



**Sir Captain Thomas Moore**  
**1920 - 2021**

Captain Tom was a former British soldier who served in India and was involved in the Burma campaign during the Second World War. On April 6<sup>th</sup> 2020, at the age of 99, he began a walk around his garden in aid of NHS Charities Together during the COVID-19 pandemic. He initially set a target of raising £1,000 by his 100<sup>th</sup> birthday by walking 100 laps of his garden.

Within 24 hours, as soon as the public knew what he was doing, he exceeded that target and a new target was set.

After a short time, he had raised £500,000 as more people around the world got involved. The final figure raised was over £32,000,000!

Here are 3 lessons that we can take from Captain Tom Moore:

1. The power of habit - Set a daily goal and live it out.
2. Integrity - Always be honest and kind to others.
3. Optimism - Believe that tomorrow will be a good day.