"
For more information on Roz's latest adventures, swim on over to rozsavage.com



WANT TO BE AN ECO-HERO?

- 1 Say no to plastic bags – they harm sea life when they end up in the ocean.
- 2 Complete your own eco-challenge to raise money for charity.
- 3 Save energy by turning lights off when you leave a room.



WANT TO BE AN ANIMAL DEFENDER?

- 1 Never treat animals badly – they can feel pain just like us.
- 2 Keep your pets healthy by giving them lots of exercise.
- 3 Be kind to the birds by putting water out for them to drink.

THE ANIMAL DEFENDER

Name Eric Sutcliffe, Dublin, Ireland
Hero status Super schoolboy

"I love animals, and every month I help out at a local horse fair near my home in Dublin. It was during one of these fairs that I ended up being a life saver! I came across a horse for sale that looked very sad and ill, but nobody wanted her. So I turned out my pockets and gave the owner all the money I had – €8 (£7.20). Then I took the horse to the Dublin Society For the Prevention Of Cruelty To Animals (DSPCA) to be cared for properly. I was very proud to have helped save a life and I've visited the horse three times since. The first time she was still quite poorly, but on my last visit, she was up and walking around – that made me very happy!"

Find out how you can help our pet pals at bluecross.org.uk or dspca.ie



Pet protector

THE COOL CAMPAIGNER

Name Valerie Okaampah, London, England
Hero status Champion schoolgirl



Crime fighter

"Gun and knife crime is a real problem in the part of London where I live, and when two students from my school were tragically shot, I decided something had to be done. Some young people say they carry weapons for protection, or because it's cool. But it's not – it's a really bad idea! I'm part of a group called *Value Life* and I help to organise conferences and marches, which get young people together to stand up against gun and knife crime. I've also been to the Houses Of Parliament to tell MPs what young people think they should be doing to help!"

I've won a *Woman's Own Children Of Courage* award for my work, which I feel very proud of, but the best feeling is knowing that I've made a difference to my local community!"

If you're worried about gun and knife crime, or want to do something to help, visit

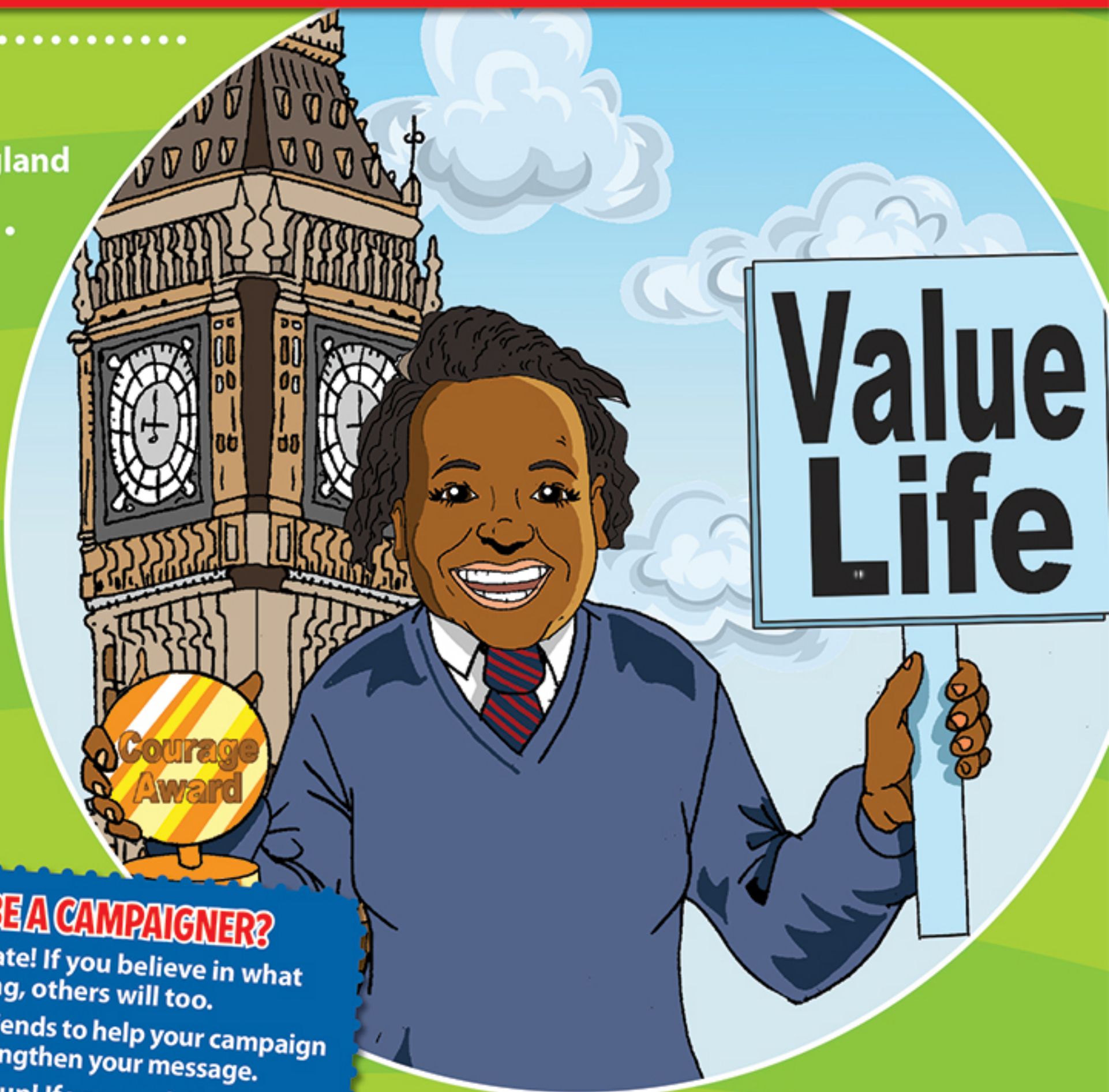
NG KIDS SURVEY RESULT

YOUR BIGGEST HERO IN THE BRITISH ISLES

- 1 Mum
- 2 Dad
- 3 Friend

WANT TO BE A CAMPAIGNER?

- 1 Be passionate! If you believe in what you're saying, others will too.
- 2 Get your friends to help your campaign – it will strengthen your message.
- 3 Never give up! If you work hard, you'll succeed in the end.



THE WATER WARRIOR

Name Gary Fairbairn, Dunbar, Scotland
Hero status Lifeboat captain



Life saver

"I'm a volunteer for the Royal National Lifeboat Institution (RNLI) on the east coast of Scotland, and I'm in charge of the lifeboat when it's called out to sea.

This year, my crew and I were called out to help a couple that were trapped on their yacht. But this was no ordinary rescue, as we had to travel 60km out to sea in extremely strong winds and with waves up to 12m high crashing over the top of the lifeboat. At one point, the lifeboat fell 10m off the top of a huge wave! But we kept going, and finally rescued the couple from their yacht. Now the whole crew's up for Gallantry awards.

It will be great to get the award, but knowing I've helped to save lives is the best feeling in the world!"
To find out more about the RNLI, sail to rnli.org.uk/Stormforce



WANT TO BE A WATER WARRIOR?

- 1 If you see someone is in danger, tell the lifeguard as quickly as you can.
- 2 Follow the safety flags and signs on the beach – they'll keep you safe.
- 3 Hold a fund-raising event for the RNLI – and help them save more lives!