

Captain Tom inspires boy with spina bifida to walk for NHS

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A six-year-old boy with spina bifida has raised more than £110,000 for the NHS by walking ten metres a day after Captain Tom Moore inspired him to use his walking frame. Frank Mills, from Bristol, started walking only 18 months ago and his family have struggled to encourage him to travel even short distances.

However, after he saw [Mr Moore](#), the 99-year-old Second World War veteran who has raised more than £27 million for the NHS by completing 100 laps of his garden with a walking frame, Frank told his family: "I want to do that!"

Janet Mills, his mother, told *The Times*: "We grabbed hold of that magic moment of motivation and we took his walker outside for him and chalked out ten metres with a start and finish line and two-metre 'You can do it!' markers. Frank's enthusiasm was not just surprising but invigorating and as he shouted at one of our neighbours to sponsor him, we thought why not? . . . We quickly put something up on JustGiving and shared the link on Facebook, and from that moment it took off. We cannot believe how people are responding."

Frank had initially wanted to raise £99 for NHS Charities Together.

As well as having spina bifida, where the spine does not develop properly in the womb, Frank was born prematurely at 25 weeks. He spent five months in the neonatal intensive care unit at Southmead Hospital and has received care at home and at the Bristol Royal Hospital for Children.

Mrs Mills said: "He absolutely loves the NHS and all the amazing doctors and nurses and therapists we have benefited from, so I think in his head that is who he is supporting."

Frank's father, Tony, said: "People have been so generous . . . It restores your faith in humanity."

Others have been inspired by the efforts of Mr Moore. Win Page, 99, is aiming to walk 100 lengths of her driveway before her 100th birthday next Tuesday to raise money for the North West Ambulance Service NHS Trust. She has raised more than £10,000. Mrs Page, from Middleton, Greater Manchester, told the *Manchester Evening News*: "Captain Tom has been such an inspiration. He's actually two days younger than me, so I thought if he can do it, so can I."