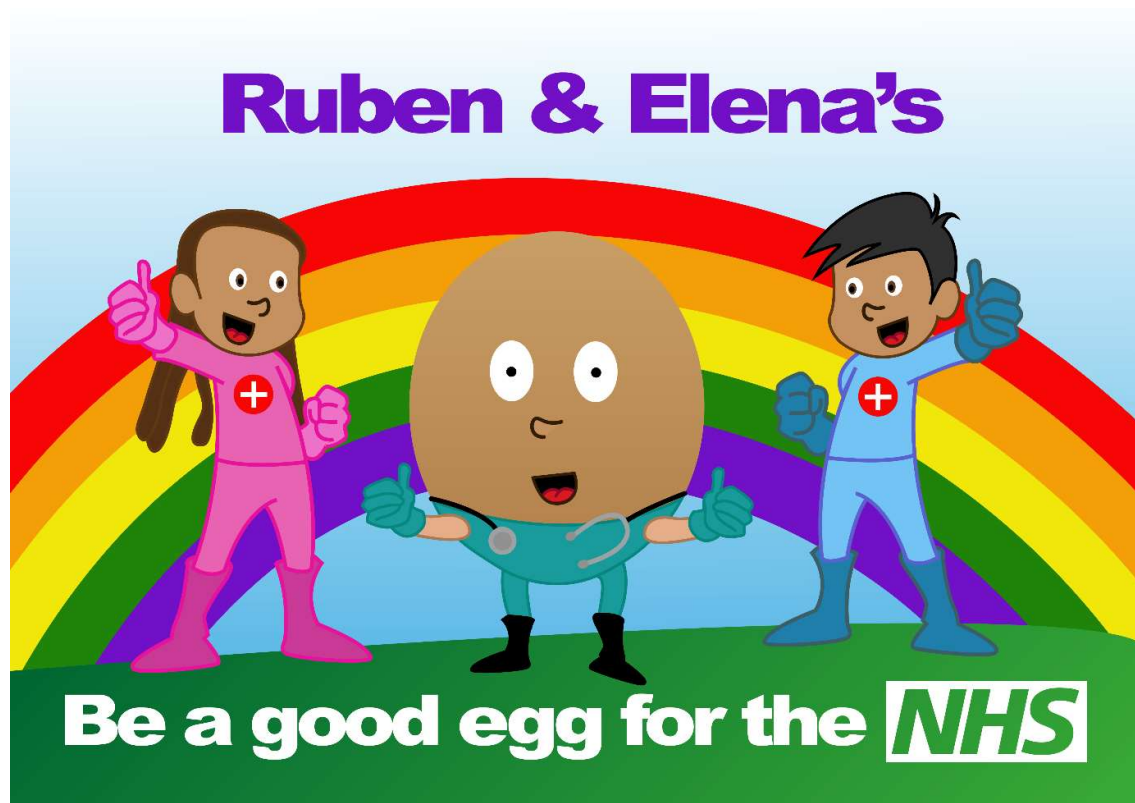


Ruben & Elena's Be A Good Egg for the NHS

In 2021 Ruben and Elena embarked on a heart-warming journey to hopefully spread some much-needed warmth and kindness in our community and beyond in these very difficult times. This charity campaign took place from January to September 2021.

The campaign was to undertake 100 Acts of Kindness under the name of 'Be A Good Egg for the NHS' this included a whole range of diverse community activities to reach out and support local charities and community organisations. In total, the 100 Acts of Kindness campaign directly supported over 50 charities situated in their town and region, 15 NHS charities and around 15 different Food Banks and 10 Animal Shelters including several other good causes such as featuring on SKY TV discussing openly Children's Mental Health, a Superhero campaign and local litter-picking.



Ruben & Elena's Be A Good Campaign also has also raised over £1,500 towards a New Baby Heart Telemetry Unit for Warrington and Halton Hospital Birthing Centre – Where they were born for a Children's Charity supplying this equipment called MedEquip4Kids (Who Ruben and Elena are Child Charity Ambassadors).

The campaign has been a wonderful experience to connect with other charities and learn of the marvellous activities and positive impact they do in helping others.

MedEquip4Kids
The children's health charity

Please support Ruben and Elena in their
2021 quest to raise money for MedEquip4Kids to
purchase a Mobile Telemetry Unit for Warrington &
Halton Hospital's new Nest Birthing Centre...



Ruben & Elena's



#100 Acts of Kindness

A Mobile Telemetry Unit - A Mobile Telemetry Unit allows
a baby's heart rate to be monitored remotely during labour and
birth, offering better mobility for the mother than wired units
do. It can also be used in the birthing pool, giving higher-risk
women access to this positive birth experience...

Ruben and Elena will undertake 100 Acts of
Kindness throughout 2021 to help raise funds
to create a truly special birth experience...



Follow their progress via Twitter @GoodEgg4NHS
<https://www.justgiving.com/fundraising/goodegg4nhs>

Please support this wonderful cause for our NHS...



First 0-9 Acts of Kindness in 2021



1. Room at the Inn Charity - Supplies Box with Xmas Money 📦
2. NHS Birmingham Children's Go Red ❤️ Hospital Charity 5km Walk 🚶🚶
3. NHS Doncaster & Bassetlaw Hospital Charity 3.5km Run January 🏃🏃
4. NW Air Ambulance Charity Go21 Campaign with a combined 21km Cycle 🚲
5. Participation in SKY|NEWS Covid in the Classroom debate 📺
6. 4 x Bags Litterpick on Woolston Park 🗑️
7. NHS East Lancashire Hospital Charity Big5 Heroes 5km Cycle 🙌🚲
8. NHS Whiston & St. Helen's Hospital Charity Bingo! Eyes Down 👁️👁️
9. CAFOD Walk for Water Campaign 4km, pocket money for 2 x Hygiene Family Packs 📦📦🚶🚶

10-18 Acts of Kindness in 2021



10. Clatterbridge Hospital Charity 321 Campaign. 3.21km Scoot 🍷🚴
11. Countess of Chester Hospital - Blue Skies Balcony Appeal NHS Thank you Mile 🙏🌈
12. Countess of Chester Rainbow Scavenger Lockdown Hunt - Local Litter Pick 🗑️🌈
13. Warrington and Halton Women's Refuge Easter Egg Appeal 🥰🥰🥰🥰🌈
14. St. Patricks Day at Birchwood Park 4-Clover 🍀 Hunt in support of St. Roccas 📺 & Dogs For Good UK 🐕🐕
15. Medequip4kids Flowery Shirt Day 🌸🌻🌼🌺🌹🌸 in support of Children's Mental Health 🙏🌈
16. Friends of Meadowside 🍷 Easter Egg Appeal 🙏🥰
17. Children's Adventure Farm 🐕🐕🐕 Trust Charity Easter Eggs Appeal 🥰🌈
18. Birchwood Book Club Educational Books Donation 📖📖📖📖📖📖

19-27 Acts of Kindness in 2021



19. Warrington Food Bank Carrier Bag & Easter Egg/Food Appeal 🥰🥰🥰🥰
20. Room at the Inn Homeless Charity 📍 Aveni Garden Appeal - Several Large Compost Bags 🗑️ and Bulbs 🌻 taken at a very good reduced price thanks to B&Q
21. Generation Pep 10,000 Steps 🌈🌈🌈
22. Woolston Church of Ascension Easter Egg Hunt 🥰🌈
23. Claires House Charity Big Ben Stairs Climb 🏠🌈
24. Kennel & Food Donation to Cats Protection Charity 🏠🐱
25. Food, Carrier Bags Donation to Neighbourhood Food Larder Charity 🥰🥰🥰
26. 5km Coastal 🦀 Walk for Rainbow NW Children's Charity 🌈👥
27. Yellow Shirt Day at Birchwood Park for St. Roccas Charity 🌻🥰🌟

28-36 Acts of Kindness in 2021



28. Wear Blue for Ethan Blue Clothes Day to support MPS Society Charity 🧡👕👖👗

29. Clothes & Toy Donation to Care UK Charity 🧺👕👖👗🧸🧶🧦🧤

30. 200 DVDS Donation to Warrington and Halton Dementia Ward thanks to [Rugby League Replayed](#) 📺

31. Asda Birchwood 🍲🍽️🥗🥤🍰🍰🍰

32. Coop Woolston 🍲🍽️🥗🥤🍰🍰🍰

33. Tesco Warrington 🍲🍽️🥗🥤🍰🍰🍰

34. Aldi Warrington 🍲🍽️🥗🥤🍰🍰🍰

35. Lidl Warrington 🍲🍽️🥗🥤🍰🍰🍰

36. Sainsburys Warrington 🍲🍽️🥗🥤🍰🍰🍰



37-45 Acts of Kindness in 2021



37. Farmfoods Warrington 🍷🍷🍷🍷🍷
38. Aldi Birchwood 🍷🍷🍷🍷🍷
39. Morrisons Warrington 🍷🍷🍷🍷🍷
40. Asda Westbrook 🍷🍷🍷🍷🍷
41. British Heart Foundation ❤️ donation of Toys & DVDs 🏠📺📺
42. Supported Paul Ellis 30 Mile Banana 🍌 Push 📶 for AmpCamp Kids Charity
43. Station House Foodbank donation 🍷🍷🍷
44. Roy Humphreys Charity Tea Biscuits 🍪🍪
45. Birchwood Park Euros Football 🏆🏆🏆 Shirt Day for St. Roccas & Dogs UK Charities

46-54 Acts of Kindness in 2021



46. Warrington Wild Bird Rescue       donated 2x Buckets   Energy Food Balls
47. Craft in Mind CIC donated Carrier Bags & Food        
48. Jackie's Foodbank Warrington donated Food        
49. SPAR Birchwood donated Food    
50. Liverpool Women's Hospital Charity - Wear Neon T-shirts for Neonatal    
51. Manchester & Cheshire Dogs Home Charity Donation & Visit          
52. Warrington & Halton RSPCA Charity Food Donation        
53. Warrington Animal Welfare Charity Food Donation        
54. WEEE Charity Electrical Items Donation    

55. Room At The Inn Charity Water Bottles Donation Appeal 🍷🍷🍷🍷🍷🍷🌈
56. Cats Protection Charity Food Donation Point 🐱🐱🐱🐱🌈
57. Young Lives Cancer Donation 🌈🍷🍷🍷🍷🍷🍷
58. RSPCA Home Food Donation Point 🐕🐕🐕🐕📦📦
59. Donation of The Bench Book to Morrisons Supermarket Children's Library 🇬🇧🌈
60. Superhero 🦸🦹 Campaign to raise awareness for PEEPS Charity 🌻🌻🌻🍷🍷🍷
61. Warrington Sensory Centre Nerf Gun Donation 🎮🎯🌈
62. Walton Lea Partnership Charity Flower Donation 🌹🌹🌹🌹🌻🌸🌸📍
63. Risley Moss Action Group Charity Donation of Energy Food 🐦🐦🐦

64-72 Acts of Kindness in 2021



64. Salvation Army Clothes Donation 📦📦

65. Smile Through Sport Charity Isolation Sportsday 🏈🎯🏃🏃

66. Big Cup of Tea NHS 73rd Birthday NHS Charities Together 🍵🍰🌈

67. Manchester & Cheshire Dogs Donation Point 🐕🐕🐕

68. Co-op Foodbank Donation 🥦🥕🍅🍅

69. Race for Life Isolation Run 🏃🏃🌈

70. Donation for Community Heartbeat Trust Donation ❤️❤️🌈

71. River Reeves Foundation Power of 5 🖐️ to support RivFest 2021 ❤️❤️❤️🌈

72. St. Joseph's Family Charity Donation of a Family Box of Food and Supplies 📦🥫🥫

73-81 Acts of Kindness in 2021



73. Care UK Charity School Uniform Appeal 🧥👟👖👕
74. Dogs Trust Charity Donation 🐕🐕🐕🐕
75. Educational Books Donation to St. Barnados 📖📖📖📖📖
76. Support for Cheshire Police at their Community Stand 🙏🚓🚓🚓
77. Tesco KG Challenge Foodbank Donation 🍲🍲🍲🍲🍲
78. Halifax Bank 🏦 Foodbank Donation 🍲🍲🍲🍲🍲
79. Donation of Toys and DVDs to local JUMP Charity for their upcoming Tombola 🎮
80. Tesco Carrier Bags Recycling Appeal ♻️👕👕👕👕👕
81. St. Roccas Birchwood Park Duck Fest Race 🦆🦆🦆🦆🦆🦆🦆🦆🦆🦆

82-90 Acts of Kindness in 2021



82. Donation of Umbrella Gang 🌂 Comics to support MedEquip4Kids 🧑🧒
Hummingbird Project for Children's Mental Health 🐝
83. Room At The Inn 🏠🌧️🌨️🌙 Homeless Charity Food Container Appeal 📦📦📦
84. Race for Grace, Manchester Children's Hospital Charity 🚴🚴🚴🌈
85. Happy Birthday to PEEPS HIE 🌻🌻🌻 Charity Virtual Balloon Race 🎈🎈🎈
86. Make a Wish Coin Fountain Trafford Centre for St. Anne's Hospice,
MedEquip4Kids & JDRF Charities 💧💧💧
87. Nationwide Building Society 🏠 Carrier Bag 📦 Appeal for Warrington Foodbank &
Donation to the Womens Refuge Halton ❤️ Hospital
88. Children's Society Donation of Dresses 👗👗 & Shoes 👠👠
89. Donation of Dog Food to Carla Lane Animal Charity 🐕🐕🐕🌈
90. Donation to Urgent Family Appeal 📦📦 organised by Halton Toy Christmas Group

91-99 Acts of Kindness in 2021



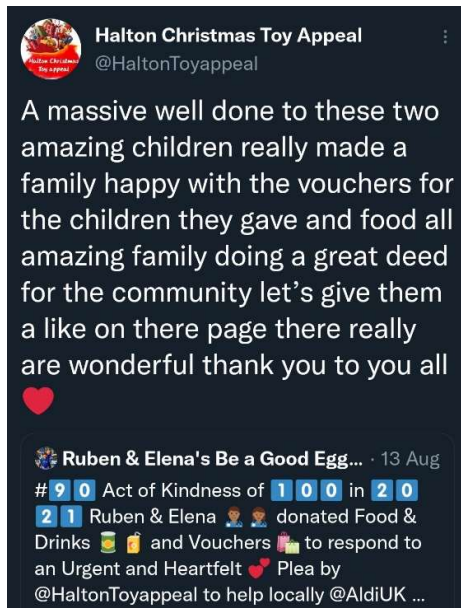
91. Donation of to Portugal Children's Charity Criamar 🌈
92. Warrington Disability Partnership Tea & Supplies Donation 📦📦📦
93. LifeTime Charity Donation of Plants to their Garden 🌈
94. Jet2 Donation to 'Hope For Children' Charity 🍷🍷🍷
95. Donation to Halton Carers 📦📦 Halton Carers
96. Donation to Urgent Family Appeal 📦📦 Kings Church Warrington 🌈
97. Donation of Wood to B&Q Foundation 🌈
98. Donation of to Ronald McDonald Charity 🌈
99. Donation to Urgent Family Appeal 📦📦 Warrington Youth Club

100 Acts of Kindness in 2021



100. Helped with the Donation of 360 Fresh laid Eggs from Cheshire Egg Supplier – The Egg Lady for the Room At The Inn Homeless Charity 🌈

Some Social Media Feedback



20:03

31%

← Tweet



Aldi Stores UK
@AldiUK

We're behind you every step of the way [#GoodEggs](#)



Ruben & Elena's Be a Good Egg... · 21 Jul

@az703 @AldiUK Great picture of Ruben & Elena shopping at Aldi Warrington to provide Food for Food Banks as part of their #100ActsOfKindness campaign this year 🌈



15:12 · 22 Jul 21 · Twitter Web App

Tweet your reply



