

Press Release

For immediate release

13 December, 2010



Local self-help pioneer named as Manchester's 'Citizen of the Year'

Billed as 'the grandest night of the season,' Friday night saw the city's **Be Proud Awards** held at Manchester's historic town hall. The awards were held to recognise achievements of Mancunians in categories such as 'Good Neighbour,' 'Contribution to the Environment,' 'Contribution to the Community' and, notably, 'Citizen of the Year,' awarded to 'someone who has really made a difference to the city.' This year's winner was named as Nicky Lidbetter, CEO of Manchester based charities Anxiety UK and Self Help Services.

Nicky Lidbetter was recognised for her achievements in building a network of self-help for people with depression and anxiety. Initially starting as one self-help group in Hulme, Nicky's leadership and determination has seen the charity Self Help Services grow to a network of self-help groups throughout Greater Manchester. In addition to this, she has led sister charity Anxiety UK, a national charity supporting anxiety sufferers, for the past 20 years. Despite being a long term sufferer of agoraphobia, she has achieved a huge amount in her professional life, using her own experiences of anxiety as the impetus to help thousands of others with similar conditions. *"I find her commitment to helping others an absolute inspiration," said her nominator.*

"I'm extremely honoured to be named as the 'Citizen of the Year,'" says Nicky. "Many years ago when I was finding it difficult to even get out of my house, I could never have dreamt that I'd be recognised in this way. I know first hand how debilitating anxiety and depression can be and I feel privileged to be able to help others in a similar situation."

If you'd like to speak to Nicky Lidbetter about her award and how she's turned her own personal experience of anxiety and depression into helping others and improving services, please get in touch.

Ends

Contact

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Please let me know if you cover this story, as we are a small charity unable to afford media monitoring.

Notes to Editors

Anxiety UK is a national registered charity formed in 1970 by a sufferer of agoraphobia for those affected by anxiety disorders, and today is the leading authority on anxiety disorders and phobias in the UK. We are still a user-led organisation, run by sufferers and ex-sufferers of anxiety disorders.

Anxiety disorders are common and treatable, and Anxiety UK works to relieve and support those living with these conditions by providing information, support and understanding via an extensive range of services, including fast access to reduced cost 1:1 therapy services. The Anxiety UK helpline alone receives over 16,000 calls a year from people suffering from phobias and anxiety disorders.

We provide support to people with any anxiety condition, or specific phobia such as fear of spiders, blushing, vomiting, being alone, public speaking, heights - in fact, any fear that stops people from living their lives to the full.

Example case study