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'Outstanding' family awards

DO you know an outstanding family? Then Candis magazine wants to hear from you.

It is searching for the best families in southern England for the Candis Outstanding Family of the Year Award 2010.

There are five different categories and prizes include a four-star luxury holiday.

They are looking for families who have made their mark by working tirelessly in their community, campaigning to change things or sacrificing their free time for others.

To nominate a family go to www.candis.co.uk/familyaward and fill out the online form, or e-mail familyaward@candis.co.uk a brief summary of no more than 500 words.