

Wash Your Hands This Is What We Do

Never before has the message been so crucial.

That's why, Action Amanda is releasing 'Wash Your Hands' - the track that gets the message across to children the world over.

Featuring memorable lyrics, performed by The Beautiful South's Alison Wheeler and a video children can understand and relate to.

Available to download here <https://www.youtube.com/watch?v=wFKsrSQdHys&t=7s> for just 59 pence with proceeds going to The Chelsea Community Hospital School.

Amanda will also perform the track daily during her live online classes. For more information and to join in: www.amandasactionclub.co.uk

Amanda is a dynamic educator who influences children to be fit and healthy through fun, high energy educational activities.



"I've spent the past thirty years working with children – teaching them, through movement and exercise - key social and developmental skills. My goal is to promote positive health and wellbeing in our communities. My Wash Your Hands song has always been popular, but never so timely and that's why I'm releasing it now. My aim is to keep children safe from Covid-19 and raise funds for a much-needed, but often over-looked charity in the process."



Chelsea Hospital School

Chelsea Community Hospital School provides outstanding education and support for children and young people across 5 London hospitals, as well as teaching those who can't access mainstream school due to medical or mental health conditions.

CONTACT INFORMATION

Amanda Frolich

07946 707695

amanda@amandasactionclub.co.uk

 [amandasactionclub](https://www.facebook.com/amandasactionclub)

 [amandasaction](https://www.youtube.com/amandasaction)

 [AmandaFrolich](https://twitter.com/AmandaFrolich)

 [actionamanda](https://www.instagram.com/actionamanda)

