

covid crusaders.

The Lockdown heroes

It's a tough time to feel optimistic. The lifting of some Covid-19 lockdown measures is a source of anxiety for many while swathes of the country are seriously struggling to make ends meet. More than 600,000 jobs were cut across the UK between March and May, and the number of people claiming work-related benefits skyrocketed a staggering 126 per cent in the same time period. And yet experts are warning that the true economic impact of lockdown won't be felt until October when wage schemes end.

So what is there to look forward to? The answer is you, the public. More than three months on from when the country first locked down, scores of big-hearted Brits are still going out of their way to help others. Whether it's taking on physical challenges to raise cash for brave NHS workers or using art to boost the mental wellbeing of frontline staff, the UK's Covid Crusaders are tireless. It's clear that when the nation is confronted with new challenges in the months to come, we need only look to our neighbours to be inspired by their creativity and kindness. Here are some of the heroes dedicating their time to helping others.

Compiled by Hannah Westwater
@hannahjtw



• **Captain Tom Moore**, who raised nearly £33m for the NHS by walking laps of his garden ahead of his 100th birthday, has inspired people across the country to embark on their own fundraising marathons. One of those people is Dorset veteran Major Andrew Johnston whose epic wheeling effort raised £17,000 and rising for charities in desperate need of support during the crisis. After being diagnosed with multiple sclerosis, he has been dependent on a wheelchair since 1995 – and so decided to wheel 26 miles and 385 yards in his kitchen. That meant 4,615 lengths of the 10-yard room, or 100 lengths a day. Beginning on April 21 and completing the feat earlier this

month, the hero is donating crucial funds to six charities: Combat Stress, the veterans' mental health charity; NHS Charities Together; Wessex MS Therapy Centre; Motcombe Memorial Hall; Racing Welfare; and Salisbury music charity La Folia, which alongside Furze Platt Senior School are working with Johnston and wife Catherine on a long-term music project in memory of their late daughter Katie. The amazing fundraising initiative was a team effort – Catherine joined in on the marathon in the final two weeks, covering the same distance using Walk Fit exercises, and raising cash for Marie Curie.

[justgiving.com/team/MajorAndysMarathon](https://www.justgiving.com/team/MajorAndysMarathon)

