

#HelloToKindness

LOVE LETTERS AND LIGHT RELIEF

We at HELLO! are passionate about practising and extending kindness to others, with our digital campaign #HelloToKindness launching last year. From originally championing kindness online, our campaign has grown bigger and stronger, with our readers now extending our kindness mission into their everyday lives. In this week's issue we look at tributes to our health heroes and introduce you to some cute canine supporters

RED LETTER DAY

A scheme called The Cheerful Little Letter Project matches letter writers to care home residents in a bid to spread joy during the pandemic.

"When I heard about care homes closing their doors to visitors, I wanted to do something to help lift spirits for the residents," says the initiative's founder, Lucy Murray (left, with her five-year-old daughter Ella).

She started by calling her local care home and ended up sending letters to more than 30 other residences.

She has now expanded the idea to include other letter writers and more care homes and has been blown away by the response, with some letter writers and residents now engaging in regular exchanges.

"The project has been especially successful where the resident has been able to reply, and a lovely pen friendship has started to form. We have also seen some wonderful replies from the residents, including artwork they have made."

Visit The Cheerful Little Letter Project group on Facebook or email oliveandpipuk@outlook.com.



The Houses of Parliament are illuminated to mark the 200th anniversary of the birth of Florence Nightingale and in support and recognition of the work nursing staff are undertaking during the pandemic

BADGE OF HONOUR

Suppawting our health heroes is dog accessories company Team Dog, run by mother and daughter duo Helen and Eve Oliphant (below right). The pair have released a special NHS dog badge, with all proceeds going to NHS Charities Together.

"I wanted to design a collar badge around the hydrangea flower as this represents gratitude and everything that is heartfelt, which is what we owe our NHS," Helen tells HELLO!.

The blue-and-white badges, representing the NHS colours, have proved popular and, so far, over £1,300 has been raised.

"We have had a huge response from all over the country, with owners sending us pictures of their gorgeous dogs wearing their collar badges with pride. It's turned into a wonderful online community, and we have heard so many heartfelt

stories. Some of our customers are front-line NHS workers, some are key workers, families that have been touched by Covid-19 and others who are eternally grateful for the help that the NHS has given them over the years."

For information and to buy a badge, visit teamdog.online and @teamdogcoats.



The Houses of Parliament and London hospitals Guy's and St Thomas' were illuminated last week to mark the 200th birthday of Florence Nightingale and to pay tribute to present-day nurses, who are at the forefront of the battle against Covid-19.

The words "Celebrating 200 years" were projected onto the buildings, accompanied by merged images of the founder of modern nursing and a 21st-century nurse.

The illumination, in partnership with the Florence Nightingale Museum in St Thomas', took place on 12 May, International Nurses Day, marking the anniversary of Florence's birth.

Dame Helen Mirren was among the famous faces paying tribute to nurses on the day. Posting a video on Instagram, the actress and L'Oréal skincare ambassador took as her inspiration the beauty brand's famous phrase "Because you're worth it", telling nurses: "You *are* worth it."

Meanwhile music stars such as Clean Bandit, James Blunt, Melanie Chisholm and Jack Savoretti took part in a YouTube gig organised by not-for-profit company Hospitality for Heroes.

Hosting the virtual proceedings was TV presenter Laura Whitmore, who addressed all nurses watching with: "This period in history will remain with us always, and it's at times like this that true heroes emerge. You are them."

Jack Savoretti delivered another musical tribute to NHS staff two days later on HELLO!'s Instagram, in another of our Thursday Thank

Yous. Ahead of the weekly 8pm Clap For Our Carers, the singer-songwriter performed two of his songs. He follows in the footsteps of previous HELLO! guest performers James Morrison, Simon Bartholomew from The Brand New Heavies, Beverley Knight, Roachford, Fleur East, The Overtones and Pixie Lott.

Marking Florence Nightingale's life and legacy on her 200th birthday, the Archbishop of Canterbury the Most Rev. Justin Welby held a service in the chapel in

**'It's at times like this
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**celebrating
100 years**



St Thomas' in which he praised health carers around the world for "shining a light in dark places". The Archbishop has been volunteering as a chaplain at the hospital during the pandemic.

LOTS IN A GOOD CAUSE

Antiques dealer Toby Lorford, whose clients include the Duchess of Cambridge, Marco Pierre White and David and Victoria Beckham, is hosting a special auction this week in aid of mental health charity Duty to Care, which offers online support to NHS workers.

"Never before has their work been so

vital," Toby tells **HELLO!** "I was keen to support them during this unprecedented time. My hope is that our clients will use this opportunity to benefit from some great deals and in doing so support the wellbeing of our NHS workers."

The auction goes live on Tuesday 19 May and ends on Friday 22 May. All commission will be donated to Duty to Care. **H**

REPORT: EMILY STEDMAN

Visit lorfordsantiques.com.

On International Nurses Day Dame Helen Mirren (right) posted a video in which she thanked all nurses and suggested that, when next negotiating a pay rise, they say: "Because we're worth it." Laura Whitmore (below) hosted an online concert for nurses, during which artists including Clean Bandit, James Blunt and Melanie Chisholm performed

INTERNATIONAL
NURSES DAY
2020



HOSPITALITY
FOR HEROES



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TAKING STEPS TO HELP OTHERS

Inspired by the efforts of Captain Tom Moore, fellow Second World War veteran Private Joseph Hammond has put his best foot forward to raise funds for PPE (personal protective equipment) for frontline workers and veterans in Africa. His fundraiser has led to an honour by the Queen.

Joseph, 95, walked 23km in a week (two miles a day), in Accra in his native Ghana. He has raised an incredible £39,459 to date.

"I am grateful for all the donations and messages from all over the world," he tells HELLO!. "However, I'm

yet to reach my fundraising target of £500,000 to make this a greater success."

The veteran was "filled with joy" to receive the Commonwealth Point of Light award from the Queen, which honours outstanding volunteers changing the lives of their community.

Private Hammond has another royal fan in the Duke of Sussex, who wrote commending him. "It was an honour to meet Prince Harry and Meghan at the Field of Remembrance last November," he says (above).

Visit justgiving.com/crowdfunding/veteran-hammond.

HONOURING OUR FRONTLINE HEROES

Here at HELLO!, we're passionate about practising and extending kindness to others, with our digital campaign #HelloToKindness launching last year. From originally championing kindness online, our campaign has grown bigger and stronger, with readers now extending our kindness mission into their everyday lives. This week, acclaimed photographer Rankin focuses his lens on some health heroes, and two fundraisers, young and old, get moving and inspire us all to give generously...



KEEP UP THE GOOD WORK!

A girl of 10 from Cambridgeshire is asking others to help her complete 7.1 million keepie-uppies – one for each UK key worker – to raise funds for nine charities, including NHS Charities Together and the Care Workers Charity.

Football fanatic Imogen Papworth-Heidel (far left), from Hauxton, wanted to say thank you "to all the amazing Covid heroes," by keeping her football up in the air as many times as she can, and urging people to donate money and their own keepie-uppies to the total.

"I am mind-blown that in nine weeks, we've got as far as we have," Imogen tells HELLO!, having just passed her halfway goal. "People from all over the country, and as far away as New Zealand and South Africa, have been sending me videos of their keepie-uppies. It's phenomenal!"

One special supporter to send her a video of keepie-uppies was Imogen's idol, England footballer Lucy Bronze (left). "In my opinion, she's the best right-back in the world," says Imogen. "I was absolutely speechless. I will remember that moment for the rest of my life."

Visit justgiving.com/team/7millionKeepieUppieChallengeforCovidHeroes-Team.





He's renowned for his distinctive portraiture, shooting stars from Kate Moss to Madonna and the Rolling Stones, and capturing the Queen in a commemorative portrait to mark her Golden Jubilee in 2002. Now John Rankin Waddell, known as Rankin (above), has snapped 12 NHS heroes in a series of portraits to celebrate frontline workers and honour the NHS's 72nd anniversary on 5 July.

"It's kind of like shooting the Queen because it's so important. When you get an opportunity like this, you want to do it justice," he tells **HELLO!**

Following strict hygiene protocols (above left), Rankin shot his medical muses in hospitals in Bristol, Manchester, Birmingham and London,

capturing a cross section of subjects including a GP, midwife, Covid-19 ward cleaner and 111 call operator.

"I wanted a broad set of people, because everyone is a frontline worker here, and it doesn't distinguish between a hospital porter and a surgeon," he says. "I wanted people to see them as they were in real life and humanise them again."

A LASTING RECORD

The portraits will be showcased at bus stops and billboards across the UK, and on the big screen in London's Piccadilly Circus for the anniversary.

Details of the 12 individuals (including, below from left, midwife Claudia Anghel, pharmacist Ade

Williams and Dr Farzana Hussain) are also shared with their portraits. "If you read their stories, they've all come to the NHS for a reason. Somebody has passed away or got ill, and they experienced it and come to it because they want to look after people," says Rankin. "At their own personal risk, they've defended and looked after us through a pandemic. Their dedication is exemplary. What was incredible was how humble every person was. Not one person was enjoying the admiration – they were like: 'This is my job, I'm just doing my job.'"

The photographer, 54, hopes his portraits capture a pivotal moment, with the nation's gratitude for the NHS continuing in the future. **H**



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STARS GET CREATIVE TO SAY THANK YOU

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Five-year-old Tony Hudgell is walking 10km (six miles) to raise money for the London hospital that saved his life and gave him prosthetic legs



WINNING TEAM

Footballers Harry Kane and Raheem Sterling (above, left and right) are among 500 Premier League players who each donated a signed shirt to the Shirt For Heroes raffle on eBay, with all proceeds going to NHS Charities Together.

The raffle saw eBay team up with #PlayersTogether, a player-led initiative that sees footballers across all clubs give back to front-line carers.

Ahead of the draw on Sunday 14 June, a spokesperson for #PlayersTogether said: "We hope this is something all fans... can get involved in and help us raise money to make a difference for the real heroes of this crisis."

Stars including Keira Knightley (right) have designed their own version of the People's Medal (inset right) for people to give to those who have helped during the pandemic



Actors Jodie Comer, Kristin Scott Thomas and Martin Freeman are among 30 cast and crew members from the BBC's new production of Alan Bennett's acclaimed *Talking Heads* monologues to donate their fee to NHS Charities Together. More than £1m has been raised as a result.

Reiterating the need to acknowledge our health heroes now and forever, Alan, the show's writer

and creator, said: "One thing about the current crisis is it has made the whole nation acknowledge what we have in the NHS and to value it and be grateful. That the company doing *Talking Heads* has been able to say thank you in a meaningful and useful way to the NHS makes up for sometimes taking it for granted. Never again."

Meanwhile, stars from the worlds of music, sport and art, including Keira Knightley and Ringo Starr, have been designing badges for people to give to those who have helped them during the pandemic.

The #PinYourThanks initiative was devised to help the nation show its appreciation to local heroes and spread a feeling of togetherness. The words "heartfelt thanks" appear on the rim of each badge and profits from sales are being shared between NHS Charities Together and Volunteering Matters.

A GEM OF AN IDEA

Bulgari ambassador Lady Kitty Spencer is used to modelling beautiful jewels, but the new silver and onyx pendant she wears (right) is particularly special, given it marks ten years of the luxury jeweller's partnership with Save the Children.

Ten per cent from every sale of the £650 pendant is being donated to the charity's UK coronavirus appeal, which supports vulnerable children in the UK affected by the pandemic.

"It is a privilege to work with Save the Children as a Bulgari ambassador," Lady Kitty tells HELLO!. "I am humbled by their tireless efforts to support vulnerable children who have been impacted by Covid-19."

For more information, visit bulgari.com or savethechildren.org.uk.



'It feels very important to say thank you to all the NHS workers, carers and others' Keira Knightley

Former Beatle Ringo placed a peace symbol inside a love heart in his design, while *Atonement* star Keira's badge features two swooping birds.

"It feels very important to say thank you to all the NHS workers, carers and others who have done and continue to do such an incredible job through this time of crisis," she said.

WALKING TALL

Following in the footsteps of his hero, Captain Tom Moore, is Tony Hudgell, an inspiring five-year-old from Kings Hill in Kent, who is walking 10km (six miles) during June on his new prosthetic legs to give back to the hospital that saved his life.

Tony had both his legs amputated after suffering horrific injuries from his biological parents when he was a baby. He has been treated at Evelina London Children's Hospital.

At the time of going to press, Tony, who learnt to walk on his new legs just days before beginning his challenge, had raised £437,488.

"His walking has really come along and he's almost running when he wants to now," his adoptive mum Paula tells **HELLO!**. "We set this challenge up on our own originally with friends and family so that he had that encouragement, and it's just taken off. He's so proud of himself for all the money he's raised for the Evelina. They've never had anything on this scale before."

Tony, who was inspired after seeing Captain Tom's amazing fundraising efforts, was thrilled to receive a personal video of support from Tom and his family.

"He was absolutely shocked and so excited. He was really pleased," says Paula. **H**

REPORT: EMILY STEDMAN

To buy a thank-you badge, visit pinyourthanks.org. To donate to Tony's fundraising walk, visit justgiving.com/fundraising/tonys-10k-walk.

Killing Eve's Jodie Comer (right, at the Golden Globes) is donating her fee from her role (below) in the BBC's new *Talking Heads to NHS Charities Together*. The show also stars Tamsin Greig (left) and Lucian Msamati (below left)

