Dear friends

Since my last Note from the wilds of Suffolk many loved ones, friends and colleagues in various parts of the world celebrated Victory in Europe Day on the 8 May marking the day in 1945 when Britain and its allies accepted the unconditional surrender of Germany, bringing the war in Europe to an end.

Due to the coronavirus pandemic no large-scale street parties or parades were able to take place. In a message from our Prime Minister Boris Johnson he stated "*We can't hold the parades and street celebrations we enjoyed in the past, but all of us who were born since 1945 are acutely conscious that we owe everything we most value to the generation who won the Second World War"*

This certainly resonated with all age groups as their thoughts and emotions during these current times reflect on how the world is struggling to cope with a pandemic and the lack of clarity and insight into post pandemic impact on one's everyday life in the future.

On the 8 May there were many celebrations via the media which encouraged viewers and listeners to join in singing and raising their celebratory tipple virtually. Many friends and families celebrated via social media or social distancing raising a glass (or two) at 15.00 GMT. I think the photograph I received encapsulates the wonderful, positive family spirit of the day.

Since the start of the unprecedented situation we are currently in, and trying to alleviate the monotony of social isolation, I rediscovered the therapeutic joy of home baking again! However, I have become addicted to my Lemon Cakes, hence discipline and self-control is now urgently required.

A new challenge: Following an email conversation with a friend we begun to share recipes, and this has given me an idea for the Leg Club Foundation. Each and every one of you will have a favourite recipe, whether for a healthy meal, a savoury snack or a sweet treat and I would value you sharing them to enable us to create a Leg Club Recipe Book as a fundraising venture. Many elders have fantastic recipes and it would be extremely awe-inspiring to receive much loved family favourites to be included.

Another positive thought for our wellbeing: "*Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."* (Dalai Lama)

Whilst we are experiencing new encounters in our lives each and every one of you are very much in my thoughts during these uncharted waters.

Warmest regards and stay safe and well.

Ellie