



## Sixty seconds on . . . covid kindness

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The BMJ

### Kindness?! We have more pressing needs than that!

Yes, you do. But this column is going to focus on the nice things that people are offering to do for NHS staff during this time.

### Okay, like what?

Well, for a start, a lot of companies have offered free hot drinks to NHS workers. Pret made all hot drinks free for NHS staff, as well as offering them 50% off food, although all stores closed on 21 March.<sup>1</sup> Greggs, whose coffee apparently isn't half bad, are also offering free hot drinks to health, social, and emergency service staff.<sup>2</sup> Arguably slightly less generously, Starbucks have offered all NHS, council, and emergency staff free filter coffee.<sup>3</sup>

### But I'm hungry

Fear not, there is discounted food to be had. Leon is offering 50% off for all NHS staff.<sup>4</sup> Carluccio's is also offering 50% off food and drink in its restaurants, on takeaway, and all products including pasta (if they have any), sauces, rice, biscuits, and gifts in its delis. Oh, and you get free hot drinks too, you just need to show your NHS ID to claim.<sup>5</sup> If Italian isn't your thing, Itsu is also offering 50% off its fast food, plus free hot drinks and miso.<sup>6</sup>

### But we're not allowed to eat out!

Ah, good point. If you need to get food in, M&S have said that the first hour of trading on Tuesdays and Fridays will be reserved for NHS and emergency staff.<sup>7</sup> That's not just a kind offer, that's an M&S kind offer . . .

### Very good. But now I'm full and tired

What is this, Maslow's hierarchy of needs? You are in luck, however, especially if you're a football fan. Hotel Football in

Manchester is offering 176 beds to NHS staff free of charge.<sup>8</sup> Meanwhile, in London, Chelsea Football Club's Millennium Hotel at Stamford Bridge has been made available for NHS staff.<sup>9</sup>

### I might meet a footballer! Better look my best . . .

Ah-ha! I have just the thing for you—Rush hair and beauty are offering a free wash, blow dry, and hair style to all NHS staff.<sup>10</sup>

### Anything else?

Well, if things go really well, bridal store Pronovias are offering wedding dresses to hospital employed brides-to-be.<sup>11</sup> The "heroes collection" will be available until 31 August at selected flagship stores. And if it doesn't work out, you can always wear it while you're shopping in M&S.

Special thanks to @yathprem on Twitter for this thread which details all these discounts and more: [twitter.com/yathprem/status/1240241070576893953](https://twitter.com/yathprem/status/1240241070576893953)

- 1 <https://twitter.com/Pret/status/1240197249910611969>.
- 2 <https://twitter.com/GreggsOfficial/status/1240598369938092032>.
- 3 <https://twitter.com/StarbucksUK/status/1240670401765703681>.
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- 5 <https://twitter.com/Carluccios>.
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- 7 <https://twitter.com/markspencer/status/1240594757098844160>.
- 8 [https://twitter.com/hotelfootballuk?ref\\_src=twsrc%5Etfw%7Ctwcamp%5Etwem%5Etwterm%5E1240313520643887105&ref\\_url=https%3A%2F%2Fnews.sky.com%2Fstory%2Fcoronavirus-gary-neville-and-ryan-giggs-open-hotels-to-nhs-staff-free-of-charge-11960012](https://twitter.com/hotelfootballuk?ref_src=twsrc%5Etfw%7Ctwcamp%5Etwem%5Etwterm%5E1240313520643887105&ref_url=https%3A%2F%2Fnews.sky.com%2Fstory%2Fcoronavirus-gary-neville-and-ryan-giggs-open-hotels-to-nhs-staff-free-of-charge-11960012).
- 9 [www.chelseafc.com/en/news/2020/03/18/hotel-at-stamford-bridge-to-be-used-by-nhs-medical-staff](http://www.chelseafc.com/en/news/2020/03/18/hotel-at-stamford-bridge-to-be-used-by-nhs-medical-staff).
- 10 <https://twitter.com/RUSHHairBeauty/status/1240011453643534338>.
- 11 [www.instagram.com/p/B96\\_Vjmln\\_i](http://www.instagram.com/p/B96_Vjmln_i).

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