

MY HERO IS...



#HeroOfHamelin

INSTRUCTIONS



1. Simply write a word/brief description of who your hero is and why
2. Take a photo holding this.
3. Post the photo to Twitter, Instagram or Facebook – tag your hero in the post.
4. Nominate at least 1 friend to take their turn.

Make sure you include the following when posting on social media:

“I nominate [Name here] to take part in **#HeroOfHamelin** in the next 48 hours and text **Bpos01 £1** to **70070** to give £1 to Bpositive.”

Facebook facebook.com/bpositive.org.uk

Twitter @b_positive_org

Instagram b_positive_org

Jonjo Rooney, founder of Bpositive is planning to cycle 500 miles in September to the home town of his hero and bone marrow donor in Hamelin in Germany.

To read the full story go to bpositive.org.uk/hero-of-hamelin

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