

Assembly Resource

Read through the information about the two initiatives. Share your thoughts. Can we think of any other ways that we can show our support and thanks to those who help us?

Clap for Carers



In March 2020, London resident Annemarie Plas (pictured right) came up with the concept of 'Clap for Carers', a way for people to show their appreciation and thanks to NHS staff and key workers, who were continuing their work after the first lockdown began.

The first clap took place on 26th March and for the next 10 weeks, each Thursday at 8pm, people would stand outside their homes, clap and make noise to show thanks!

Clap for Heroes



**CLAP FOR HEROES
THIS THURSDAY AT 8PM**

Clap For Our Carers is back for 'Lockdown 3', but this time we've widened our campaign and updated our name to Clap For Heroes!

In what is hoped will become a weekly event again, Clap For Heroes will not only celebrate our NHS, care workers and key workers – from delivery drivers to postal workers, emergency services to teachers – but will also acknowledge every hero who has played their part through the pandemic, including but not limited to: home-schoolers, neighbours, scientists, volunteers, all those who wear masks when out, those who have stayed at home and socially distanced, shop workers, those in the Arts and hospitality sectors, everyone who has battled or is still battling Covid-19 (or caring for a loved one who is unwell), and also those sorely missed loved ones and friends who have been tragically lost to the virus.

Please join us on doorsteps and balconies (wearing masks and at a safe social distance) across the UK this Thursday at 8pm and let's show our appreciation to all our heroes!

Source: clapforourcarers.co.uk

At the start of 2021, following the announcement of a third national lockdown in the UK, Annemarie launched the 'Clap for Heroes' initiative. As well as clapping for NHS staff and key workers, the Thursday clap will celebrate many other heroes, who have played a role in helping or supporting others at this time.



Above: Clap for Carers and Clap for Heroes founder, Annemarie Plas.