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## Volunteer of the year: Melanie's endeavours scoop top Macmillan award

The efforts of an Islington based National Grid employee have been recognised at the Macmillan Volunteer awards.

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- Melanie Rowing-Parker is part of a dedicated team of National Grid's fundraisers who are working to raise £500,000 for Macmillan Cancer Support
- Other voluntary activities have included a sponsored swim and organising themed events
- Melanie fits in activities around day job as a National Grid project coordinator

The efforts of an Islington based National Grid employee have been recognised at the Macmillan Volunteer awards.

Melanie Rowing-Parker was named the Corporate Volunteer of the Year at the Macmillan Volunteer Awards. She was presented with her award by Paralympian Gold Medalist Giles Long MBE and Julia Palca, Chairman of Macmillan Cancer Support, at the recent awards.

Melanie, who works in National Grid's central London office, is one of the company's Macmillan Community Champions who volunteered to help raise £500,000, for people affected by cancer over the company's two year partnership with the charity which began in 2013.

The cause was very personal as Melanie explained: "My Dad died from cancer and I'll be eternally grateful for the endless compassion and support shown to my family by Macmillan at our time of greatest need.

"It is my greatest pleasure to give something back by fundraising."

Melanie's fundraising endeavours have included completing the one mile Greater Manchester Swim last year, for which she took preparatory swimming lessons and subsequently raised over £2,200. Melanie's other Macmillan related fundraising activities include organising Caribbean lunches, a baking Competition, a collection in Leicester Square, a World Cup themed Football Competition in Hyde Park, and Christmas, Easter and Valentine's Day themed fundraisers.

Melanie was delighted to receive the award and said: "It came as a complete and wonderful surprise. I am just one of National Grid's Macmillan Community Champions and there is so much incredible work being done by an army of volunteers from across the business raising much needed funds for Macmillan and people affected by cancer throughout the UK.

"As one of them, I feel especially proud and humbled to receive an Award which really is due and reflects on the work of a great many of my colleagues from National Grid.

Melanie's volunteering is not limited to Macmillan related activities and she recently volunteered for a Community Action Day at Iver Environment Centre near Slough, helping repair equipment, paint fences and assisting with assorted gardening tasks.

National Grid – which was named Responsible Business of the Year 2014 -actively encourages its employees to participate in volunteering. Hundreds of volunteers help out in in schools, universities, charities, amateur sports clubs and local community organisations across the country.

Melanie commented: "Every single one of us has the ability to make a positive difference to the lives of others, so there are no excuses not to get stuck in and help. I'd encourage anyone not currently volunteering to get involved in some way."

"Volunteering has provided me with added benefits, opportunities to enhance and gain new skills and widen social networks. What can be more enriching as a human being to be able to pass on knowledge and help someone else directly at a time of great need?"

For more information go to: <http://www2.nationalgrid.com/Responsibility/Connecting-today/UK/Volunteering/>

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Notes for editors

About Macmillan Cancer Support

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. Whether it's concerns about who you can talk to, planning for the extra costs or what to do about work, at Macmillan we understand how a cancer diagnosis can take over everything.

That's why we're here. We provide support that helps people take back control of their lives. But right now, we can't reach everyone who needs us. We need your help to make sure that people affected by cancer get the support they need to face the toughest fight of their life. No one should face cancer alone, and with your support no one will.

To get involved, call 0300 1000 200 today. And please remember, we're here for you too. If you'd like support, information or just to chat, call us free on 0808 808 00 00 (Monday to Friday, 9am–8pm) or visit [macmillan.org.uk](http://macmillan.org.uk)

### Notes to Editors:

National Grid is pivotal to the energy systems in the UK and the north eastern United States. We aim to serve customers well and efficiently, supporting the communities in which we operate and making possible the energy systems of the future.

#### National Grid in the UK:

- We own and operate the electricity transmission network in England and Wales, with day-to-day responsibility for balancing supply and demand. We also operate, but do not own, the Scottish networks. Our networks comprise approximately 7,200 kilometres (4,474 miles) of overhead line, 1,500 kilometres (932 miles) of underground cable and 342 substations.
- We own and operate the gas National Transmission System in Great Britain, with day-to-day responsibility for balancing supply and demand. Our network comprises approximately 7,660 kilometres (4,760 miles) of high-pressure pipe and 618 above-ground installations.
- As Great Britain's System Operator (SO) we make sure gas and electricity is transported safely and efficiently from where it is produced to where it is consumed. From April 2019, Electricity System Operator (ESO) is a new standalone business within National Grid, legally separate from all other parts of the National Grid Group. This will provide the right environment to deliver a balanced and impartial ESO that can realise real benefits for consumers as we transition to a more decentralised, decarbonised electricity system.
- Other UK activities mainly relate to businesses operating in competitive markets outside of our core regulated businesses; including interconnectors, gas metering activities and a liquefied natural gas (LNG) importation terminal – all of which are now part of National Grid Ventures. National Grid Property is responsible for the management, clean-up and disposal of surplus sites in the UK. Most of these are former gas works.

Find out more about the energy challenge and how National Grid is helping find solutions to some of the challenges we face at <https://www.nationalgrid.com/group/news>

National Grid undertakes no obligation to update any of the information contained in this release, which speaks only as at the date of this release, unless required by law or regulation.

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