

Pamper Our Heroes - Our Story

Pamper Our Heroes Delivering Wellness Hampers to Key Workers Across The UK

Pamper Our Heroes initiative which launched successfully in London earlier this month needs more business and public support to meet unprecedented demand. Pamper Our Heroes deliver wellness and pamper hampers to key working heroes including care homes, hospitals, district nursing clinics, nurseries, hospices, bus/train drivers and more in London & beyond.

Pamper Our Heroes give a gift of hope, happiness and wellness that could save a life and aims to go some way to thank those who are working tirelessly to keep us all safe. They exist to give a little something back to our hero workers on the frontline, ensuring that the wheels of our health and economy keep turning during these unprecedented difficult times.

- Wellness and comfort hampers for all key workers
- Set up by a team made out of work by Covid-19
- Funded entirely by public donations and gifted products from brands and businesses
- Hampers contain wellness, beauty, personal care and snack products #treats
- Nominate a key worker or donate directly to a location of your choice

They support those who deserve a treat but often work tirelessly with little recognition. Their pamper hampers contain wellness items to promote relaxation, personal care, herbal teas and snack products along with access to mental health support Apps and podcasts, aiming to bring a smile and a hug in a hamper to as many people as we can.

Pamper our heroes are a people-driven, grassroots wellness movement set up by friends Selina Firth, Kirsty and Lee. Who having all suffered temporary unemployment from documentary film making, travel marketing and publishing, chose to give back selflessly. Four hundred hampers have already been hand-delivered to delighted workers, and the charity aims to deliver 200 a week from May but need more donations.

Pamper Our Heroes advocate better health, self-confidence and mental wellbeing for all key workers they hope to carry on caring long after lockdown ends delivering Pamper Hampers of Hope to our heroes on the frontline.

They are now calling on generous individuals and organisations to help spread the word about Pamper Our Heroes and to support those in their community who need it most. Pamper Our Heroes ensures donations get into the hands of those who need them through personal deliveries and via our generous POH support partner, Freight International.

It's easy to donate wellness, grooming, beauty, snack and soft drink items to one of our POH Hubs in London, Yorkshire or Kent. Peckham Levels has kindly donated space for our London Hub, and we are looking for more space providers across the UK who may also be able to help.

They need people to join the movement? POH welcome the support of people of businesses willing to set up local Pamper Our Heroes Hubs. We match you with a charity in your area so you can donate to them directly - meaning donations can be sourced and donated locally.

Pamper Our Heroes is not a business – it's a cause – a people-driven wellness initiative aimed at giving something back to people who really need it. They rely 100% on like-minded generous people, companies and brands to help drive them forward and towards their ultimate goal of pampering thousands. They need your donations and support to grow and to serve those in need.

Brands and businesses can donate products, money, space or services and generous individuals can gift a pamper hamper or make a financial donation via our [GoFundMe](#) page.

We hope to create a legacy and a continuing fund to deliver wellness hampers to frontline workers.

Facebook - [@pamperourheroes](#)

Instagram - [@pamperourheroes](#)

Twitter - [@pamperourheroes](#)

Email - pampersourheroes@gmail.com

Link to [IMAGES](#)

Biographies

Selina Firth Founder

Selina was working in documentaries before the virus hit but having seen how brave these frontline NHS carers are in battling Covid-19, she wanted to try and do her bit to help, particularly as a lot of her close family have suffered from cancer multiple times and their recovery is due to the amazing care they received at the hands of the NHS.

Lee Brown

Lee is long standing Peckham resident and was until recently Head of Fashion and Luxury at Harper's Bazaar & ELLE magazine where he worked for 18 years. Lee's husband heads ups social care teams for the NHS at UCLH Hospital.

Kirsty Beasley

Kirsty is a Chartered Marketer and her background spans both the private and public sector having held senior roles in the NHS before changing direction moving into the world of luxury travel and hospitality where she has spent the last 15 years. Currently furloughed she jumped at the chance to get involved in a project that would help give back to those on the frontline fighting Covid_19 and support her lifelong friends and colleagues in the NHS.