



A Mothers' Day gift which helps to save lives

The perfect gift for Mother's Day...charity initiative The One-Armed Cookbook.

It contains a collection of easy and delicious recipes from celebrities, mums, dads, friends and family - specifically chosen for busy people wanting to create tasty food on the run.

All of the funds raised from the sale of the book will go towards helping Australia's premature babies get the best possible start in life, and at the same time help women become mothers of healthy babies. The money raised will be donated to Australia's largest Perinatal Research Centre (PRC) at the Royal Brisbane and Women's Hospital (RBWH) as part of the 2007 RBWH Research Foundation's Mother's Day Appeal.

The One-Armed Cookbook concept was created by three Brisbane mothers: Tara

Castle, Sally Warren and Victoria Brown, who meet regularly as part of an informal mothers group and all share a passion for good food, family and friendship.

Many of the mothers in the group were blessed to have had an incredible pregnancy and a very healthy birth at full term. However, a number of the mothers had a more challenging time and gave birth prematurely with some babies weighing just over 1 kg and having to spend over two months in hospital. These problems inspired the group to develop the Cookbook and help raise funds for the hospital that helped their friends.

Mother of baby Jackson, Sally Warren said: "My son was born nine weeks early and spent eight weeks in hospital. We couldn't hold or cuddle him until he was 12

days old, which was heartbreaking, but the staff at the RBWH were so supportive and we really felt indebted to them.

"Therefore I was delighted when Tara and Victoria suggested that the Cookbook should raise funds for the hospital's Perinatal Research Centre. People from around the world have given their help freely to get this book published - it has been incredible to see the level of support this cause inspires."

Professor Colditz from RBWH's Perinatal Research Centre said: "We have research projects focused on prevention and good outcomes that are closely monitored around the world. The funds raised by this book will go directly towards helping to prevent premature births where possible and ensuring that those babies affected have

a chance at the best possible start in life."

The One-Armed Cookbook is priced at \$29.95 and is available from all Mary Ryan's bookstores throughout Queensland, Lorna Jane stores nationwide and 21 Supanews stores throughout Australia - please check www.onearmedcookbook.com for lists of participating stores. The book can also be purchased at www.onearmedcookbook.com or by calling the RBWH Research Foundation during working hours on 1300 363 786.

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