

# 50 Coronavirus Heroes



**BMAT multi-academy trust donated over 6,000 pieces of PPE equipment from its 11 schools to the NHS**

## #11 Schools donate PPE equipment

SCHOOLS which are part of the BMAT multi-academy trust have donated more than 6,000 pieces of personal protection equipment (PPE) to the NHS. There have been problems with shortages of some PPE equipment at hospitals. The trust, which is made up of 11 schools Essex and Newham in London, has stripped its schools' science, food technology and design and technology classes of their PPE stocks in an effort to support medical works. Amongst the items donated included

gloves, hazmat suits, safety goggles, visors, plastic aprons and shoe covers, which have been sent to the NHS via a government coordinated hub. Lucia Glynn, BMAT head of operations, said: "We received a request from Essex County Council asking if we had any PPE we could donate. "We felt it was our duty to get as much PPE to those working on the frontline as we could, so we have taken every last item from our 11 schools."

## #13 Chelmsford Foodbank

CHELMSFORD Foodbank has been working hard over the past few weeks to continue to provide for those who need it. Ruth Leverett, project manager at the food bank, said: "We will always be available as an emergency service to provide food for those who cannot afford it. "However, we are now only open at two of our centres, the Y on Monday, and Grove Road on Wednesday and Friday. "We are developing a delivery model both to reduce opportunities for social interaction and to serve those socially isolating. "At our two open centres, clients will be asked to wait at the door and will receive a pared down service which maintains recommended social distances. "Clients are still referred by an agency through a voucher system. She added that donations have dropped, while demand has increased. "Numbers are still high and we can sadly only foresee that the numbers needing our service during this difficult time will only increase," Ruth said.



**Chelmsford Foodbank needs more donations**

"Our warehouse volunteers are working very hard to make up nutritionally balanced food parcels as well as process donations coming in. The biggest way the public can help would be to continue to donate. "Our most required items are sponge puddings, fruit juice, UHT milk, instant mash, tinned rice pudding, and squash. "Our warehouse is now open everyday between 9.30am and 2.30pm at 450 Beehive Lane, Galleywood Road end."

## #12 Rainbows appearing everywhere

PICTURES of rainbows have been appearing in windows around the country as the nationwide lockdown due to coronavirus continues. Many of the brightly coloured pieces of artwork have been made by children, but adults have also been getting in on the fun. The rainbows were not limited to pen and paper, or even paint and paper - some children even took chalk to their drives and walls to create rainbows and positive messages.

Spreading cheer and solidarity throughout communities, many of the rainbows have been accompanied by messages in support of NHS workers and reminding people to stay at home. We did a shoutout on Facebook asking people to share pictures of their rainbows with us and we received hundreds in response, showing how popular creating the rainbows to spread cheer has become



**Emily aged four from Witham with her brilliant rainbow path**



**The F45 gym have started a fundraiser for their staff**

## #14 Gym launches fundraiser

A GYM in Chelmsford is raising money to support their freelance fitness staff. The F45 fitness company, which has a studio in Chelmsford, closed their doors to keep their staff and members safe. Across all their studios, they have 50 self-employed staff (10 in Chelmsford) who face an uncertain future. Despite the uncertainty, many of the fitness trainers have started sharing videos online to keep people fit in lockdown for free. That's why the studio have set up a

fundraiser to try to keep their self-employed staff financially afloat. Jade Pearman is the co-director and owner of F45 with her partner Tony Ashcroft. The 45-year-old said: "Some of our trainers are from Australia so they have no families here - they have no other support other than F45," she said. "They have always leaned on us, we obviously are going through a lot of fear and uncertainty but we are trying to reassure them it's going to be okay."



**Emily and Oli have offered their luxury live-in camper van for NHS staff who are isolating**

## #15 Couple offer campervan to NHS staff

A CHELMSFORD couple is offering a £23,000 campervan to self-isolating NHS staff for free amid the coronavirus crisis. Emily Cotgrove and Oli Arnold bought a Citroen Relay panel van with the intentions of converting it into a two-person campervan to hire out for holidaymakers. By March 2019 the van, named Archi which translates to 'the beginning' in Greek, had been fully converted into a luxurious campervan. Emily said: "Our campervan is just sitting on the drive at the moment because the hiring is on hold, it would be a shame for it not to be used so we thought we would offer it to NHS staff who might be self-

isolating. The ideal solution would be if the van is parked on their driveways, that way they can still have interaction with their family at the same time as isolating. "They can have the van wherever they want but it makes sense for them to have it near their families or place of work. "We would like to ask anyone with a campervan currently sitting on their drive to make it known that they are happy for someone else to use it, and join us without a campaign." They normally rent out the van for up to £700-a-week, but have chosen to offer to NHS staff for free.