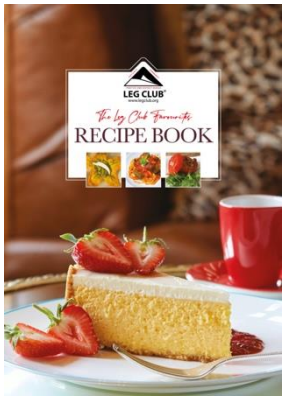
Dear friends

One of the most widely known December holidays is Christmas with a wide variety of multinational festivals and holidays celebrated around the world, within particular religions, cultures, or otherwise. As we enter this festive month it's important to maintain our intergenerational community spirit as many people feel even lonelier at Christmas. Consider helping people who are homeless, living alone or have lost a loved one who may be socially isolated perhaps longing to hear a human voice. No matter how small your act of kindness and support is it will be appreciated and bring comfort to many. Also, give a thought for our friends, professional colleagues and loved ones at this special time of year! "*Every gift which is given, even though it be small, is in reality great, if it is given with affection". Pinder*

During the current modified lockdown our village received an incident report relating from our local policemen and his colleague whilst patrolling the villages (a rarity!) monitoring for signs of anti-social behaviour at night. The report contained one obstructive character they met being a belligerent badger, running in front of the Police car, then refusing to move over to allow them to pass, fortunately it was the only 'incident' they witnessed! However, I would love to of heard how the incident was dealt with?



The launch of the *Leg Club Favourites Recipe book* has been a great success thanks to the tenacity of Leon (designer) and Charlotte (editor) who worked incredibly hard to ensure a professional outcome. For me being tactile along with non-verbal communication and facial expressions are an important language and this was and still is greatly missed whilst social distancing. Yet, when I see the recipes in print it effectively conjures up the wonderful correspondence, I had experienced over the months with all who contributed. Throughout the project I was able to maintain communication with my family, friends and colleagues within the global Leg Club network, whilst keeping mentally active and enjoying the challenge of independently creating a project. It has been an amazing learning curve that was productive and meaningful hence, a sincere "Thank You" to all involved and to those who have supported this venture by purchasing the much awaited recipe book.

All monies received from the sale of the book will be 100% donated to the Leg Club Foundation (CRN 1111259) and so directly support the work of Leg Clubs, which care for people with problems of the lower leg and wounds in a social community setting.

As the year comes to a close, I think we can all agree it's been a very strange year indeed as we realise our Christmases are likely to be different this year. Hence, it's more important than ever to keep our spirits up, creativity alive and keep smiling knowing that what is certain is spending time with friends and loved ones (whether in person or virtually) will still be a top priority. Who would have thought we would still be in a global pandemic as we enter the last month of the year? However, as 2020 draws to a close, it does so with a few promising lights at the end of the tunnel.

Regardless of one's beliefs this heartfelt greeting is sent to let you know I am thinking of you and as the year ends, I would like to take this opportunity to wish you and your families joy, warm memories and peace.

Warm regards
Ellie