

To the Nominations team of the Ceremonial Secretariat,

I'm writing in support of a nomination for a UK Honour for Tim Coulson.

My name is [] and on the 7th July 2005 I was one of the many people injured in the London bombings.

Many people's lives have been changed forever due to the events of 7 July and Tim is one of those people.

The difference between my experience and Tim's is hard to articulate in words. I had no choice in being involved but Tim had a choice.

I was traveling on the Circle Line from Kings Cross to Paddington in the carriage where the bomb was detonated and I have only memories of certain moments during the explosion, gaining consciousness in the tunnel and for the remainder of that day. Tim was traveling on a tube in the opposite direction which stopped in the tunnel after the bomb had exploded on the tube I was travelling in.

My understanding of what happened after this is based on as much as Tim has shared with me. Tim didn't leave the scene as most people did and most would do under the circumstances but came to assist not knowing what had happened or what he would find.

He eventually found me in the tunnel as I had been thrown from the tube and as I was regaining consciousness it was Tim who was there talking to me and checking to see what injuries I had. Tim has first aid training and I believe that this is what partly drove him to see what help he could offer given the situation. I say partly what drove him as I feel it takes an instinct that the majority of us don't possess to throw yourself into potential danger rather than the instinct for self preservation.

It was Tim that took control of the situation as the paramedic who arrived at the scene was experiencing her first day on the job and really nervous, which I found out later when she visited me.

In those hours of finally getting out of the tube and into the hospital it was Tim whose hand I didn't want to let go of. It took many hours for a friend to finally find me and for me to talk to my parents in Australia. During that time Tim stayed by my side helping to contact people and giving me the security and comfort that I wasn't alone.

It is hard to put into words the kind of gratitude I feel towards Tim. He didn't have to venture into our tube. He didn't have to continue to help after seeing the scene of our carriage and after trying to help another person who wasn't as lucky as I am and died in his arms. I'm immune to those memories as I was unconscious. I don't have to live with the images that Tim has to for the rest of his life.

The majority of my scars are physical and I had no choice. Tim's are emotional and he had a choice. I'm forever grateful that Tim made the choice that day to help and can't imagine how much worse the 7th of July would have been for me to have had no one holding my hand tightly.

Tim is indeed the bravest person I've known and I feel deserves the recognition of his bravery.

Regards , []