

countynews

CORNWALL FEDERATION OF WOMEN'S INSTITUTES

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September 2019



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FEDERATION OFFICE

Chy Noweth an Conteth
Truro Business Park, Threemilestone
Truro TR4 9NH – T: 01872 272843
Email: General Enquiries:
cfwi@btconnect.com

Federation Secretary:

cfwisecretary@btconnect.com

Accounts: cfwiaccounts@
btconnect.com

Reception: cfwireception@
btconnect.com

Website: <http://cornwallwi.org.uk>

Facebook: [www.facebook.com/
CornwallFederationof
WomensInstitutes](http://www.facebook.com/CornwallFederationofWomensInstitutes)

OFFICE OPENING HOURS

9am - 4:30pm
Monday to Thursday

FEDERATION CHAIRMAN

Margaret Johnson

FEDERATION TREASURER

Penny Picton
Email: cfwi.treasurer@gmail.com

COUNTY NEWS EDITOR

Helen Kestle
Tel: 01736 753104
Email: cfwi.publications@gmail.com

THANKS TO CARNON DOWNS WI FOR PACKING SEPTEMBER 2019 COUNTY NEWS

NATIONAL FEDERATION OF WOMEN'S INSTITUTES

104 New Kings Road,
London, SW6 4LY
Tel: 0207 371 9300
Fax: 0207 736 3652
Email: hq@nfwi.org.uk
Web: www.thewi.org.uk

DENMAN

Marcham, Abingdon
Oxfordshire, OX13 6NW
Tel: 01865 391991
Email: info@denman.org.uk
Web: www.denman.org.uk

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Holly Daniels

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CHAIRMAN'S CHATTER



Here we are back from the summer break and three quarters through our Centenary year. It has been great so far and I have been lucky to meet many of you during my travels. Now I am eager to begin another series of exciting WI events. Will we see you at the Centenary Service at Truro Cathedral? Will you be bringing your banner? I hope so! It should be quite a sight with the parade from Lemon Quay to the Cathedral. Then next month we'll be gathering at Carlyon Bay

Hotel for our celebration lunch with an exciting after dinner speaker. I hope to see you there!

Currently I am sitting here reflecting on the Royal Cornwall Show, and in my mind looking towards 2020. In the past our Federation Stall has been adorned with scarves, handbags, jewellery, hats, kitchenalia, craft and, this year, Christmas – so the question is “What do we put on the stall next year?” I am asking that you put your thinking caps on and come up with suggestions. I am also wondering/hoping that there may be members who might like to get involved with getting the stall ready... coming on the day to help set it up, etc. Do you know anyone who has a great hobby and might come to demonstrate their skills? I really would like to hear from you.

Here's an opportunity for all you designers out there – we have been examining our Federation

banner. It is very old and, to put it mildly, “has seen better days”. It is showing signs of wear and stress in many areas and the time has come to think about a replacement. I have checked with NFWI and the only restriction we have is that if we use the WI logo, it must be reproduced accurately, otherwise the design and colours are up to us. The search is on and you are invited to submit a design. Little bits of several designs may be included in the final decision, but I hope we will have lots of ideas to choose from. I would like your suggestions as soon as possible, which can be sent to me via the office by the end of the year. I look forward to hearing from you!

In the meantime, enjoy the rest of our Centenary year and wait to see what we have planned for next year.

My best wishes,
Margaret

DIARY UPDATES

SEPTEMBER DIARY DATES

3rd September – Mobile Phone Photography Workshop
12th September – ‘Operation Hedgehog’ Info Day
15th September – Boat Trip on the Helford
18th September – Horticultural Skills Day
26th September – Flicka Foundation Donkey Sanctuary Visit
28th September – Centenary Service

SEPTEMBER CLOSING DATES

5th September – Soft Pastel Art Workshop
12th September – Autumn Beauty in St Columb
16th September – Hanging Baskets
19th September – What's in My Trolley?
25th September – Centenary County Lunch
30th September – Christmas Craft Workshops

COVER PHOTO



Perranuthnoe & District WI President Diana Harry poses proudly with the Royal Cornwall Show Cup. Her WI team produced a gorgeous entry on the ‘Iconic Cornwall’ theme, with a focus on Mousehole.

WOULD YOU LIKE TO BE AN IFE?

What is an IFE?

The initials IFE stand for Independent Financial Examiner, and CFWI has a scheme whereby members (and non-members) are trained to examine the accounts of WIs at the end of the financial year. As financial statements have to be prepared and checked before WIs' annual meetings, most of the checking takes place during January, February and March. The Board of Trustees has arranged for a trainer from NFWI to be at Chy Noweth on Tuesday 24th and Wednesday 25th September to train new IFEs and update our current IFEs. The training for both days will be the same so if you would like to attend please choose the day which is most suitable for you. For further details or to book a place please ring Jane Mills.

NOTES FROM THE OFFICE

200+ CLUB

June winner of £37 – Chris Sargent of Sticker WI
July winner of £37 – Jacqui Carroll of Marhamchurch WI

CORRECTION

In the May 2019 issue of *County News*, we pictured daffodils planted in Cury. We mistakenly said the daffodils were planted to celebrate the NFWI Centenary in 2015. They were actually planted to celebrate the CFWI Centenary this year.

YEAR BOOK CHANGES AND CORRECTIONS

- Pages 10 and 47 – An incorrect telephone number has been listed for Jacky Dowell (member of Exhibitions sub-committee and President of Roche Rockers WI). The correct email address is
- Page 40 – Lezant WI's new contact email address is:
- Page 47 – An incorrect meeting date was listed for Roche Rockers WI. The correct date is the 4th Tuesday of the month.
- Page 50 – An incorrect contact email address has been listed for St Dominick WI.
- Page 51 – St Just in Roseland WI's new Secretary is: Judith Hutton-Lewis
- Page 56 – Trevena & Tintagel WI now meet at 7:30pm from March-October; and at 2:30pm from November-February.
- Page 57 – The name of the Secretary of Veryan WI was listed incorrectly. Her correct name is Sue Day.

DENMAN BURSARIES

How do you feel about a visit to Denman on us?

For our Centenary year, we are offering two Denman bursaries, each for up to £500. One is for first-time Denman visitors, and the other is open to any WI

member in Cornwall. To apply, send your name, the name of your WI and which bursary you are applying for to Chy Noweth by post, phone or email. The deadline is 30th September, and the winners will be announced at the Annual Council Meeting.

Good luck!

FLORAL ART AND GARDENING

AUTUMN BEAUTY AT ST COLUMB

Thursday 24th October 2019
ST COLUMB CHURCH

10am-3:30pm

This is the fourth in our series of tutorials on flower arranging in churches.



Those attending will be free to take home what they have created, but the church will be pleased if you choose to leave them in situ! There is parking behind the Columba Centre and a café in the town, but feel free to bring a packed lunch.

Cost: £15

Closing Date: Thursday 12th September 2019

Further Information: Abigail Kirby-Harris

WINTER INTO SPRING HANGING BASKETS

Tuesday 29th October 2019
Bodmin Nursery

10:30am-3:30pm

Come and join us for a hanging basket workshop where you will choose plants to brighten your garden through winter and into spring. You'll plant up your basket under the tuition of the staff of Bodmin Nursery. Ticket price includes all materials as well as 10% discount on all shopping on the day.

Cost: £40

Closing Date: Monday 16th September 2019

Further Information: Felicity Penneycard



FEDERATION MATTERS



CHRISTMAS COUNTY LUNCHESS

Monday 2nd December 2019
HANNAFORE POINT HOTEL, LOOE

12pm for 12:30pm

Join us for a festive lunch at the beautiful Hannafore Point Hotel in Looe.

Starters: Chicken and ham-hock terrine with piccalilli and salad / Smoked mackerel and horseradish pate with toasted olive bread / Chilled melon and mandarin cocktail soaked in orange juice and Grand Marnier / Winter vegetable soup.

Mains (all served with a selection of seasonal vegetables and potatoes): Traditional roast turkey with sausage and bacon roll / Braised feather blade beef steak with a rich mushroom and onion sauce / Salmon steak with a prawn and dill sauce / Baked butternut squash with a medley of Mediterranean vegetables.

Desserts: Traditional Christmas pudding with brandy sauce / White

chocolate and raspberry cheesecake with clotted cream / Lemon slice with clementine and Campari sorbet / Selection of English and continental cheeses with grapes and biscuits.

Wednesday 4th December 2019 MERCHANTS MANOR, FALMOUTH

12pm for 12:30pm

Our second Christmas County Lunch will be held at the Merchants Manor in Falmouth.

Starters: Spiced sweet potato soup with olive oil bread crouton (V) / Smoked salmon with rye croute, chive crème fraiche and pickled shallot / Ham hock terrine with Manor Piccalilli.

Mains (all served with gratin potato, port red cabbage, carrots, parsnips and brussels sprouts): Holiday turkey with sage chestnut stuffing, pigs in blankets and roast turkey gravy / Roasted root vegetable terrine (V) / Locally caught hake with caper butter and watercress.

Desserts: Brandy pudding with sticky toffee pudding sauce and Christmas cake ice cream / Chocolate torte with Cornish clotted cream ice cream and spiced almonds (V) / Trio of Ice Cream.

Cost: £25 per person at each venue

Closing Date:

Wednesday 23rd October 2019

Further information:

Hannafore Point: Liz Llewellyn-Jones

Merchants Manor: Grace Bradford



TREASURERS' WORKSHOPS

Monday 4th November 2019 – 10am-12pm

Monday 11th November – 7pm-9pm

CHY NOWETH AN CONTETH

We are inviting all Treasurers and Assistant Treasurers to join us at Chy Noweth an Conteth to discuss and exchange views on this very demanding job. We will go over the paperwork, the online form, which column every entry should go in and generally learn from each other. We are holding two sessions, one morning and one evening. If you would like some practical help to download the correct paperwork, please bring your laptop so we can assist you to get set up and ready to go. Tea, coffee and cake will be served. These workshops are free of charge but you must book your place with your WI Secretary.

Closing Date:

Thursday 10th October 2019

Further Information:

CFWI Office 01872 272843 / CFWI Treasurer Penny Picton: cfwi.treasurer@gmail.com

THE TIME IS NOW CLIMATE LOBBY

In June, over 12,000 people gathered in Westminster to tell their MPs in person that the 'Time is Now' to act on the climate and nature crisis. We don't have time to wait because our world is under threat like never before. WIs from all over the UK, including Cornwall were represented. Some members met with their MPs on the day to press for urgent action to pass ambitious laws to create a healthier environment for all. At 2pm, all 12,000 lobbyists set off alarms to send a message to Westminster that they need to wake up and respond to the challenges our world is facing. We all need to wake up to this because The Time is Now to change what is otherwise inevitable.

THE CORNISH WINTER FAIR

Farming * Food * Drink * Crafts

CORNISH WINTER FAIR

Saturday 16th November 2019

ROYAL CORNWALL EVENTS CENTRE, WADEBRIDGE

10am-5pm

CFWI members have been invited to enter individual classes at the Cornish

FEDERATION MATTERS

Winter Fair in floral art and home economics and craft. The theme for all classes is 'CFWI Centenary'.

The Home Economics & Craft classes are as follows: A small Christmas tree decoration in WI colours (green & cream); a congratulations card to CFWI marking our 100th anniversary and 4 decorated cupcakes with a WI theme. The Floral Art classes are as follows: A festive welcome (exhibit for a hall table), Garden Gleanings and Candle Glow.

Closing dates for entries in all classes is Monday 7th October. For more information, contact Pam Selley

SPEAKERS' AUDITIONS DAY Friday 22nd November 2019 CHY NOWETH AN CONTETH 10:30am-3:30pm

Come and join us for a day to hear talks from a range of new speakers. As usual, there will be one ticket per WI to accommodate as many different WIs as possible, but contact the office if you have any special requests. Tea/coffee/biscuits will be available, but please bring a packed lunch.

Cost: £3 (payable from WI funds if agreed)

Closing Date:
Thursday 10th October 2019

Further Information:
Grace Bradford

CENTENARY COUNTY LUNCH Wednesday 30th October 2019 CARLYON BAY HOTEL 12pm for 12:30pm

Join us for a special county lunch at the Carlyon Bay Hotel, overlooking St Austell Bay. To commemorate our Centenary, we will have the added bonus of a guest speaker at the lunch. Dame Rosemary Squire, theatre owner and entrepreneur, will be speaking about her life and experiences in the theatre world. Please join us for a delicious meal in this fabulous location. See your WI Secretary for menu choices and an application form.

Cost: £30

Closing Date:
Wednesday 25th September 2019
Further Information:
Pam Selley

EXHIBITIONS



JOIN THE TEAM!

If you visited the WI Marquee at the Royal Cornwall Show, did you wonder how it went from being an empty shell on Monday to being ready for competition entries to be judged on Wednesday and then open to the general public on Thursday? Have you thought how wonderful the set-up at the Regal Theatre for our yearly meetings is, from the foyer to the stage and everything in between? All of this is done by the Exhibitions sub-committee!

Exhibitions is a small group of hardworking members, responsible for setting up the furnishings for Federation events. They meet three times a year, have great fun and get on well together. If you'd like to join the team, speak to any one of them at the Annual Council Meeting, or simply come along to the meeting in September to see what it's all about.

Contact: Fran Winsor,
Chairman Exhibitions sub-committee

DENMAN

Over 50 members attended our Federation visit to Denman in May and thoroughly enjoyed the courses on offer. It was such lovely weather that during our spare time it was a pleasure to be able to sit outside or walk in the gardens. Hopefully those of you who were there will inspire others in your WIs to attend our next visit. This has already been booked for Thursday 23rd until Sunday 26th September 2021. Don't forget to enter your names in the Denman Dip at the Annual Council Meeting next month. Details are with your WI Secretary. Also, don't forget to put your name forward before the end of September for the two bursaries on offer from our Federation. Kathy Reed, CFWI Denman Ambassador

MEMBERSHIP MATTERS TO ALL

As we all meet together again after our summer break, we look forward to our autumn/winter programme of events within the WI. There will be more upcoming training sessions to help you run successful WIs and to give you some insight into Federation and National WI procedures. Look out for these in *County News*. If there are any topics you would like to be included please contact your WI Adviser, and if you would like her to come to one of your meetings please invite her. Likewise, if you have any problems or questions on any aspects of the WI please do not hesitate to contact her. All details are in the Year Book.



FASHION SHOW Wednesday 20th November 2019 CARNON DOWNS GARDEN CENTRE (near Truro) 6:30pm

You are invited to a Fashion Show with a Christmas flavour. Come along to an evening of fun and fashion with a seasonal flair. The Garden Centre should be beautifully decorated at this time of year. Light refreshments are available for purchase from the restaurant on the night. We are also looking for models, so if you fancy an evening on the catwalk, give Yvonne a ring.

Cost: £6
Closing Date:
Monday 21st October 2019
Further Information:
Yvonne Toms

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ENVIRONMENT AND PUBLIC AFFAIRS

INTRODUCTION TO TAI CHI Tuesday 26th November 2019 CHY NOWETH AN CONTETH 10am-3pm

Come and enjoy Tai Chi. The day is a perfect way to try out Tai Chi for yourself.



Tai Chi is a gentle sequence of movements which have been proven to help improve balance, posture and coordination. Tai Chi helps to concentrate the mind, promoting a feeling of health and wellbeing. The day will begin with an introduction to the Yang Style Short form, the most popular form of Tai Chi practised in the west, followed by a brief history. We will then introduce moves step by step to create a sequence by the end of the day that you will be able to practise at home.

Cost: £25 (which includes lunch)

Closing Date:

Thursday 10th October 2019

Further Information:

Jude Wood

SONGS FOR EARTH Sunday 17 November 2019 TRURO CATHEDRAL 2-2:45pm

Join us for a climate service at Truro Cathedral. We will start the afternoon with the children singing in Lemon Quay, and then marching to the Cathedral. We will ask people to take their seats in the Cathedral by 1:55pm so that the children can make their entrance. This is a public service so bring your friends and family. We will need stewards on the day. If you can help with stewarding, please contact Pippa Stilwell

BIG TREES FROM LITTLE ACORNS GROW

As part of our Centenary celebrations, we had planned to plant 100 trees to become a Centenary woodland for the future. The sites we were offered in St Austell simply cannot comfortably take so many trees – and this planting must be a benefit not a hindrance to local people. So it's back to the drawing board. Can you help and suggest a great place to plant? We will delay and go for a spring plant now. The delay is a shame – but a mere blink of an eye to a tree!

Further information:

Felicity Penneyard or Anne Fenwick

HOME ECONOMICS AND CRAFT

WHAT'S IN MY TROLLEY THIS TIME? COOKERY DEMO

Thursday 31st October 2019: COADS GREEN
Thursday 7th November 2019: CARNON DOWNS
7pm-9pm

Following their popular demonstrations last year, Alison and Pat will be doing two more cookery demonstrations. Pat will again be cooking some of the newer and more unusual items to be found in your supermarkets and Alison will cook more traditional dishes – with a twist. Following the demonstrations, tastings and refreshments will be provided.

Cost: £8

Closing date: Thursday 19th September 2019

Further Information:

Pat Mallett



CHRISTMAS CRAFT WORKSHOPS Wednesday 13th November 2019: OTTERHAM & ST JULIOT VILLAGE HALL, MARSHGATE Monday 18th November 2019: EAST TAPHOUSE VILLAGE HALL

Friday 29th November 2019: MARAZION COMMUNITY CENTRE
10am-3:30pm

Choose two Christmas crafts to create during the day. The crafts offered are: a knitted angel, a music printed card angel, a knitted Santa, a cut work Christmas card, a fabric angel and an iced cake topper. There will be a small cost for materials. Tea and coffee will be available. Lunch of soup and a roll plus cake will be available for £5, payable on the day. Please indicate your two choices of crafts plus a third choice as a reserve.

Cost: £15

Closing date:

Monday 30th September 2019

Further Information:

Dot Rogers

THERE ARE 22,000 PEOPLE LIVING WITH SIGHT LOSS IN CORNWALL

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#sightappeal Contact us on 01872 26110 or at www.isightcornwall.org.uk



ROYAL CORNWALL SHOW

ROYAL CORNWALL SHOW

Another Royal Cornwall Show is behind us, but what a three days it was! We enjoyed our royal visit from Princess Alexandra, and even the rain on Friday didn't dampen our spirits!

Our competition winners this year were:

Royal Cornwall Show Cup

Competition: 1st Perranuthnoe & District WI / 2nd St Kew WI / 3rd Crowlas & Ludgvan WI / 4th Crantock WI / 5th St Tudy WI.
Rosemary Slee Best Cookery – Rebecca Allen, St Kew WI / Yvonne Toms Best Craft – Valerie Boakes, Crowlas & Ludgvan WI / Nan Collier Award for Best Floral Art – Edna Trudgeon, Treviscoe & Trethosa WI

Barbara Reed Trophy:

1st Karrie Skaife, St Mary's Isles of Scilly WI / 2nd Valerie Boakes, Crowlas & Ludgvan WI / 3rd Mary Shepherd, Boscastle WI

Floral Exhibits - "Iconic Cornwall": Wadebridge Cup -

"A Cornish Festival": 1st Cilla Brown, Week St Mary Bonaventures WI; 2nd Val Strout, Lostwithiel WI

Penponds Cup - "Cornish Landscape": 1st Val Strout, Lostwithiel WI; 2nd Jen Richards, Bodmin WI; 3rd Cilla Brown, Week St Mary Bonaventures WI; Very Highly Commended Mary Bedwell, Boscastle WI

Smale Cup - "A Cornish Treat": 1st Cilla Brown, Week St Mary Bonaventures WI; 2nd Val Strout, Lostwithiel WI; 3rd Jen Richards, Bodmin WI

Pat Ward Novice Cup - "Surf, Sea and Sand": 1st Mandy Nicholson, St Dominick WI; 2nd Vicki Knights, Launceston WI; 3rd Lorna Seater, Lane & District WI; Very Highly Commended Shirley Trewin, Bodmin Gaolbirds WI; Highly Commended Rosemary Williams, Truro WI

Best in Show - Floral Art Classes: Cilla Brown, Week St Mary Bonaventures WI



CARNIVAL SUCCESS FOR BEACHES & CREAM WI



Congratulations to Beaches & Cream WI for their well-deserved 2nd prize at Newquay Carnival in July! Don't they look fabulous?

BAKING FOR ST BREWARD SECRETARY



Bonny Bryan, Secretary of St Breward WI, had a go at making the delicious looking tart featured on a recent cover of *WI Life*. We think she did a wonderful job!

A BIRTHDAY OUTING FOR CONSTANTINE WI



Constantine WI celebrated its 68th birthday with a trip up the Fal, with a pasty supper on board. Partners and husbands were invited to join the group on their celebratory outing. Luckily, the weather stayed fair, if a little windy to begin with. A brilliant time was had by all.



INSPIRE, IMAGINE AND CREATE AT TAMAR VALLEY

The Tamar Valley WI Group Meeting was held recently, hosted by Harrowbarrow & Metherell WI. Entitled "Inspire, Imagine, Create", it did not disappoint. Harrowbarrow & Metherell President Joan Tall welcomed CFWI Federation Chairman Margaret Johnson; visiting Presidents from Albaston, St Dominic and St Mellion WIs; members; and other visitors. Julia O'Connell gave an inspirational talk about her work as a textile artist and about her work in the commission "Godiva awakes", a coat for a huge puppet made for the Cultural Olympiad in Coventry, which was magnificently displayed on the night.

ANOTHER FIRST PRIZE FOR LISKEARD WI

Liskeard WI again won first prize in their group in the carnival. There's no stopping them!



PERRANARWORTHAL WI TAKES THE 100 CHALLENGE



To celebrate CFWI's 100 years, Perranarworthal WI members set themselves several 100 challenges. The first saw members generously donating well over 100 packets and tins to a local food bank. As WI members plant up and maintain numerous "corners" and containers around their village, the June challenge was to provide 100 plants for the WI

village gardeners. Many more than 100 plants are now ensuring that there is always a colourful welcome in the public spaces. For July, members were asked to enter a writing competition to produce a book review or a diary entry using no fewer than 100 words, but no more than 200. The winners from each category will be announced at the September meeting.

BOSCASTLE'S OLDEST BIKER CHICK



Boscastle WI were recently treated to a great talk by Cornwall Blood Bikes who afterwards allowed members to try out the bike, a vast BMW. The speaker took a group photo which included Boscastle's oldest member, Irene Smith, who is 91, sitting astride the bike.

CARBIS BAY HOLDS A TEA PARTY



Carbis Bay WI held their Centenary tea party in June which was enjoyed by many local WI members and also their own members. The group was entertained and had a singalong with The Carbis Bay Belles, and enjoyed a game of Bingo.

FLOWER ARRANGING IN LEZANT



Diana Anderson, President of Lezant WI, held a flower arranging workshop in April. All members had to bring with them was secateurs and enthusiasm! Everyone thoroughly enjoyed themselves. Pictured here are (left to right) Sara Humdall, Ann Gerber, Ruth Burden, Ros Edwards, Jean Morton-Hughes, Naomi Finch, Yvonne Taite, Irene Nash and Diana Anderson, showing off some of their wonderful floral creations.



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Retired nurse Sandra Gent spent 40 years with the NHS - and most of that time on her feet.

In later life she developed arthritis in her feet and toes which caused her increasing levels of pain.

Sandra had also been diagnosed with osteoporosis in the lower spine and left hip and combination of the two conditions seriously affected her balance and stability.

"I also suffered severe spasms in my feet and legs which often led to me shrieking in pain" said Sandra, who retired eight years ago.

"I could never find comfortable shoes and the situation was getting worse and worse. I was in constant pain and got extremely fed up with it all. My posture was badly affected and I was stooping all the time.

"I didn't think my GP could help, so I decided to visit Foot Solutions in Royal Parade."

"The member of staff who looked after me was absolutely marvellous. He could not have been more helpful and attentive. He carried out all sorts of tests on my feet, which revealed some of the likely reasons behind my pain."

Sandra purchased over the counter supports while her customised arch supports were specially manufactured for her. She also bought 'house' shoes to wear at home with the supports, along with footwear for out doors and walking.

"The results have been amazing," said Sandra. "It has changed everything. My posture is better, my spine is better and I am totally free of pain in my feet and legs."

Sandra, who enjoys going for walks with her husband Jeremy added: "I used to dread going for walks because I was in so much pain. Now I can't wait to go walking. We love the area where we live and particularly enjoy walks around Hoop Radford Lake and Jennycliff.

"Thanks to Foot Solutions I can look forward to lots more of my favourite walks."

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