

Join in with the #BigThankYou

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Posted On: December 13, 2019

It's time to say a very big thank you to the volunteers who are the lifeblood of sport.

The #BigThankYou campaign, now in its sixth year, offers a perfect opportunity to honour these all-important individuals. The campaign peaks during BBC Get Inspired's Unsung Hero Award at BBC Sports Personality of the Year on Sunday December 15.

As the hero is crowned, at around 8.20pm, clubs and groups across the nation are invited to broadcast their #BigThankYou celebrations on social media. Appreciation is captured through photos, events, stories and other creative and fun ways using the hashtag #BigThankYou.

So how can you get involved?

- Tune in to BBC Sports Personality of the Year on Sunday December 15 from 7pm on BBC1
- Share your volunteer stories, post pictures from any activities you arrange and give someone you know the recognition they deserve through the hashtag #BigThankYou

Last year, the hashtag trended nationwide - don't miss out on being part of the buzz this time round!

Not everyone will win regional or national awards, but it doesn't mean we shouldn't say thanks to them too, whatever contribution they make. Even the smallest gesture can make someone feel good about themselves and the work they do. A #BigThankYou will go a long way.

Remember, our own Pride of Table Tennis Awards are another way in which you can thank your dedicated volunteers – the deadline for nominations is 5pm next Wednesday, December 18.

Click here to find out more and to make a nomination

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