

**LSE**

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POLITICAL SCIENCE ■

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# Mental Health Champions Cookbook





Food is often described as fuel for your body, and plays a vital role in maintaining your physical health. Nourishing yourself can also help reduce tiredness and irritability levels which often come with irregular eating patterns. When combined with other factors, a healthy and varied diet can help to regulate hormones which play an important role in balancing your emotional health.

Beyond nourishing the body, mealtimes and the preparation of food can provide an opportunity to share meaningful time and space with loved ones. This can provide a base for strengthening bonds, sharing experiences and even making new memories to cherish.

Food also plays an important role in the lives of families across many cultures, the sharing of which is often associated with warmth and connection. Here at LSE, we would like to come together to share our own fond memories, favourite staying-well tips and cherished recipes. We hope that these help you to nourish your body, mind and soul.

With warm wishes,

LSE Mental Health Champions



## **Mental Health Champions Cookbook**

# Beetroot and Feta Patties

Sebastiaan Eldritch-Böersen, Accessibility and User Experience Expert, DTS Solutions and Partnering

I like these in a brioche bun with salad leaves, cucumber, blue cheese and mayonnaise.

## Ingredients

3 to 4 (350g) raw beetroots, peeled  
10g fresh basil leaves, picked  
1 small onion, peeled  
2 cloves of garlic, pressed  
150g rolled oats  
2 tbsp extra virgin olive oil  
2 eggs  
200g feta or organic firm tofu, drained and cubed  
1 tsp sea salt  
Extra virgin olive oil or coconut oil (to fry)

## Method

- 1 Coarsely grate the beetroots, roughly chop the basil, finely chop the onion and garlic, and place in a large mixing bowl with the oats and oil.
- 2 Crack in the eggs, crumble in the feta, season to taste and mix to combine.
- 3 Cover and put in the fridge for at least 30 minutes or until the oats have absorbed the liquid.
- 4 Using your hands (you might want to wear an apron and gloves for this, as this is messy and beetroot does stain), shape the mixture into six to eight large patties.

## Method one for cooking

Heat one tbsp of oil in a large non-stick frying pan on a medium-high heat.  
Fry the patties for a few minutes or until the base is golden.  
Carefully flip with a spatula and fry the other side.

## Method two for cooking (*I use this method*)

Pre-heat the oven to Gas Mark 7.  
Place the patties on a baking tray lined with non-stick paper.  
Cook for 20 minutes.  
Carefully flip the patties with a spatula.  
Cook for an additional 10 minutes.  
Leave to rest.

# Leek and Potato Soup

David Trodden, Guest Teacher in the Department of Accounting

## Ingredients

1 tbsp vegetable oil  
1 large onion  
250g potatoes  
2 medium leeks  
3 vegetable stock cubes  
150ml double cream  
Seasoning to taste, salt and pepper

## Method

- 1 Peel and chop the onion, potatoes, and leeks.
- 2 Heat the vegetable oil in a large frying pan.  
Add the onions, potatoes and leeks.
- 3 Cook for four to five minutes, until they start to soften.
- 4 Make up the three vegetable stock cubes with 1350ml of very hot water.
- 5 Add the vegetable stock and bring it to the boil.
- 6 Simmer for about 10 minutes, until the vegetables are tender.
- 7 Once cooked, blend until smooth using your hand blender.
- 8 Stir in the double cream (or similar).
- 9 Season to taste.
- 10 Reheat until hot, then serve.





# Dhal

Muhammed Iqbal, MSc AOI Programme Manager, Department of Accounting

My mum used to make dhal when she missed Pakistan, and I would make dhal to comfort me. This dhal recipe is my take on her version, and I hope you enjoy it.

When I feel uncertain and start worrying about the future, I lose myself and spiral into worrying thoughts. I find it helpful to have an “emergency self-care box” for when I stress or worry too much. The emergency self-care box includes something for all my senses to help ground me to the here/now. Mine has sweets, a favourite movie, and this recipe (I believe cooking involves all senses).

If you would like to create an “emergency self-care box”, I would include things like:

- Favourite movie for sight.
- Song playlist for sound.
- Sweet/snack for taste.
- A bath bomb for touch.
- Lavender oil for smell.

When you use them, pay attention to your physical senses of your current environment and the items in your self-care box.

## Ingredients

1 cup of red lentils  
 3 to 4 garlic cloves  
 1 inch ginger, peeled  
 Chilli powder to taste  
 2 tsp cumin seeds  
 1 tsp coriander powder  
 1 tsp cumin powder  
 2 tsp turmeric powder  
 3 or 4 tomatoes  
 1 handful of fresh coriander, chopped  
 Salt to taste  
 3 tsp of oil or ghee



### **Frying/tempering ingredients**

5 tsp of oil or ghee

2 garlic cloves, finely sliced

1/2 onion, julienne

3 green chillies, vertically split in half (optional, you may only want to use one).

Please note you can remove the seeds if you would like.

### **Method**

- 1 Soak one cup of red lentils in lukewarm water for 30 minutes before cooking.  
If possible, soak lentils overnight.
- 2 Blend garlic, ginger, and tomatoes until smooth.
- 3 Heat the oil or ghee in a large pan over medium heat. Add cumin seeds to flavour the oil and ghee and cook for a minute. Then pour the mixture (garlic, ginger and tomato) into the pan and cook for three to five minutes.
- 4 Once the mixture has semi-cooked, you can add salt, turmeric powder, coriander powder, cumin powder and chilli powder. Mix the dry spices into the mixture and cook for three to five minutes. If the mixture becomes too dry, you can add half a cup of water.
- 5 Rinse the lentils about three times and add them to the mixture. Then reduce the heat and add three cups of water. Place the lid on the pan and cook on medium-low heat for 25 minutes or more. You may need to adjust for more water, the dhal should have enough water to cover it while cooking. Once cooked, the lentils should be soft and easily mashed with two fingers. Please note cooking time can vary depending on the type of lentils – please read the cooking instruction on the packaging and adjust the time if needed.
- 6 Once the lentils have cooked, you can decide on the consistency of the dhal (how thick or runny you would like the dhal). For a thicker consistency, I would recommend cooking the dhal down further on a medium heat. For thin consistency, I would slowly add water to reach your desired consistency. You can also check and adjust the salt and spice levels here.
- 7 Turn the heat off and mix in the freshly chopped coriander.

### **Frying/Tempering**

- 8 Fry the garlic slices, onions (julienne) and (optional) green chillies on a medium-high heat in oil or ghee. Cook until the onions are soft and translucent. Then pour the hot oil with the garlic, onions and (optional) green chillies over the dhal.
- 9 Eat and enjoy with rice or any flat bread!

# Light Fruitcake

Stephanie Lambert, Academic Mentor (Undergraduate Tutor),  
Department of Management

When I was younger I had a great self-care routine, I would come in from school make a large cup of tea and enjoy a slice of cake (that I had usually made at the weekend, with this exact recipe being one of my favourites) in the peace before my sister arrived back. This is my Nan's recipe and I remember enjoying making cakes with her and my Mum as a child.

It's much easier said and intended than done, but when I get stressed or overwhelmed, I find that sometimes a good distraction can take me out of the situation and come back to it differently. For me these distraction activities are a form of self-care, and a temporary escapism. I make sure they serve me in some way (either they are restful, social or creative) and they can change depending on my mood; sometimes it's crime dramas on Netflix, sometimes it's playing sport, sometimes it's making a cake and for many years it was watching *The Shawshank Redemption* every month. I think it is good to identify those (healthier) distractions that work for you, something you can entirely immerse yourself in for a bit, and where intrusive thoughts are minimised, or there is absolutely no mental space for them. Of course, sometimes you need to sit with uncomfortable feelings to process them, but giving yourself a break from unhelpful thoughts or situations can help you reset a bit.

## Ingredients

6oz unsalted butter

6oz caster sugar

3 eggs

8oz self-raising flour

4 pineapple rings (*I used canned*), cut into small pieces

4oz finely desiccated coconut

6oz sultanas

2-4oz glacé cherries, chopped in half

Milk (add if needed)







## Method

- 1 Preheat the oven to 160°C/325°F.
- 2 Grease and line a 20cm diameter deep (8cm) sandwich or springform tin.
- 3 In a large mixing bowl, cream together the butter and caster sugar until light and fluffy.
- 4 Beat the eggs in a cup, and then add to the butter and caster sugar.
- 5 Sift in the self-raising flour a few spoons at a time until all the ingredients are incorporated.
- 6 Mix in the pineapple, coconut, sultanas and glacé cherries.
- 7 Test the consistency of the mixture. Lift a spoonful of the mixture above the bowl, if it slides/drops off easily then you are good to go. If it sticks to the spoon too much, slowly add milk (a tablespoon at a time) until it reaches dropping consistency.
- 8 Spoon into your cake tin and cook for one hour.
- 9 Test whether the cake is cooked by inserting a clean metal skewer or long knitting needle into the middle of the cake, if it comes out clean it is cooked; if it doesn't, add five more minutes and then check again. The top of the cake should be golden, and it should be coming away from the sides slightly.
- 10 Leave to cool for five minutes and then transfer on to a wire cooling rack.
- 11 Enjoy with a cup of tea!

# Carrot and Halloumi Patties

Terri Arnold, Deputy Head of Events, Communications Division

I love making these patties; they're so tasty! A friend I met traveling through Asia gave me this recipe. But making these makes me smile – it reminds me of when I lived with my parents; my Mum and I would spend Sunday afternoons batch cooking these for the week ahead and then relaxing in the garden with a cup of tea. Bliss!

## Ingredients

2 tbsp coconut oil  
2 tbsp fennel seeds  
4 large carrots, grated  
4 spring onions  
30g coriander, roughly chopped  
Zest and juice of 1 lemon  
100g halloumi, grated  
1 garlic clove  
20g red onion, grated  
40g rice flour  
1 egg white, whisked



## Method

- 1 Preheat the oven to 180 degrees.
- 2 In a pan, heat the oil and fennel seeds for three minutes.
- 3 Mix all the remaining ingredients together and add the fennel seeds and oil from the pan. Mix well.
- 4 Take a handful of the mixture and squeeze off any excess moisture, flatten into a patty. Repeat until you have used all the mixture.
- 5 Heat a couple of patties at a time in a hot frying pan, until golden brown on each side. Ensure you turn regularly.
- 6 Once all patties are golden, transfer to the oven and leave to cook for around 15 minutes.

Notes: Store in an airtight container for a couple of days or can be frozen.

# Lockdown Muffins

Aba Maison, Project Manager, Business Improvement Unit

"Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster, it's more like a cha-cha." Robert Brault

Adapted from a recipe I found here: [theworktop.com/breakfast-brunch-recipes/egg-free-banana-muffins/](https://theworktop.com/breakfast-brunch-recipes/egg-free-banana-muffins/) and crafted during the first lockdown when I had nothing better to do...

I'm not much of a cook and certainly not much of a baker. However, during lockdown I tested these out on my neighbours and proprietors of my local corner shop which helped us get to know each other better and became a bit of a thing... Sadly I don't have the time to make them as often now, but the kids (and adults) loved them. I don't add any sugar (so it's just the sugar from the dried fruit). Can be adapted for vegan or gluten free. They also pass for a reasonably healthy breakfast on-the-go!

## Ingredients

3 medium ripe bananas, mashed  
 ½ cup milk (use milk alternative for vegan)  
 ¼ cup cooking oil (coconut oil, or any light cooking oil is fine – sunflower, canola, rice bran)  
 1¼ cups wholewheat flour  
 ½ cup jumbo oats  
 1 teaspoon baking powder  
 ½ teaspoon baking soda  
 Top with a sprinkling of jumbo oats  
 Handful of mixed nuts (or nuts of your choice) roughly ground in pestle and mortar  
 Handful of dried apricots roughly chopped  
 Couple of spoonfuls of natural yoghurt

## Method

- 1 Preheat oven to 350°F / 175°C. Line or lightly grease a standard 12-hole muffin tin.
- 2 In a medium bowl, mix together the mashed bananas, milk, cooking oil, vanilla extract and brown sugar. You can mix this by hand, or use a hand mixer on low speed. I usually mash by hand because I haven't got a mixer...
- 3 In a separate large bowl, whisk together the flour, oats, baking powder, baking soda.
- 4 Add the wet ingredients into the dry ingredients and mix together until you have a slightly sloppy consistency.
- 5 Spoon the mix evenly into a 12-cup muffin tray (or muffin cups).
- 6 Top the muffins with a sprinkling of jumbo oats.
- 7 Bake muffins, rotating pan halfway through, until a tester inserted into the centre comes out clean, 25-30 minutes.
- 8 Let muffins cool in pan five minutes. Transfer muffins onto a rack and let cool completely.

Notes: Store in an airtight container for a couple of days or can be frozen.

Doubling up on the ingredients makes double the batch!

# Simple “n” Quick Tagine

Adeola Akande Pierre-Noël, Centre Manager Phelan United States Centre

The Jollof Wars – I am British-Nigerian and one of my all-time favourite food is jollof rice. However Nigerian and Ghanaians have a light-hearted and healthy rivalry about the way to cook it, so I am going to avoid that!

So staying with the continent I would like to share a simple tagine recipe that I was taught a long time ago and I have since made it my own. I do not profess to know if this is the ‘correct’ way to cook a tagine, but it is the way I know and love.

When I started cooking tagine it was in a beautiful terracotta pot, there was a time when I used to cook tagine a lot! One day I saw oil spilling all over the hob and I had cracked my beautiful pot. I learnt my lesson so now I cook it in a beautiful black Le Creuset cast iron pot, which was gifted to my husband and I from his mum. It will be around long after we have gone!

I love cooking tagine because it is like joy in a pot! It looks great because I use such a variety of ingredients which gives it the colour, but it feels and tastes like goodness and comfort, so it was a great go-to recipe during lockdown. I also have a little dance for favourite foods that make me happy – so who would want to miss that!

The film *Like Water for Chocolate* reminds us that whatever emotion the cook is experiencing, this can transfer to the consumer, which can explain the emotional connection we have with food – food has power!

## Ingredients

I have made this with chicken, fish, lamb and vegetables – so you choose! I usually use fillet chicken. My advice is spend the money on good meat (if you are using meat), it makes the difference! The amount I use is dependent on how many people I cook for e.g. two people approx. x4 chicken fillets

3-4 tbsp ras el hanout (I make my own, but you can also buy it ready-made)

3-4 large tbsp vegetable oil to coat the bottom of the pan

1 large red onion, chopped

1 squash, chopped into thick rounds

2 medium sized sweet potatoes, chopped the length

4 medium sized potatoes, chopped into thick rounds

1 large beef tomato, chopped into thick slices

4 carrots, cut into large thick strips

½ preserved lemon or a peeled strip of lemon zest (if you want, I don't always remember to add this)

1 x 400g black olives, drained but not rinsed

1 x 400g can of chickpeas, drained but not rinsed

100g dried apricots, (*optional, I put them in whole*)



### To serve

Cooked couscous

### Method

- 1 Cover the bottom of the pan with the oil, it should be a thin layer. Sprinkle the ras el hanout lightly all over to cover the oil. Then start to layer your vegetables. I put the vegetables that take the longest to cook at the bottom and the vegetables that do not need as long on the top.
- 2 About halfway through layering. Leave a small well in the middle to place the meat, and then continue to layer the remaining vegetables over the top. Season with salt and pepper before putting the lid on the pan.
- 3 Place the pot straddling two hobs and bring to the boil (it takes seconds for the oil to heat), then turn the heat down very low and leave to gently simmer for approximately three to five hours (depending on how much of a hurry you are in to eat).
- 4 Cook the couscous, which takes minutes. You can add currants, pine nuts and almond flakes to the couscous to spruce it up and serve – et voilà!



# Gut Buster Breakfast

Aba Maison, Project Manager, Business Improvement Unit

More a collection of stuff to cook than an actual recipe – leave in or take out as suits...

Maybe it's the project manager in me, but what I like most about cooking breakfast is juggling the timings for all the different things to be cooked, with the result hopefully being that everything comes out ready at more or less the same time.

A regular feature of weekend breakfasts in my gaff is the shrilling of smoke alarms and the "breakfast time wave". This is like the Mexican wave but usually only involves one person (my breakfast guest) standing under the offending smoke alarm waving a tea towel about frantically 'til the noise stops (helps them work up an appetite for brekky).

So far things not sounding too good eh? However, I am assured by those who have sampled this culinary delight that it is indeed a "gorgeous breakfast".



## Ingredients for the cold (and reasonably healthy) bit:

### Fruit Salad

Get your fruit, chop it up, sling it all in a bowl, swish it around a bit, serve with a generous dollop of Greek yogurt, a drizzle of honey and a sprinkling of roasted flaked almonds – yum!

Eat the fruit salad now, or eat it after cooking the next bit – it's up to you...

## Ingredients for the hot (decadent and not so healthy but very yummy) bit:

Potato waffles (or hash browns)

Tinned tomatoes (and/or baked beans)

Sausages (optional)

Halloumi, cut into thick slices and grilled – definitely

Ripe plantains, shallow fried – one of my favourite foods!

Jerk seasoning

Worcestershire sauce

Tabasco sauce – as much or as little as you like when brekky is on your plate!

Mushrooms

Bread/Toast (optional)

Sets you up for the day and a nice long walk in nature or other activity – which we all know now is an excellent boost to our mental health!



# Oriental Cabbage Salad

Maria Do-Prado, MSc course Administrator, Department of International Development

## Ingredient

1 savoy cabbage, cored and finely sliced

## Topping ingredients

1 cup unsalted cashews

¼ cup sunflower seeds

¼ cup sesame seeds

Powered vegetable stock cube

1-2 crushed garlic cloves

Touch of oil

## Dressing

½ cup oil

¼ cup cider vinegar

2 tbsp soya sauce

¼ cup sugar (brown)



## Method

- 1 Bring all dressing ingredients to the boil and simmer for two minutes.  
Allow to cool – refrigerate.
- 2 In large pan combine topping ingredients and lightly brown on a medium heat.  
Add sesame seeds last as they burn.
- 3 Mix all together in a bowl, JUST BEFORE serving.



# Fish and Courgette “Noodles” in Garlic and Chilli Broth with Stir Fried Vegetables

Andrea Boyle, Executive Officer, Directorate

I have a quote I like from James Beard “Food is our common ground, our universal experience”. James Beard (1903-1985) was an American Chef who pioneered food which encouraged sharing. I would agree that food connects us, allows us to experience different cultures without going very far necessarily, varying recipes and adding our own interpretations. Certain foods can provoke memories of people or events. For me personally, sitting eating in the evening with my family or meeting friends to eat and share time over food, allows those important connections. The effort of cooking (even my cooking) is worth it when people enjoy eating it.

I tend to prepare the veg in my lunch break if working from home, so the cooking time is no more than 15 minutes.

Serves 2/4

## Ingredients

Sea bass/salmon fillets, one per person

Courgette spirals/noodles (these can be bought pre-sliced or if you have a glut of homegrown courgettes, slice or use a vegetable peeler for ribbons). Real pasta noodles can be used if preferred

Half an onion, sliced

Any vegetables sliced to stir fry – broccoli, peppers, cabbage, mushrooms

75ml vegetable stock

1 tbsp soy sauce

1 tbsp fish stock

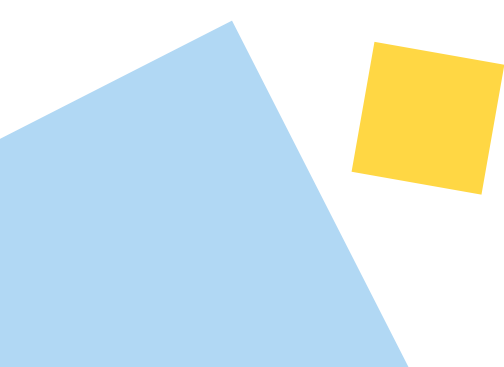
Knob of butter or tsp oil

Splash of vinegar

½ tsp easy garlic (or for the proper cooks, one clove finely sliced)

½ tsp easy chilli (or for the proper cooks, one chilli finely sliced)

Salt and pepper





### Method

- 1 Sweat the onion until soft (about five minutes) in the butter/oil. I add a splash of vinegar which speeds up the softening process. If using fresh garlic add here with the onion.
- 2 Once soft, add the vegetable stock, soy, fish stock and bring to the boil.
- 3 You can either just add your prepared hard vegetables (broccoli, carrots etc) and salt and pepper to the stock and simmer gently, or in a separate pan stir fry for five to ten minutes, adding the softer veg (cabbage/mushrooms), nearer the end.
- 4 With 5 minutes to go add the courgette noodles (or real pasta noodles) to the stock pan.
- 5 You can turn this off and leave in the pan (it will stay hot) if you wish to concentrate on the fish cooking or time it so you put the courgettes in and cook the fish simultaneously.
- 6 In a frying pan add a little oil or butter and salt and pepper and when hot, fry your fish skin side down for 80 per cent of the cooking time (approx. five minutes if it is sea bass, a few minutes longer if it is salmon) to get a crispy skin. Season the flesh side of the fish whilst it is cooking. Turn the fish over for one minute. You know the fish is cooked when you can see the salmon change colour, or the sea bass should be a bit bouncy if pressed.
- 7 In a bowl put the spicy broth and the noodles and the veg, lay the fish across the top.
- 8 Healthy and tasty comfort food which you can make spicier to taste, by adding more chilli and garlic. Enjoy!

# Stuffed Cabbage

Andrea Boyle Executive Officer, Directorate

A 2022 recipe book for supporting resilience and celebrating freedom deserves a classic Ukrainian dish. My favourite is **Golubtsi** (Little Pigeons), rolled cabbage leaves stuffed classically with meat and rice, in a rich tomato sauce. Of course vegetarian variants are obvious. No doubt in hardship periods of the past, meat could be absent.

Stuffed Cabbage is a dish found throughout Central and Eastern Europe, and families can come to blows over the choice of correct version. This is just one – with an encouragement to celebrate flexibility and inventiveness.

My recipe is shamelessly adopted from the Hungarian recipe, which features larger cabbage rolls, and dedicated to the fond memory of my adaptable and loving “nagymama” – a philosophical grandmother who always saw the bright side of hardships.

Serves 4

## Ingredients

1 head of cabbage

500g of meat or mushrooms

2 cups of rice when uncooked or 4 cooked or ready prepared

Onions, carrots, celery chopped (optional) and garlic to taste

Celery salt

Dill if easily available

Paprika (just for looks)

A large jar of your favourite pasta sauce and a tin of tomatoes

or (luxury) sun-dried tomatoes

Added possibilities: sauerkraut, lemon if you prefer it tart

It's considered wise to cook a lot and freeze. True this works well, but requires more organisation, including a large freezer. This does taste even better on day two.





## Method

- 1** Blanch the head of cabbage for five minutes in a large pot, sauté the meat or mushrooms, prepare the rice, add the seasoning and celery salt and some of the sauce. The effort will be in stuffing the softened leaves with the tasty mixture.
- 2** Stuff and roll the cabbage leaves around your choice of stuffing. This will be chopped meat, lightly sautéed, seasoned with celery salt, and rice. For vegetarians consider mushrooms. Add onions if you wish, garlic crushed. Then mix with slightly undercooked rice. Don't feel you must use boring unflavoured white rice. Just experiment. Use some of the sauce inside the rolls.
- 3** Put the ingredients in the type of heavy pan called a Dutch oven or try a slow cooker. Cover liberally with the sauce, which can just be a thick tomato juice if you are willing to let it simmer for two hours. A bit of sauerkraut does wonders.

My final twist: an almost equally delicious dish can be whipped up without the pain, by forgoing the saga of blanching and stuffing cabbage leaves, but simply adding slices to meat and rice, or rice and mushrooms, in a rich tomato sauce. Take the latter from a jar if you will, and add your own mix of chopped dill, garlic and celery salt, and a few juicy plum tomatoes for texture. Sauerkraut or lemon juice cuts through the sweetness.

You choose your variant. The recipe here is flexible .. the people of Ukraine have shown us the spirit of survival, and this dish is a sharing and comforting dish which encourages us to face our own challenges.

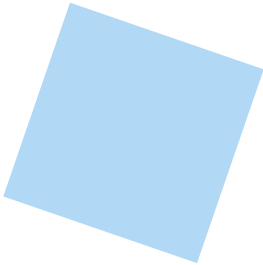
# 1-2-3 Easy Shortbread

David Poole, Communications and Events Manager, LSE Data Science Institute (DSI)

My mum is a proud Scot and would take any chance to feed me Scottish meals when I was small as part of an effort to make sure that I did not lose that part of my heritage when growing up in the south west of England.

Any Scots reading this will likely be familiar with some of these – cock-a-leekie soup, haggis with neeps and tatties, tablet etc. However my favourite is probably shortbread because it was the first of them that she taught me to make - as it was the easiest. In fact, once you memorise the “1-2-3” rule, it is easy to make without a recipe. I still remember her telling me about this whenever I make shortbread nowadays and it makes me smile to think about it.

1-2-3 refers to the ingredient ratio. one part sugar, two parts butter, three parts flour. So, if you have 50g sugar, then you will need 100g of butter and 150g flour. The recipe above is for a big batch, designed to be enough to bring into the office for colleagues (...or a huge feast for one if, like me, you cannot stop once you have started...).







Time: One hour in oven, plus prep time.

### **Ingredients**

100g caster sugar

200g soft butter

300g plain flour

Plus a little extra sugar for dusting

### **Method**

- 1 Preheat your oven to 190°C or Gas 5.
- 2 Put butter and sugar in a bowl. Beat until smooth.
- 3 Stir in the flour and keep mixing until you get a smooth paste.
- 4 Empty mixture onto a surface and roll it until it is to your desired thickness (about 1cm).
- 5 Cut into shapes that you like. You can use a cutter or just a knife if you do not have any. Then place these shapes onto a baking tray and dust them with the extra sugar.
- 6 Leave in fridge for 15 minutes to cool.
- 7 Bake in the oven for 15-20 minutes. When they are golden brown, remove and cool on a wire rack.

# Mental Health Champions

Thanks to all the Mental Health Staff Champions who contributed recipes to this cookbook.

Aba Maison, Adeola Akande Pierre-Noël, Andrea Boyle, David Poole, David Trodden, Maria Do-Prado, Muhammed Iqbal, Sebastiaan Eldritch-Böersen, Stephanie Lambert and Terri Arnold.



A full list of Mental Health Staff Champions is available at: [info.lse.ac.uk/staff/mental-health-staff-champions](http://info.lse.ac.uk/staff/mental-health-staff-champions).



**Aba Maison**[a.maison@lse.ac.uk](mailto:a.maison@lse.ac.uk)

Business Improvement Unit, Project Manager

I became a Mental Health Champion because I believe it's so important to raise awareness around mental health and encourage a mentally healthy, supportive working environment. I am also a Mental Health First Aider.

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**Adeola Akande Pierre-Noël**[s.a.akande@lse.ac.uk](mailto:s.a.akande@lse.ac.uk)

US Centre, Centre Manager

We need to encourage people to appreciate that mental health is as important as physical health. When we remove the stigma and barriers to understanding, through raising awareness and helping people to recognise the signs of what good and poor mental health looks like, we can start to support people to cope and lead healthier lives. I hope in my role as a Mental Health Champion I can help people to get more comfortable with the uncomfortable.

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**Andrea Boyle**[a.boyle@lse.ac.uk](mailto:a.boyle@lse.ac.uk)

Executive Officer, Directorate

I am a Champion because I know how priceless support can be to people, even in a small way. The connections we make and how we make them within our community define all of us. Being mentally fit is as important as being physically fit and the two should be intertwined. We have gyms for our bodies, but our mind is what holds us together. Helping people with messages, signposting aids and generally feeling that by contributing I can make a difference is why I signed up. Smiles, laughter and listening are the connectives I use every day.


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**Dave Poole**[d.poole1@lse.ac.uk](mailto:d.poole1@lse.ac.uk)

Data Science Institute, Communications and Events Officer

Anyone can experience mental health problems. I became a Wellbeing Champion to offer support to those around me and to create a positive and understanding culture that is aware of mental health and values its importance.

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**David Trodden**

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Department of Accounting, Tutor and Academic Mentor to First Year Undergraduate Students

I am a champion for my students and I wish to extend the same support to my colleagues. No magic wands, however always willing to listen, maybe over a cup of tea. I'm also a Mental Health First Aider. Fun fact: I have four children and one grandson.

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**Maria do Prado**

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Department of International Development, Course Administrator

We need to care for each other the same way we care about our students. Fostering an environment where we feel free to talk about our mental health without fear of being stigmatised is primordial. I want to champion this idea. My mother language is Portuguese, and I have an intermediate level of Spanish.

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**Muhammed Sabih Iqbal**

[m.s.iqbal@lse.ac.uk](mailto:m.s.iqbal@lse.ac.uk)

Department of Accounting, Postgraduate Programme Manager

I am a Wellbeing Champion because I would like to start the conversation about mental health within LSE. I believe emotional and mental health is very important to our day-to-day life and creating awareness is a start. I can Speak Urdu and conversational Hindi.

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**Sebastiaan Eldritch-Böersen**[s.r.eldritch-boersen@lse.ac.uk](mailto:s.r.eldritch-boersen@lse.ac.uk)

DTS Accessibility and User Experience Expert

Mental Health Champions can take the pressure off time-strapped managers, by identifying areas of concern relating to your mental health. We take the initiative to improve your mental health and wellbeing, such as a walking group at lunch breaks or healthier onsite food options.

From the colleague perspective, Mental Health Champions can prove to be a valuable source of confidential support and encouragement, particularly for those who are disengaged with wellbeing initiatives or mistrustful of employer involvement. You may not want to seek support from direct management and appreciate a more peer-based approach to your wellbeing.

I advocate shifting from reactive to preventative healthcare, and our team of Mental Health Champions are here to support you.

If you, or anyone you know needs to communicate using British Sign Language, either offline via Teams or Zoom, or in person, then I am your man.

**Stephanie Lambert**[S.Lambert@lse.ac.uk](mailto:S.Lambert@lse.ac.uk)

Department of Management, Undergraduate Tutor

I am a Champion because I believe fostering an environment of openness around mental health can break down perceived social barriers to help and support (whether that is formal or just connecting with another human). Poor mental health can be so detrimental on so many personal and professional levels and working to improve and care for it can be really empowering. Fun fact: I have crowd surfed at three out of the four Elvana (an Elvis fronted Nirvana tribute band – and yes you should check them out) gigs that I have been to.

**Terri Arnold**[T.Arnold2@lse.ac.uk](mailto:T.Arnold2@lse.ac.uk)

Deputy Head of Events, Communications Division

I am a Mental Health Champion because I want to encourage a positive change. I would like people to feel more confident in discussing wellbeing and mental health by making these issues more of an everyday topic both in and outside the workplace.



**Mental Health  
Champions  
Cookbook**







The Mental Health Champions are always here for you should you wish to open up a conversation about mental health or wellbeing.

You can find our details at: [lse.ac.uk/staff/mental-health-staff-champions](https://lse.ac.uk/staff/mental-health-staff-champions).

If you cook any of our recipes, we would love to see your creations!

Please do send a picture to us at [mental.health.champions@lse.ac.uk](mailto:mental.health.champions@lse.ac.uk)

If you are looking for further support around your mental health (or the mental health of someone you know), there are also the following resources available to you:

### **LSE Staff Mental Health Champions**

[info.lse.ac.uk/staff/mental-health-staff-champions](https://info.lse.ac.uk/staff/mental-health-staff-champions)

### **Resources for students**

[info.lse.ac.uk/current-students/what-if/concerned-about-my-mental-health](https://info.lse.ac.uk/current-students/what-if/concerned-about-my-mental-health)

### **LSE Mental Health First Aid Network**

[info.lse.ac.uk/staff/wellbeing/Mental-Health-First-Aid-Network](https://info.lse.ac.uk/staff/wellbeing/Mental-Health-First-Aid-Network)

### **LSE Staff Wellbeing**

[info.lse.ac.uk/staff/divisions/Human-Resources/Wellbeing-Pages-2020/Staff-Wellbeing](https://info.lse.ac.uk/staff/divisions/Human-Resources/Wellbeing-Pages-2020/Staff-Wellbeing)

### **LSE Tree**

[Find us on Microsoft Teams](#)



Scan here for a full list of  
Mental Health Staff Champions

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Pexels, Unsplash