# Katie Piper’s charity work shines at the Variety Awards, championing vulnerable children and survivors of trauma



Katie Piper has emerged as a formidable champion for vulnerable and disadvantaged people, building her life around helping others after surviving a brutal acid attack in 2008. The best-selling author, broadcaster, and charity campaigner credits the wave of kindness she experienced during her darkest days for shaping her mission. Speaking ahead of hosting the Variety Club Showbusiness Awards, she reflected on how the support she received from the NHS, charities, and the British public inspired her to stand up for those who are "different, disadvantaged or forgotten." She emphasised that true charity goes beyond money; it involves time, energy, compassion, and using one’s own story to help others.

This year marks Piper’s first time hosting the star-studded Variety Awards, an event celebrating excellence in entertainment while raising funds for disabled and disadvantaged children. The awards evening honours notable figures such as England football captain Leah Williamson and legendary singer Petula Clark. But for Piper, the glamour is secondary to the cause. During a recent visit to Meadow High School in Uxbridge, supported by Variety, she witnessed firsthand how the charity’s Sunshine Coaches – specially adapted buses – provide disabled and disadvantaged children with freedom, independence, and access to experiences that many take for granted, such as swimming and museum visits. She described these resources as “lifelines” rather than luxuries, vital to giving children a chance to be part of the world.

Her involvement with the Variety Awards connects deeply with her broader charity work. The Katie Piper Foundation, launched in 2009, supports survivors of burns and disfigurement, helping them access rehabilitation and rebuild confidence. Having undergone over 250 operations herself, Piper remains resolutely positive, rejecting victimhood and focusing on meaningful change. She was honoured with an OBE in 2022 for her services to charity, recognising her tireless commitment to those affected by burns. The foundation offers personalised physical, mental, and emotional support through a team informed by lived experience, helping survivors and their families navigate recovery.

Beyond burns survivors, Piper extends her advocacy to women in prison. Volunteering and facilitating workshops inside women’s prisons, she offers confidence-building and therapeutic activities such as poetry classes and park runs. Her engagement began after inmates reached out to her, naming a wing after her in a Louisiana prison. This inspired her to create the documentary *Locked Up in Louisiana*, which explored how female prisoners in the US are often incarcerated for acts of self-defence. The experience underscored for her the cyclical nature of trauma—how victims can become perpetrators—a cycle she is determined to help break.

Motherhood has further deepened Piper’s empathy, connecting her to the fragility and preciousness of life. She notes that kindness was a fundamental value in her upbringing in a close-knit village where her mother was a teacher and the community cared for one another. It is this enduring spirit of kindness that continues to guide her life and work. Speaking about the Variety Awards, Piper feels the responsibility keenly, wanting to do right by the children and families the charity supports – a sentiment backed by her close relationship with Simon Cowell, a longtime patron of her foundation and a previous lifetime achievement honouree at the event.

In addition to her charitable activities, Katie Piper is an established media personality, presenting ITV1’s *The Katie Piper Breakfast Show* and serving as a regular panellist on *Loose Women*. She has authored over 15 best-selling books, spanning autobiographical works to children’s series, and is a sought-after keynote speaker on topics including happiness and resilience. Her advocacy has also involved raising awareness of mental health and domestic violence, combining her public platform with personal passion to drive positive societal change.

Katie Piper’s multifaceted work—rooted in resilience, kindness, and lived experience—has made her a beacon of hope and empowerment for many. As she steps onto the stage at the Variety Club Showbusiness Awards, her focus remains on transforming celebrity and spectacle into genuine support and opportunities for the most vulnerable children across the UK.

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* Paragraph 1 – [[1]](https://www.express.co.uk/news/uk/2123390/Katie-Piper-Kindness-Is-the-Real-Superpower), [[2]](https://www.itv.com/news/2022-02-09/trauma-doesnt-have-to-be-a-life-sentence-says-katie-piper-as-shes-made-obe), [[4]](https://prideofbritain.com/award-winner/2012-winner/katie-piper/)
* Paragraph 2 – [[1]](https://www.express.co.uk/news/uk/2123390/Katie-Piper-Kindness-Is-the-Real-Superpower)
* Paragraph 3 – [[1]](https://www.express.co.uk/news/uk/2123390/Katie-Piper-Kindness-Is-the-Real-Superpower), [[3]](https://katiepiperfoundation.enthuse.com/), [[2]](https://www.itv.com/news/2022-02-09/trauma-doesnt-have-to-be-a-life-sentence-says-katie-piper-as-shes-made-obe)
* Paragraph 4 – [[1]](https://www.express.co.uk/news/uk/2123390/Katie-Piper-Kindness-Is-the-Real-Superpower), [[5]](https://diversity-inclusion-speakers.com/speaker/katie-piper/)
* Paragraph 5 – [[1]](https://www.express.co.uk/news/uk/2123390/Katie-Piper-Kindness-Is-the-Real-Superpower), [[7]](https://champions-speakers.co.uk/speaker-agent/katie-piper), [[6]](https://womensfitness.co.uk/running/katie-piper-interview/)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.express.co.uk/news/uk/2123390/Katie-Piper-Kindness-Is-the-Real-Superpower> - Please view link - unable to able to access data
2. <https://www.itv.com/news/2022-02-09/trauma-doesnt-have-to-be-a-life-sentence-says-katie-piper-as-shes-made-obe> - In February 2022, Katie Piper was awarded an OBE by the Princess Royal at Windsor Castle for her services to charity through The Katie Piper Foundation, which supports burns victims. Piper, who suffered an acid attack in 2008, has undergone over 250 operations and remains positive, stating that trauma doesn't have to be a life sentence. She founded the Katie Piper Foundation in 2009 to help burn survivors reintegrate into society. ([itv.com](https://www.itv.com/news/2022-02-09/trauma-doesnt-have-to-be-a-life-sentence-says-katie-piper-as-shes-made-obe?utm_source=openai))
3. <https://katiepiperfoundation.enthuse.com/> - The Katie Piper Foundation, established in 2009, is a UK charity dedicated to supporting individuals who have experienced life-altering burns and scarring. The foundation aims to improve survivors' quality of life by providing physical, mental, and emotional support through personalized rehabilitation programmes. Their services are informed by lived experience and led by a specialized team, assisting survivors, their families, and loved ones throughout the recovery journey. ([katiepiperfoundation.enthuse.com](https://katiepiperfoundation.enthuse.com/?utm_source=openai))
4. <https://prideofbritain.com/award-winner/2012-winner/katie-piper/> - In 2012, Katie Piper received a Pride of Britain award for her inspiring journey after surviving a horrific acid attack in 2008. The award recognized her efforts in raising awareness for victims of burns and disfigurement injuries through the Katie Piper Foundation, which campaigns for specialist treatment and offers workshops with top make-up artists. Piper's resilience and dedication have made her a beacon of hope for many. ([prideofbritain.com](https://prideofbritain.com/award-winner/2012-winner/katie-piper/?utm_source=openai))
5. <https://diversity-inclusion-speakers.com/speaker/katie-piper/> - Katie Piper is an acid attack survivor, best-selling author, and founder of The Katie Piper Foundation. She is a presenter on ITV1's 'The Katie Piper Breakfast Show' and a weekly panellist on 'Loose Women'. Piper has authored over 15 best-selling books, including 'Beautiful', 'Things Get Better', and 'Things I'd Tell My Child'. She has also been involved in documentaries such as 'Katie: My Beautiful Face' and 'Locked Up in Louisiana'. ([diversity-inclusion-speakers.com](https://diversity-inclusion-speakers.com/speaker/katie-piper/?utm_source=openai))
6. <https://womensfitness.co.uk/running/katie-piper-interview/> - In an interview with Women's Fitness, Katie Piper discussed how running has positively impacted her life, providing increased energy, stamina, and discipline. She highlighted the significance of running events that support mental health and domestic violence charities, noting a rise in participation for such causes during the COVID-19 pandemic. Piper also emphasized the freedom and joy that running brings, especially after periods of restrictions. ([womensfitness.co.uk](https://womensfitness.co.uk/running/katie-piper-interview/?utm_source=openai))
7. <https://champions-speakers.co.uk/speaker-agent/katie-piper> - Katie Piper is a prominent figure in television, hosting ITV1's 'The Katie Piper Breakfast Show' and serving as a panellist on 'Loose Women'. She is also the face of the W Channel, fronting programmes like 'Katie Piper’s Jailhouse Mums'. Piper has authored over 15 best-selling books, including 'A Little Bit of Hope' and her children's series, beginning with 'All You Need'. She is a sought-after keynote speaker, delivering talks such as 'The Answer to Happiness'. ([champions-speakers.co.uk](https://champions-speakers.co.uk/speaker-agent/katie-piper?utm_source=openai))