Dear friends

The impact of the past months has been emotional for many and now we are experiencing ‘shifting sands’ as it is increasingly clear that across the world COVID-19 will remain part of our lives for months to come. Life is however returning to the 'new normal’ as we make adjustments to the challenges and directives upon re-entering society and begin to give thought to what re-engagement and social freedom albeit in an unfamiliar way will make.

Since lockdown began our interconnected digital world usage has increased as people seek information on goods, services and health information via the internet. Many elders became digitally minded seeking pursuits that provided exercises, ‘peace of mind’ and productive ways of staying independent. Remaining active is a key component to keep our bodies and mind healthy and the wonderful photo captured by a Swiss colleague encapsulates the idyllic benefits “*we try to go out for bicycle rides in the afternoon in the country avoiding people and breathing in the perfumes of nature’*

As the world reopens around us, I have reflected and been truly inspired at how adversity has brought out an intergenerational community spirit and have personally witnessed a strong focus on how younger people are helping the older generation. Many of us have observed a reconnection of generations and collaborative working relationships of those becoming involved in our communities offering practical support from neighbours and volunteers, all which has strengthened and brought back the old fashion community spirit.

Being age friendly has demonstrated the consequence of social support and connectedness, and, most importantly the way some communities have formed social networks within their neighbourhood. Irrespective of age many individuals living alone may possibly experience a lack of motivation to prepare meals or undertake activities. This has been addresseed by some communitiies providing local ‘at risk registers’ highlighting an individuals need for shopping, advice and support on topics such as keeping active and addressing lonleness. Just by having somebody in their life who cares about them, encouraging exercise and having a good diet can enhance one’s mental health and wellbeing. In spite of this positivity and cultural change within many communities, as we emerge out of the recent pandemic, it’s vital we maintain this community spirit and camaraderie as opposed to regressing to an age segregated society.

The much-awaited Leg Club Favourites Recipe Book has something to offer everyone, from savoury dishes to healthy salads and truly scrumptious, deliciously wicked cakes! Due to the enormity of the editing and design the schedule is to promote the recipe book at the end of September. It’s been an amazing project and I am overwhelmed at the commitment and contribution from everyone involved within the Leg Club network and wider international community. Ending on a positive note “*Only the development of compassion and understanding for others can bring us the tranquillity and happiness we all seek.” Dalai Lama*

Warm regards

Ellie