

woman&home AMAZING WOMEN AWARDS 2020

Meet this month's nominations, including women doing extraordinary things for the Don't Tell Me I Can't... category – plus celebrities going the extra mile for charity

Another month, another batch of truly Amazing Women. This month we celebrate the three finalists in two further hotly contested categories: Don't Tell Me I Can't..., which celebrates women who refuse to let any obstacle stand in their way, notching up incredible achievements and making a difference to others in spite of their personal struggles; plus Celebrities Doing Good, acknowledging the work of famous faces who are using their credibility and stature to raise valuable awareness for great causes.

Don't forget to look in next month's issue of woman&home for the shortlists of the community heroines voted for by you from five regions: Scotland & N Ireland; North East, North West & Yorkshire; Wales & West Midlands; East Midlands & East Anglia; South West & South East. Who will you vote for?

DON'T TELL ME I CAN'T...



...BECOME A PARALYMPIAN

Mary Wilson, 56, enjoyed a distinguished 20-year career in the British Army as a psychiatric nurse. In 2009 she survived an attack on her life when a Taliban fighter ran her off the road, leaving her with multiple injuries. Mary remained in the army even after a diagnosis for multiple sclerosis in 2004, but was medically discharged in 2012. Since then, she has overcome her many health challenges to become a hugely successful Paralympian athlete.

Mary says: When I was discharged from the army I fell into a black hole. But after a couple of months my inner strength kicked in and I knew I had to get on with building a new life. One day an email appeared in my inbox from Help

