

LUSSMANN'S

FISH & GRILL

NEWS RELEASE – 8 February 2017

Chefs raise £10,483 for Youth Talk in one night at The Dream Team Charity Dinner on 7 February 2017



[Left to right: Trevor Fromant, Chief Executive of Youth Talk, Lady Verulam, Patron of Youth Talk and Andrei Lussmann]

The first **Lussmann's Dream Team Charity Dinner**, on **7 February 2017** hosted by **Andrei Lussmann** has raised **£10,483** for local counselling charity **Youth Talk**.

Chefs from four local restaurants: Richard Cramer (Oxscale), Drew Knight (Dylan's at the King's Arms), Nick McGeown (Lussmann's) and Phil Thompson (Thompson St Albans) prepared a special four course meal for 76 diners at this fundraising event at Lussmann's St Albans.

Special guests included Lady Verulam (Patron of Youth Talk), Trevor Fromant (Chief Executive of Youth Talk) and Maggie Turner OBE (Trustee of Youth Talk), along with Peter Borg-Neal (Founder and CEO of Oakman Inns) and Andy Harrison (Chairman of Dunelm Group and former CEO of Whitbread PLC).

Diners were welcomed with drinks and canapés, had the opportunity to find out more about Youth Talk's much-needed counselling services for local young people, and met each chef as they introduced their dishes.



[Left to right: Andrei Lussmann, Nick McGeown, Phil Thompson, Richard Cramer and Drew Knight]

The four courses were:

Starter - Richard Cramer, Oxscale

Pork and Apple ~ pressed pork shoulder, liver parfait, apple, red cabbage, crispy crackling

Fish - Nick McGeown, Lussmanns

South Coast MSC mackerel soused heritage beetroot, blue borage

Main - Drew Knight, Dylans at The Kings Arms

Red wine braised ox cheek ~ cauliflower, beef dripping, Tunworth

Dessert - Phil Thompson, Thompson St Albans

Rhubarb and custard arctic roll ~ poached home-grown rhubarb, aerated white chocolate and pistachio (pictured)

Coffee and tea, with petits fours prepared by Phil Thompson



Proceeds from the ticket sales and a special raffle held on the night to win dinner for two at all four participating restaurants raised £5,241. This total was then doubled by a personal donation from entrepreneur Luke Johnson, a major shareholder and member of the Board of Directors for Lussmanns. At the end of the evening, Andrei Lussmann presented a cheque for £10,483 to Youth Talk and Lady Verulam thanked everyone warmly for their efforts in making the event a success.

Reflecting on the night, Andrei Lussmann said: *“This was a unique experience in St Albans, enjoyed by all, where ‘local’ really meant local! Every hour of labour and every ingredient was donated for free to raise as much money as possible to support the excellent work of Youth Talk. Huge thanks to all the guest chefs and Lussmanns staff that volunteered and to everyone who joined us.”*

Trevor Fromant, Chief Executive of Youth Talk said: *“The Dream Team Dinner was a complete triumph. Andrei, the guest chefs and Lussmanns staff did an amazing job and produced delicious dishes. The amount raised for Youth Talk was incredible. It will make a significant difference to the number of young people that we can work with this year.”*

NOTES

About Youth Talk

Youth Talk is an award-winning community counselling charity located in St Albans where 13 – 25 year olds with mental health issues who live, work or attend school in the District of St. Albans and Harpenden can refer themselves for help. Since 1997, over 2,400 young people have used the service and in 2017 Youth Talk will be celebrating its 20th anniversary.

Youth Talk provides a discrete, secure, warm and non-judgmental environment. All counsellors are qualified therapists and highly experienced in working with young people. Although young people are not charged a fee, it costs around £170,000 a year to run the service. With a growing waiting list and over 50 young people being seen each week, Youth Talk needs funds and is trying to establish broader community support.

Mental illness in the young has nearly doubled in a generation. Early access to a psychological intervention has been shown to improve emotional and mental health and resilience and change relationship patterns, breaking negative cycles. On average, 80% of Youth Talk's clients show improvement with a number of independent evaluative measures being used together with feedback from the young people seen, and the therapists who treat them.

In their own words

"Coming to Youth Talk has probably been the single most beneficial thing for my mental health in my life." Emily (not her real name) aged 15

"If I hadn't come to Youth Talk I would have 'got more depressed. Thank you, this service has made a massive difference to my life'." Nina (not her real name) aged 17

About Lussmanns Fish & Grill Restaurants

- Lussmanns is the locals' fish & grill restaurant, championing the best welfare-driven British producers, and dedicated to looking after all the family.
- We have been recommended by *The Good Food Guide* since 2010.
- We are founder members of the Sustainable Restaurant Association (SRA), SRA Three Star Sustainability Champions and won UK Sustainable Small Restaurant Group of the Year at the SRA Awards 2014 & 2015.
- We were voted 'People's Favourite' at the national Food Made Good Awards 2016 and described by the awards partner, the Independent on Sunday as *'Ethical, delicious and preach-free'*.
- We have restaurants in St Albans, Hertford, Harpenden and Hitchin in Hertfordshire.
- For more information, including supplier details, please visit our website at www.lussmanns.com, join us on facebook at <http://www.facebook.com/LussmannsRestaurants> and twitter @lussmanns and @AndreiLussmann.

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