

New Year's Honours - L1-2 Reading tasks

Name _____ Date _____

‘It’s about listening and responding’: MBE for station assistant who saved 29 people

Rizwan Javed, Ian Russell and Camilla Bowry honoured for work in charities and mental health

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Rizwan Javed, 33, a station assistant on the Elizabeth line, part of London’s tube network, has played a role in stopping a total of 29 people who were at risk of taking their own lives while he was working.

Javed was awarded an MBE for his services to vulnerable people.

MBE stands for **Member of the Most Excellent Order of the British Empire**. It is an award given for an outstanding achievement or service to the community which has had a long-term, significant impact.

He said there are some signs to identify those at risk. “If someone is isolated on the platform, if they’re missing trains and potentially waiting for a nonstop service or if they start to remove their clothing,” he said.

He said the first step is to start an open conversation. “I tend to break the ice by talking about the weather or their clothing. After that it’s about listening and responding,” he said.

One of the people who Javed helped to save was a young woman who was the same age as him. Her father had taken his life at the same station.

“I saw her begin to remove her clothes and inch closer to the platform. I ran over and started a conversation and found out why she was there,” he said. Her family and the emergency services were called.

“A few weeks later she ran over and gave me a hug and said, ‘If it wasn’t for you, I wouldn’t be here,’” he said.

Javed said mental health in the Asian community “is not spoken about often enough”.

“Having that respect barrier with your parents or loved ones at home, you’re not able to speak about certain topics,” he said.

“We need to break that barrier; youngsters should be able to go to their mother and father and talk about their struggles. It will make a massive impact.”

He added: “Words won’t ever describe the feeling and honour of being presented an MBE.”

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For some of those being honoured, motivation came from personal loss.



Ian Russell, 60, set up the Molly Rose Foundation after the death of his daughter, Molly Russell, in 2017.

An inquest found that the 14-year-old had taken her own life while suffering from depression and “the negative effects of online content”.

“Molly was one of the most caring people I’d ever met,” he said. The foundation

works in suicide prevention for young people, with a particular focus on online safety.

Camilla “CJ” Bowry, 43, the founder of a charity that gives donated second hand shoes to children in need, said it has seen a “huge surge in demand” amid the cost of living crisis, as she was made an OBE.

Bowry runs Sal’s Shoes, which redistributes footwear to children all over the world whose parents cannot afford it. She has been honoured for services to young people, education and the environment.



The OBE – **Order of the British Empire** – is an award appointed to individuals who have made major contributions at a local level, or whose work has gained a national profile.

Over the past decade, the charity says it has “found new feet for over 5 million pairs of Sal’s Shoes in 61 countries around the world, including increasingly here in the UK”.

More than 1,200 people were given honours in this year’s list, many of them for their work in communities across the UK.

The prime minister, Rishi Sunak, said: “The new year’s honours list recognises the exceptional achievements of people across the country and those who have shown the highest commitment to selflessness and compassion.

“To all award winners, you are the pride of this country and an inspiration to us all.”

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- Read the text more than once.
- Answer the questions on a separate piece of paper.

Skim through the text again to find the answers. Write in sentences.

You can use a dictionary.

1. Explain *in your own words* what an MBE and an OBE is.

(L1.9/L2.11)

2. According to Javed what are the signs someone is at risk?

(L1.9/L2.11)

3. Look up the word 'vulnerable' in a dictionary and write down the definition.

(L1.13)

4. 'I tend to break the ice by talking about the weather'....

i) Name the language technique used in this phrase.

ii) What does this phrase mean?

(i. L1.12/L2.14, ii. L1.11)

5. Where does Javed work?

(L1.9)

6. Recently Javed helped a young woman. How did he know she needed help?

(L1.9)

7. Which word best replaces **isolated** in the text?

a. unsteady

b. alone

c. annoyed

(L1.13)

8. What does the Molly Rose Foundation do?

(L1.9/L2.11)

9. What made Ian Russell set it up?

(L1.9/L2.11)

10. ... **his daughter, Molly Russell, in 2017.**

Explain the purpose of the two commas in this phrase.

(L1.18)

11. Why is the Molly Rose Foundation underlined in the text?

(L1.14/L2.16)

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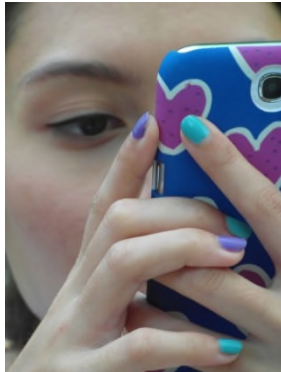
12. Read the section about Camilla Bowry. Which phrase tells us that a lot more people recently need the donated shoes?

(L1.11/L2.17)

13. How many people have had shoes from Sal's Shoes in the last ten years?

(L1.9)

14. Which photo would **not** be suitable for use in this text?



(L1.15)

15. Give an example of an opinion given by Rizwan.

(L1.11/L2.18)

16. Give an example of an opinion given by Ian.

(L1.11)

17. Give an example of an opinion given by Rishi Sunak.

(L1.11/L2.18)

18. Is this text: a blog, a letter, a speech or an article?

(L1.16)

19. Why do you think the writer has included photos in this text?

(L1.15/L2.14)

20. What is the tone of this text?

a. negative

c. angry

b. positive

d. sarcastic

(L2.19)

Writing or discussion task

If you could give an award to a person or organisation for helping the community, who would you give it to and why?