

#hopefulstories week 6

600-800 sea turtles that were cold and stunned by the recent bad weather in Texas have been rescued, treated and released back into the water in the gulf of Mexico.



The pandemic has encouraged people to be more community minded. Over half of Americans recently surveyed said they had volunteered in some way for the first time during the pandemic, and 65% said the last year had been a wake up call to reach out to others.



“Every human is an athlete regardless of your physical limits.”- Woody Belfort, a disabled athlete, who climbs in his wheelchair.



During this last year we have all understood how important it is to be kind to each other. But a recent study has shown that not only is it good for others, it also boosts our own physical health and happiness levels. Being kind is good for us!



The incredible power of music at vaccination centres. Organists at cathedrals taking requests and entertaining crowds as they get vaccinated or Yo-Yo Ma turning his second vaccination into an impromptu cello concert. Music is a wonderful, hopeful thing, as is getting vaccinated

Ruth Hunt - former CEO of Stonewall U.K. - in her leadership and using her position in government she sought to make heard the silent voices in society and to give a platform to the marginalised, including work to tackle homophobic bullying in schools, effective interventions to improve the health and well-being of the LGBTQ+ community.