

Guernsey resident celebrated at our Allergy Heroes Awards

Allergy Heroes from across the UK were celebrated and congratulated last week at a special ceremony to raise awareness and recognise those who make a difference to the lives of people living with allergy.

Guernsey resident Nigel Clarke, who owns Queux Plant Centre, was nominated by Sue Wood, and was one of only three UK organisations to reach the final short list in the Community Hero category. He was recognised for his work running the non-profit ecological project, Green Legacy Guernsey. The organisation was set up several years ago and supplies trees and plants, free of charge, for locations accessible to the public. Nigel works with many of the local school and 'Bloom' groups in Guernsey and uses the OPALS (Ogren Plant Allergy Scale) guide to allergy-friendly species to determine which plants to use.

Nigel's philosophy is based on the belief that residents and visitors to the island are not affected by unnecessary, adverse pollen-related health problems. Green Legacy Guernsey provide plants free of charge and works with the parish Douzaines and the parish Floral Guernsey Groups (in Bloom Groups) to identify suitable sites to plant the native trees.

He says: "You don't suddenly become more knowledgeable on the causes of Pollen Allergies on your own. There are teams of people worldwide who are tirelessly researching causes of all allergies, benefits of early intervention and cures to make the world a better place for allergy sufferers. Linking into these people and implementing their findings is not super intelligent, it's plain old common sense. Fellow directors of SAFE Gardening (www.safegardening.org), Tom Ogren (www.allergyfree-gardening.com) and Peter Prakke (www.healthyschoolyards.org), are two of many who have passed on to me a wealth of information which they have gleaned over years of painstaking research. To the special people who all played a part in me receiving this much appreciated nomination on behalf of Queux Plant Centre, where all plants are allergy rated using OPALS & Green Legacy Guernsey, a massive thank you".

Carla Jones, Chief Executive of Allergy UK said,

"Allergy has a huge impact on the lives of the people that live with this disease every day and their families. The event last week was a fantastic opportunity to both create awareness about allergy and also to celebrate our Allergy Heroes. Thank you to everyone who made it possible, including all those who voted online for our three public vote awards and to everyone who attended to make the event so special."

The event was also the launch of Allergy UK's new video to help raise awareness and generate more understanding of the seriousness and impact allergy has on people with allergy. The video features several case studies with different allergic conditions speaking of their experiences. View the video here (<https://www.allergyuk.org/support-us/case-studies/655-living-with-allergic-disease-video>)

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Or for further details the Green Legacy web site www.greenlegacyguernsey.org.uk

Notes to Editors**About Allergy UK**

Allergy UK is the leading national charity which provides advice and support to people with allergies. Allergy UK acts as the 'voice' of the UK's millions of people with allergy, representing the views and healthcare needs of those affected by this multi-organ disease.

Allergy UK makes a difference by:

- Helping to improve the wellbeing of people with allergy by providing information and support through our dedicated Helpline which is supported by a Clinical Services team
- Empowering people with allergy to manage their symptoms
- Helping people with allergy to receive appropriate diagnosis and treatment through the education of Healthcare Professionals and other relevant audiences
- Providing a 'Seal of Approval' for products which are proven, through independent scientific testing, to be efficient at reducing allergens in the environment or which are clinically tested and are suitable for use by people with sensitive skin
- Providing an 'Allergy Friendly Product' award for products that may be of benefit for sufferers of allergy, asthma and sensitivity and are unlikely to cause a reaction
- Educating manufacturing companies on the need for products suitable for people affected by allergy
- Working with corporate partners to raise awareness of allergic disease
- Conducting ongoing research into the causes and impact of allergy, and producing research and reports to lobby for better allergy services for people affected by allergy.