



# Lockdown recipe book tackles isolation and brings people together for charity

Suffolk, UK, 2<sup>nd</sup> November 2020 marks the release of the *Leg Club Favourites* recipe book

The Leg Club Favourites charity recipe book was created during lockdown and celebrates our connection with others through the joy of food. It contains contributions from NHS and international healthcare practitioners, volunteers, members and friends of Leg Clubs across the UK and further afield. It is the result of socially-distanced community spirit and support, which has been so important during these difficult times.

What started as a way of reducing feelings of social isolation and tackling the lockdown blues with a few friends rapidly grew into what is now the *Leg Club Favourites*. Over 150 recipes were contributed by over 70 individuals in just a few weeks after Ellie Lindsay, Lifetime President of the Lindsay Leg Club Foundation, invited her contacts to share their favourite dishes. This book contains contributions from people of all ages and nationalities. It has recipes old and new, from tried and trusted favourites handed down through generations, to families' and chefs' signature dishes and the expertise of experienced Leg Club cake makers. Friendly competition has been welcomed. There are various contenders for

the best lemon drizzle cake and no less than three different versions of Dorset apple cake! There are also contributions from foodies and award-winning renowned chefs.

There is a recipe to suit everyone in this book, as it includes quick and simple meals as well as more complex dishes. There are English classics such as toad in the hole, casserole and pheasant, alongside modern and international dishes such as vindaloo, bobotie, Finnish baked salmon, paella, koftas and vegan oat and lentil balls. Not to mention various breads, cakes, puddings and biscuits.

All of the profits made from sales of this book will be donated to the Leg Club Foundation (CRN 1111259) and so directly support the work of Leg Clubs, which care for people with lower leg wounds in a community setting. Many people with leg wounds are isolated as a result of pain, mobility issues and the stigma surrounding their wounds. This book will make a much-needed contribution to this undervalued and sadly often neglected group of people.

## Quotes:



**Ellie Lindsay OBE, Lifetime President, Lindsay Leg Club Foundation:**

*'This is a recipe book with a big heart. Something positive always comes out of unexpected situations. The unfamiliar sense of isolation resulting from lockdown gave me an important reminder of the sense of isolation many people suffering from long-term chronic health problems, such as leg ulceration, have to deal with on a permanent basis. I am thrilled, humbled and honoured that so many people came together at short notice to share their recipes and associated stories.'*

**Baroness Masham of Ilton, Lindsay Leg Club Foundation Patron:**

*'The Leg Club Recipe Book was created out of a desire to connect with people at a time when face-to-face gatherings were not possible. As many of us sat at home, unsure of what the future held, our key workers were battling against COVID-19 to protect us. Among those key workers were the volunteers and local NHS/GP provider clinical teams who run weekly Leg Clubs that so many rely on for clinical care, companionship, a cup of tea and an hour or 2 out of the house. Thanks to these individuals – a number of whom contributed to the Leg Club Recipe Book – this work did not stop completely during the UK lockdown. All the profits from this book will help support the Leg Club Foundation, ensuring that continued care and support reaches those who need it most.'*



## About the Leg Club

The Leg Club Foundation has been created to relieve suffering associated with problems of the lower limb and related conditions through the implementation of an award-winning model that motivates and empowers individuals to take ownership of their care, alleviate their suffering and reduce the stigma attached to their condition. It also seeks to further advance education in all aspects of leg health among sufferers, carers, the general public and the healthcare professions.



Person-centred care is a vital part of providing successful treatment for people with problems relating to the lower limb and chronic leg wounds. The Leg Club Foundation is calling for the creation of a universal charter of individuals rights, to be adopted by all clinicians and healthcare professionals involved in the complex world of lower limb treatment. This will not only transform individual care but will also help to reform policies at the highest level.

Contact details: **Ellie Lindsay**

Email: **[ellie.lindsay@legclubfoundation.com](mailto:ellie.lindsay@legclubfoundation.com)**

or telephone: **07771 962021**

