Dear friends

I hope everyone is looking forward to slowly being liberated from the past weeks of lockdown and returning to some form of normality as we enter into the summer season embracing wonderful long sunny days and appreciate the unique gifts it has to offer. It's certainly hard to believe that in just a few short months our world has completely changed, with many people personally impacted by COVID-19. Yet despite this, we remain resilient, showing compassion toward our friends, colleagues and neighbours.

In recent weeks' time has certainly not stood still as our gardens are full of wonderful bright colours of summer which is extremely therapeutic. It is often this time of year, with the promise of sunshine, that we turn to planning new summer adventures. Yet for many of us our family and professional lives have been challenging due to having to adjust to new travel restrictions making choices limited to planning holidays.

Following my recent call for recipes I have been amazed at the international response from friends and families who kindly shared their favourite recipes. This will enable me to create a Leg Club Favourites Recipe Book as a fundraising venture for the Foundation charity. The content comprises much-loved family favourites and signature dishes from around the world with many friends providing an emotional account of their selected recipe. By giving such an insight to their chosen recipes reaffirms the importance of sharing as everyone has a story to tell and communication with others is so important in this day and age!

In this social distancing environment, it is all too easy to lose sight of the potential long-term consequences from the imposed restrictions of seniors and vulnerable 'at risk' group and the impact on withdrawal of their family and social relationships it has made. For many of us it has been a time for reflection and as a friend stated "*I really feel for everyone who is isolating alone, it's not a natural thing to do! The whole thing has made me realise that I never have 'time' and my life will / is changing over this pandemic. I'm going to prioritise the important things in life*".

Whilst many of us will celebrate the easing of social restrictions it's important to remember that regardless of age some people may find their self-confidence and motivation to reintegrate back into the public domain challenging through fear of the unknown and what our post-lockdown lives will be. Many elders may struggle after enforced isolation over many weeks to gain their confidence to venture out again and will require sensitivity, support and encouragement from their friends and loved ones.

Remaining positive in thought is key to moving on and vital for our wellbeing: "*Let us try to recognize the precious nature of each day" and* "*It is under the greatest adversity that there exists the greatest potential for doing good, both for oneself and others.*" (Dalai Lama)

Warmest regards and stay safe and well.

Ellie