

# countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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January 2018



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theWI  
INSPIRING WOMEN



# CHAIRMAN'S CHATTER



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## THANKS TO TRURO WI FOR PACKING JANUARY 2018 COUNTRY NEWS

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## DEADLINE FOR INCLUSION IN COUNTY NEWS

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Simon Pell

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**N**ew beginnings! It's a whole new year here, with a new Federation Chairman (me) and Treasurer (Alison Latham) but more importantly, two new Board of Trustee members - Penny Picton and Jackie Holland. How exciting is that?!

Firstly, I would like to wish everyone a Happy New Year. Personally, I am still not sure what happened to 2017 - it went by far too quickly. But here we are in 2018. Do you make New Year resolutions? Over the years, I have diligently gone through the process and failed miserably half way through January, so now I am resolved merely to enjoy each and every day that comes along.

I digress. As your new Federation Chairman, I should be introducing myself to all those lovely members that I have yet to meet. I understand that when doing so for the first time, I should come up with some notable fact, so here we go: My name is Margaret Johnson and I swam under San Francisco's Golden Gate Bridge! How is that for openers!

I was born ..... years ago in Surrey where, as a very small child, I went to ballet classes. From there we moved to Bedfordshire where I grew up, went to school and found my first job. It was shortly after leaving school that I went to help with refreshments at a village dance and encountered a lad who kept coming for a cup of coffee. That was my first meeting with Jim, my husband now of almost 52 years. Would you believe he hasn't touched coffee since that first meeting? I often wonder why he didn't just ask for tea!

Our first home was a delightful flat above a barber's in the middle of Kempston where we stayed for three months before we could move into our house across the border in Northants. It was there that our two lovely children were born - first our daughter Melanie followed by our son Mark. A few years later, we moved back to Bedfordshire to Leighton Buzzard and stayed there until the children grew up and we retired. By that time, Mark was living in San Francisco and Melanie in Lancashire expecting our first grandchild. So we upped sticks and moved to north Lancashire and it was here that, after many years being involved with the Girl Guide Association, I discovered the WI. We were very happy in Lancashire until Melanie landed a job at the Royal Cornwall Hospital and now, with two small children, asked if we would move as well - and that, in a nutshell, is how Jim and I came to live in Cornwall.

Since coming to live in this beautiful County, Jim and I have gained two more grandchildren, so we now have three here in Cornwall and one grandson in California, who evened the score to two boys and two girls. How lucky are we and how thankful am I for Skype and FaceTime. It is a thrill each time that bleep goes and my 18-month-old little one wants a chat with Grandma; it makes such a difference with them being so far away.

I joined Bodmin WI. Once when a group of us were sitting in the audience at a Council Meeting a friend said to me "I can see you up there on the stage one day". I think my fate was sealed then, although never in my wildest dreams did I imagine myself as Federation Chairman. But here I am, and the main reason is that I truly believe we should all make the most of every opportunity we are offered and never turn anything down without first giving it a go! So here I am giving it a go. Whilst penning this, I would like to thank everyone who sent me cards and messages when my appointment was announced, and in the coming months I hope to meet up with many of you but until then I remain,

Your Chairman  
(with "L" plates)

*Margaret*

Chairman Margaret

## Diary Updates

### JANUARY DIARY DATES

19th – New Year Quiz  
20th – Gardening Challenges

### JANUARY CLOSING DATES

19th – Flower Arranging  
(Hayle and Wadebridge)

## Cover Photo



Pictured are some of the treasures unearthed by our Fungus Foray gang on a recent Federation outing to Cardinham Woods.

## ACTIVITY & LEISURE



**NOT MUSHROOM FOR THIS REPORT!**  
Forty-two WI members

assembled in Cardinham Woods on a brilliantly sunny autumn day. We were on the hunt... Four wonderful experts from Cornwall Wildlife Trust guided us through two different walks searching for fungi. We found some very small specimens most of us would have walked past without noticing, but through a lens they turned into objects

of fascination. Have you come across Earth-balls, Candle-Snuff and Coltricia before? Everyone enjoyed themselves and learned about the amazing world of fungi. After the walk, our guides laid out the finds on a table and a lively discussion ensued. Look out later in the year - we have been asked to do another Fungus Foray at a different venue.

## NOTES FROM THE OFFICE

### 200+ CLUB

October winner of £47 –  
Audrey Webb, St Kew WI  
November winner of £47  
– Mary Venn, Crowlas  
& Ludgvan WI

### YEARBOOK AMENDMENTS

Page 15:  
Home Economics & Craft  
Sub-Committee Chairman  
Dot Rogers has changed  
her email address to:

Home Economics & Craft  
Sub-Committee Secretary Pat  
Mallett's email should read:

Page 37:  
The new address for the  
Secretary of Carbis Bay WI  
is: B Curnow,

Page 42  
Egloshayle and Trevanson

WI now meet on the 2nd  
Thursday of the month, except  
June (changed from August)

Page 44:  
Gunwalloe WI's email  
address has been changed to:

### CFWI LIBRARIES

Did you know that CFWI has  
craft, drama and music libraries  
available for members to use free  
of charge? Next time you're in the  
office, have a look at our lovely  
full shelves and borrow a book!

### THANK YOU!

Thank you to all members  
who supported us through  
the purchase of NFWI raffle  
tickets. Did you know that a  
percentage of the money raised  
through the raffle comes back  
to our Federation? This year,  
we received £548.62, which we  
will put to good use planning  
more exciting events for you to  
attend during the coming year!

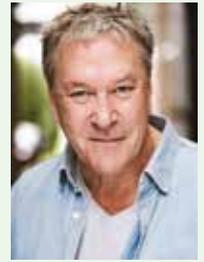
### NEW MEMBERS' LEAFLETS

Introductory leaflets for new  
WI members in Cornwall are  
available from the office. These  
explain a bit about the structure  
of the WI as well as some of the  
jargon we old-timers take for  
granted. Leaflets are available  
free of charge from the office.



### IT'S TIME TO THINK ABOUT SPRING COUNTDOWN!

Attention  
Archers Fans:  
The guest  
speaker at  
our Spring  
Countdown  
meeting  
will be actor  
Timothy  
Bentinck,



who has played the part of  
David Archer on BBC Radio  
4's *The Archers* since 1982.  
He is also the voice of 'Mind the  
Gap' on the Piccadilly Line.

Timothy will take us behind  
the scenes of the longest running  
drama series in the world in  
a talk entitled *Being David  
Archer – And Other Unusual  
Ways of Earning a Living*.

Spring Countdown will be  
held at the Hall for Cornwall in  
Truro on Tuesday 24th April.  
Further details will be sent with  
next month's *County News*.

## FEDERATION MATTERS

### A SPRING BUFFET LUNCH!

Mark your diaries! We'll be  
holding a spring buffet lunch  
at Chy Noweth an Conteth  
on Friday 23rd March.  
More details will follow.

### ROYAL CORNWALL SHOW



The 2018 Royal Cornwall  
Show will be held on the 7th,  
8th and 9th June 2018. The  
2018 Royal Cornwall Show  
Cup Competition is organised  
by our Home Economics  
and Craft sub-committee.

The schedule is as follows:  
"A Picnic on the Beach"

A staged exhibit reflecting  
the theme must include  
the following:

1. An item of craft to  
suit the theme – any  
medium (20 marks)
2. A second item of craft – any  
medium, also to suit the  
theme, but different craft to  
that above in 1. (20 marks)
3. A savoury item of  
cookery (20 marks)
4. A sweet item of  
cookery (20 marks)

5. An item made from  
beachcombing finds (this could  
include dried plant material  
but will be judged as a craft not  
floral art which uses different  
criteria for judging) (20 marks)
- Points will be awarded as above  
plus 20 points for staging – a  
total of 120. Please note that  
this year there will be no marks  
awarded for interpretation.  
Please note that no cubicles  
or backboards are to be used  
but a base may be used.

### BARBARA REED TROPHY COMPETITION

The schedule for the Barbara  
Reed Trophy competition,  
also organised by the Home  
Economics and Craft sub-  
committee, is as follows:

- A beach bag:
1. A beach bag as above,  
any medium
  2. The bag can be any shape  
but must fit into a 20" cube
  3. Only one entry per member

### FLORAL ART COMPETITIONS

Floral Art competitions are  
organised by the Floral Art  
and Gardening sub-committee  
and are as follows:

1. Wadebridge Cup 56 cm x 56 cm  
exhibit – "The Beachcomber"
2. Smale Cup 10 cm x 10

- cm miniature exhibit  
– "Shell Seekers"
3. Penponds Cup 56 cm x 56  
cm exhibit – "Beach Party"
4. Pat Ward Novice Cup  
56 cm x 56 cm exhibit –  
"Buckets and Spades"

For full details on all  
competitions, please see  
schedules and entry forms  
sent with November/  
December *County News*.

Closing date for entries in  
all competitions is Saturday  
31st March 2018.

### DENMAN QUIZ

Thank you to everyone who  
participated in our Save Denman  
quiz in 2017. We raised over £100!  
Congratulations to quiz winner  
Jean Morgan of Torpoint WI.

### TREASURERS' SURGERY

The next two Treasurers'  
Surgeries will be held at  
Chy Noweth an Conteth on  
Wednesday 31st January and  
Wednesday 7th March. If you are  
your WI's Treasurer and need  
help with resolving a problem  
with your accounts, or if you  
would simply like to discuss  
anything to do with your WI's  
accounts, please contact the  
office on 01872 272843 to make  
an appointment with Federation  
Treasurer Alison Latham.

## ACWW

### PENNIES FOR FRIENDSHIP

This year, our 'Pennies for  
Friendship' donations  
are supporting a  
project in northwest  
Pakistan where 100  
women and girls living  
in shanty towns are  
given the chance to learn vocational  
skills in sewing and knitting and  
running a small business.



In 2017, we raised about  
£2,500 for this wonderful  
cause. Thank you to all the WIs  
for your generous support.

If your WI would like to give  
additional support to the work of  
ACWW, there is a recycling initiative  
you may like to look at. The following  
items can all be used to raise money:

- Unwanted watches
- Gold, silver or costume jewellery  
(including damaged items)
- Foreign currency and  
old UK banknotes

Included in this month's mailing  
is a "Recycle-Reuse-Raise  
money" address label. Put any of  
the above items in an envelope,  
affix the Freepost label and  
send it off direct to ACWW.

If you need more labels, please  
contact the office at Chy Noweth.

Many thanks again  
for your support.

- Federation ACWW  
Representative, Kim Sudell

## CUTTINGS FROM FLORAL ART AND GARDENING



### FLOWER ARRANGING WORKSHOPS

**Tuesday 6th March 2018**  
**HAYLE RUGBY CLUB &**  
**Saturday 10th March 2018**  
**WYPAC CENTRE,**  
**WADEBRIDGE**  
**10:30am – 4pm**

This year's Royal Cornwall Show saw yet another increase in the number of members entering the Floral Art competitions – and what a joy they were to behold! Mary Bedwell, who attended one of our workshops, won the Pat Ward Cup! Jolly well done!

We are running two more workshops this year, once again with our own Edna Trudgeon who will demonstrate and give lots of hints and tips and practical advice – and she will have with her the schedules for the various 2018 shows around the County so you can have a go and get some practice. These workshops are suitable for all standards, so don't be afraid if you feel you are just a beginner!

Both venues have proved very popular before, with plenty of parking. There are lots of lovely little cafes in Wadebridge but you will

probably want to bring a packed lunch and keep working on!

### PLEASE NOTE THE CHANGE OF DATE FOR THE HAYLE EVENT.

**Cost:** £16

#### Further Information:

Hayle event: Teresa Hancox

; Wadebridge event: Felicity Penneycard

(contact the Office for bookings)

**Closing Date:** Friday

19th January 2018

### UPDATES ON RECENT EVENTS

A member of Mevagissey WI and her daughter attended the Bees Wax workshop held by CFWI in September. Sarah Pettifer reports that it was one of the best Federation days out she has ever been on! She and her daughter spent the day with beekeeper Lynda Evans in St Columb Major. They began the day learning about bees, how they behave, the production of honey and how to look after the bees. It's a bigger job than you might think! However, it did not put Sarah's daughter Kate off her goal of becoming a beekeeper! From late morning to the end of the day, the women learnt how

to make candles and various items from bees wax. Making a tapered candle from the wax takes patience and a perfect dipping technique to build up the layers of wax. With supplies of biscuits and scones and honey, it was a day packed full of theory and practice, and was so enjoyable. They also came away with jars of Lynda's honey and the very best wax polish! Finally, Lynda found a Beekeepers' Association for Kate to join in Edinburgh where she currently lives. Sarah and Kate thank the Floral Art & Gardening sub-committee for putting together this lovely day.

In October, we were back at Bodmin Nursery to make some more stunning baskets for late autumn and into winter to add brightness and cheer. Some of those attending had attended last year and said their baskets made then were lasting well! The expert demonstration ensured that everyone felt confident, and the wonderful selection of nursery-grown plants and other accessories inspired artistic endeavours. The delicious lunch and cake added to a perfectly lovely day out, and one worth every penny.



## ENVIRONMENT AND PUBLIC AFFAIRS

### BLAIKLEY SALVER POETRY COMPETITION

Are you a poet and don't know it? Or a bard in disguise? A poetry lover? An eye for a rhyme? You are invited to enter our poetry competition!

Every year in the Cornwall Federation, we run a competition for members to write a poem on a particular theme. The poems are judged independently and, at the autumn Annual Council Meeting, the winner is invited to recite her poem and is presented with the silver Blaikley Salver which she keeps for the year. And of course we also publish the winning poem on our website and Facebook page – and display it, for example, at the Stithians Show as we did last year.

Please enter again if you have in previous years – and if you have not, then come on and give it a go! Why not? We've had some brilliant entries over the years.

The theme for the year's competition is 'Food'. We invite you to write a poem entitled: 'FOOD MATTERS'

The poem should be up to 32 lines long, handwritten or typed, with double line spacing. Send in TWO copies. Write your name and WI on ONE COPY only – so the judge can have the anonymous copy and not know who wrote it. That is very important.

Entries should be submitted with a cheque for £4 made payable to CFWI and a stamped addressed envelope and sent to Chy Noweth an Conteth.

To keep the cost down you can fold the poem so it fits in an A5 envelope, and so pay the lower postage charge.

**Further Information:** Pam Northover

**Closing Date:** Thursday 31st May

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## COMBINED ARTS



**A DAY OF CORNISH ART**  
**Wednesday 16th March**  
**WITHIEL VILLAGE HALL**  
**10:30am – 4pm**  
 Join us for a day in the company of two well-known art experts.

Viv Hendra's presentation will be on the life and work of the Cornish artist, John Opie, about whom he has published the standard work *The Cornish Wonder: A Portrait of John Opie*. Lawrence Hendra, nephew of Viv, is Director and Head of Research at the gallery of Philip Mould & Co., Pall Mall, London.

Coffee/tea will be available from 10-10:30am and again during the lunch break. Please bring a packed lunch.

**Cost:** £9  
**Closing Date:** Friday 2nd February  
**Further Information:** Veronica Gray (contact the Office for bookings)

**2018 PHOTOGRAPHY COMPETITION**  
 The classes for the 2018 Photography Competition are "People", "Flora and Fauna", "Landscape, Seascape or Cityscape" and, should you have a fantastic image that doesn't fit into these categories, there is "My Favourite Photo". The fifth class is for anyone who has never won a first prize in a CFWI photography competition and it is "My Favourite Photograph (novice)." The winning photographs will be displayed at the Spring Council Meeting and at Stithians Show, both in 2018. The overall

winner will be awarded the Greeves Trophy.

**Cost:** £1 per photograph entered  
**Closing date:** 28th February 2018.  
**Further Information:** Val Strout

**2020 CFWI CALENDAR**  
 Thank you to all the members who entered photographs for our 2019 Calendar. Now we are planning for 2020 - yes 2020! The title is "2020: Vision of Cornwall" so it's time to start keeping your photographer's eye sharply focused for that special image to portray our wonderful County. You have until October 31st to send in your entries but, of course, a calendar needs to reflect as much of the varying seasons as possible.

**Further Information:** Val Strout

**UKULELE TASTER DAY**  
**Friday 16th March**  
**CHY NOWETH AN**  
**CONTETH**  
**10:30am – 2:30pm**



Have you ever wanted to play the ukulele? Here's your chance! You will receive expert tuition from Mr David Ireland. Bring your own ukulele if you have one, but there will be plenty available to borrow on the day.

Coffee, biscuits and a light lunch will be provided.

It is always worth ringing the office to see if there is still space available even after the closing date.

**Cost:** £15  
**Closing Date:** Saturday 3rd February  
**Further Information:** Jean Jones (contact the Office for bookings)

## HOME ECONOMICS AND CRAFT

**LOOK WHAT'S IN MY TROLLEY! COOKING DEMONSTRATION – OLD AND NEW**  
**Tuesday 17th April –**  
**PROBUS VILLAGE HALL**  
**Thursday 10th May –**  
**COADS GREEN VILLAGE HALL 7pm**



How do you pronounce quinoa? What is freekeh and what should I do with it?

Alison and Pat from the Home Economics & Craft Sub-Committee are holding cookery demonstrations on the theme of "old and new."

Alison will show some traditional recipes we all love and Pat will demonstrate what can be done with some of the new items on the supermarket shelves.

Come along and get some new ideas for your everyday cooking!

Coffee/tea and biscuits as well as a tasting of the food are included.

**Cost:** £7  
**Further Information:** Pat Mallett

(contact the Office for bookings)

**Closing Date:** Wednesday 28th February

**SUGAR CRAFT FLOWER MAKING WORKSHOP**  
**Thursday 12th April**  
**CHY NOWETH AN**  
**CONTETH**  
**10am – 3:30pm**

Join us for a full day course in which you'll learn how to make simple flowers and leaves in sugar under the tutelage of Dot Rogers (member of the British Sugarcraft Guild), assisted by Rosemary Slee.

In the morning, you'll make a rose with bud and leaves (non-wired). In the afternoon, we'll be making lilies with eucalyptus leaves (wired).

Basic equipment can be provided for use by members on a sharing basis, but if you have your own then please bring it along.

All materials will be provided – flower paste, wires, tape, colours, etc. A lunch of soup, a roll and cake will be available at a cost of £5.

**Cost:** £18  
**Further Information:** Dot Rogers

(contact the Office for bookings)  
**Closing Date:** Wednesday 28th February



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## JANUARY BIRTHDAYS

Bodmin Gaolbirds, 5th  
Truro Afternoon WI, 25th  
Fowey WI, 70th  
St Buryan WI, 85th

## SAD NEWS FOR WILCOVE WI

In November of last year, Wilcove WI members were saddened by the news of the death of their founder member, Marjorie Harwood, at the age of 99. Marjorie organised the inaugural meeting of Wilcove WI on 18th March 1950 and held the offices of President, Secretary and Treasurer during her 50 years of membership, taking the WI through both good and tough times. We were delighted to welcome Marjorie to our 65th birthday celebrations in 2015, when she spoke about the value of the WI to its members and the community. She will be remembered with great fondness and gratitude by many of our members.

## BODMIN GAOLBIRDS WI ANNUAL JAM FESTIVAL & CRAFT FAIR



The Bodmin Gaolbirds WI held their third Annual Jam Festival and Craft Fair on Saturday 14th October at the John Betjeman Centre in Wadebridge.

Tony Rush, Wadebridge Mayor, opened the event, which attracted many local residents, WI members and families from surrounding areas. We were pleased to welcome Barbara Corbett, our outgoing Federation Chairman, to present the awards to the winners. The Sue Rousseau Cup for the Best in Show was awarded to Fern Carroll-Smith of Bodmin Gaolbirds WI.

There was a wonderful

selection of crafts available for sale from the stallholders in the Pavilion together with a hands-on session with the women from the Craft Barn. Refreshments were served by the members of the Bodmin Gaolbirds WI who offered a delicious range of cakes, savouries, teas and coffees.

Pictured here are (left to right): Bodmin Gaolbirds WI Secretary Diana Laishley-Hayward, Wadebridge Mayor Tony Rush and Bodmin Gaolbirds WI President Shirley Trewin.

## SPLISH SPLASH!



Joyce, Annette and Erica from Withiel WI enjoyed themselves at the Federation spa day at Bedruthan Steps Hotel.

## CAMELFORD WI CHRISTMAS PUDS



Camelford WI entered their local Carnival in October, and got into the spirit of the holiday season by dressing as 'The Ladies from The WI Pudding Club'! They came away after a fun filled day with second place overall in the small walkers section.

## POPPIES FOR HALSETOWN WI



Last autumn, members of Halsetown WI visited Plymouth Hoe to see the spectacular show of poppies

# You could be in the Algarve, relaxing in the sun...

A spacious 1 bedroom apartment with shared swimming pool. The apartment is situated on the top floor of a 3 storey block. Quiet location, but only 5 mins walk to the marina and another 5 mins to the town centre.

## Self Catering Holiday Apartment

- Twin bedroom.
- Open plan kitchen & lounge.
- The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine.
- Family sized bathroom.
- The lounge has a sofa (which converts into two single beds) and a table to seat four.
- A TV, DVD and CD player are also available.
- Patio doors open onto the balcony, offering views over the pool and across Lagos.
- Ample parking space in front of the building.

### PRICES:

Jan - March	£225
April	£300
May	£325
June	£375
July/August	£475
Sept	£375
Oct	£325
Nov/Dec	£250

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01536 711884

known as 'The Wave'. The Wave was presented at the Commonwealth War Graves Commission (CWGC) Plymouth Naval Memorial, which was built and is maintained by the CWGC to commemorate almost 7,300 servicemen and women of the First World War who have no known graves. The WI members were very moved to see the names of 25 St Ives war heroes on the memorial. Most of the ladies had lost members of their families during the War, so it was an emotional visit.

### BIRTHDAY CELEBRATIONS IN BUDE



Bude WI recently celebrated their 95th birthday. Federation Chairman Margaret Johnson was on hand to help cut the cake with Bude WI President Cynthia May.

### A MALE MEMBER FOR BUDOCK WI?!

Is Budock WI the only WI in Cornwall or even maybe in all of England to have a male member? Don't panic – he's Ollie the alpaca!



After an extremely interesting meeting when Dianne Summers, Ollie's caretaker, gave Budock members a fascinating insight into her life as an alpaca and llama rescuer, the women got together and decided to adopt him themselves. Dianne showed them pictures of her rescued animals and explained how she cares for them at her home at Little Hamlet Rescue Centre near Gwennap Pit.

Budock WI now has a certificate and a lovely photograph of Ollie and have plans to visit him soon. They will be kept up-to-date with his foibles and, of course, can visit Dianne's shop for

her wonderful alpaca wool garments and accessories.

### FUNDRAISING HEROES IN TREVONE



In response to an article in the May 2017 issue of WI Life regarding fundraising for Breast Cancer Care with afternoon teas, Trevone WI rose to the challenge! In June, members of this small, rural WI held a tea, serving scrumptious home-baked cakes and other treats, and managed to raise a whopping £1,018 for the charity. Members received a lovely letter from Breast Cancer Care thanking them for their phenomenal fundraising skills.

### MAWNAN WI MARKS WORLD KINDNESS DAY

When thinking about how to draw attention to World

Kindness Day, Mawnan WI member Jill Prior suggested focussing on those driving through the village and asking them to be considerate and aware of other road users and pedestrians, especially children. In the end, the slogan was adapted to reflect the ethos of the day and a banner reading, "Please be kind and a careful driver" was placed on the approach to Mawnan Smith. Leading up to World Kindness Day, Mawnan WI, the Brownies and Rainbows jointly presented cards and plants to members of the village Lunch Club. World Kindness Day falls on 13th November every year. It is an internationally recognised day for celebrating kindness in our day-to-day lives and was started in the UK in 2010.



# A 'hidden epidemic' - right under our feet

**Thousands of people in Plymouth are suffering pain and discomfort because of what has been described as a 'hidden epidemic'.**

The condition affects an estimated one in ten of the population and leads to pain in the heel and bottom of the foot.

According to owner of Foot Solutions Andrew Scowcroft it can cause intense pain which in many cases severely affects mobility.

Andrew said: "the symptoms include pain in the bottom of the foot, especially at the front or centre of the heel bone. The pain is often worse **when first getting out of bed in the morning or when standing up after any long period of sitting.**"

He said the condition can be caused by a variety of factors, including standing for several hours a day, weight gain or wearing inappropriate footwear.

GP's will often recommend rest or anti-inflammatory medication. In more severe cases, cortisone injections may be administered.

Podiatrist Karen Scowcroft said: "Although this can be affective, these actions simply deal with the symptoms and not the root



**This diagram shows how the correct support can help to avoid excessive 'rolling' of the foot**

cause of the condition."

The technical name for **this problem is Plantar Fasciitis.**

"The condition occurs when the foot is put under excessive strain usually due to the foot rolling inwards. This results in small micro-tears in the fascia, inflammation and in turn pain. For many people this has the impact of time off work, reduction in sporting activities and a general disruption to their quality of life."

Andrew said that Foot Solutions provide a full assessment of the client's feet using advanced technology and supply custom made arch supports which control the movement of the foot and prevent muscle strain.

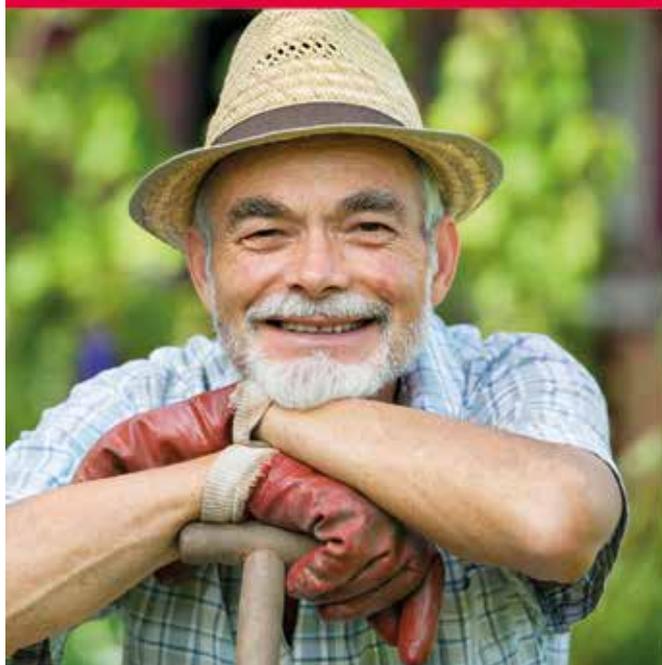
"This approach, coupled with the correct footwear can provide a long term solution to the problem of Plantar Fasciitis," he added. Recruitment consultant and enthusiastic runner Andrea Mahn had undergone a range of treatments for Plantar Fasciitis, but nothing eased the pain - until she visited Foot Solutions.

"The staff were knowledgeable and attentive and they identified the problem. it was the most fantastic service I could have imagined. "Now I don't suffer. I can do my job and my running and enjoy the experience, rather than being in constant pain.

"I will never buy shoes from anywhere else again but Foot Solutions."

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