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**Hospitality
Action**

Summer 2026 edition

Golden Friends Newsletter

Dear Golden Friends,

Welcome to the summer edition of the Golden Friends Newsletter!

As the days grow longer and the sunshine brightens our days, we hope this season encourages you to step outside and enjoy the fresh air, warmer weather, and the wonderful burst of colour that summer brings. Whether it's a gentle stroll through the park, tending to the garden or simply sitting outdoors with a cup of tea, this is the perfect time to embrace all the joys of the season.

In this issue we take a look at ways our supporters are raising funds for the charity on P6, and on P18 we introduce Henal Chotai who has joined our volunteer team to support the work of our Golden Friends scheme.

And, alongside seasonal gardening tips and helpful health advice, there's another chance for you to enter our wordsearch competition.

We hope you enjoy this edition and look forward to hearing your thoughts on the newsletter when we next speak with you.

Until then, enjoy the summer!

Cathie

Mention in the Golden Friends Newsletter does not imply support or recommendation by Hospitality Action

Scheme Co-ordinator: Cathie Brennan
Address: 62 Britton Street, London EC1M 5UY
Email: GF@hospitalityaction.org.uk
For advice, support or to request a Grant Application form, Tel: 0808 801 0466
Email: grants@hospitalityaction.org.uk

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A message from CEO Mark Lewis

We're celebrating our wonderful volunteers in this edition of the Golden Friends newsletter.

Where would we be without them?

Whether they're selling raffle tickets at fundraising events, helping personalise and address Golden Friends birthday and Christmas cards, or befriending Golden Friends on the telephone, they're intrinsic to our work.

It's no easy feat, extracting money from people for raffle tickets when they're focused on having a fun night out with friends and colleagues. But our hardy volunteers won't take 'no' for an answer and so ensure our coffers are fuller after every industry event where we are the nominated charity.

I have first-hand experience of the power of our telephone befriending scheme. I spoke to my lovely friend Dora every week for the best part of a decade. In truth, although I began as

a volunteer, our relationship quickly blossomed into a close friendship, and I always looked forward to our Saturday morning chats.

Elsewhere in this newsletter, you'll hear from Hospitality Action super-supporter, Henal Chotai. Henal and his wife Reena have been supporting us any way they can, for years, first as fundraisers at their business, the Red Cup Café in Harrow, and now as volunteers.

When Henal drops by the Hospitality Action office on a Friday morning to lend a helping hand, it's always easy to see the love he has for our work. We reward him for his efforts with copious amounts of tea!

Volunteers, we salute you!



Also in this issue

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Golden Friends News

Volunteer support calls update

Our volunteers have had a busy start to the year. Some engaged in promoting the work of the charity and helping the team at fundraising events, while others have been providing telephone befriending support to many of our Golden Friends.

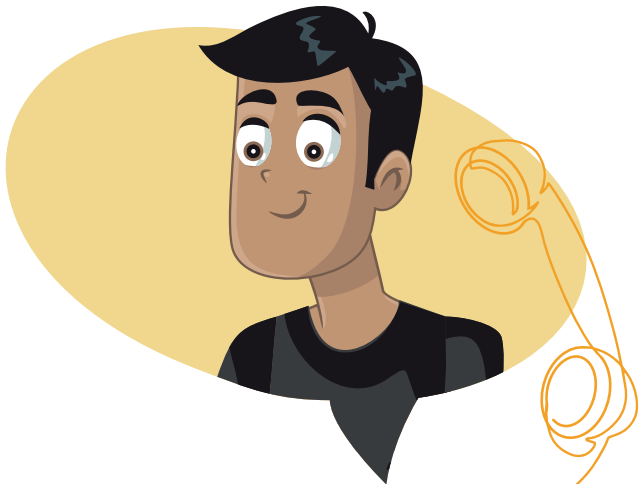
Alongside our ongoing volunteer support, we were delighted to be joined by Henal Chotai earlier this year. Henal and his wife Reena have been committed supporters of Hospitality Action for some time and are also ambassadors for the charity. Whether through their fundraising, mental health advocacy or often both, our ambassadors use their influence and reputation to raise awareness of our work.

As we have said previously, we remain ever conscious of the effect scam calls have on some of our members, so please be reassured that when Henal calls he will introduce himself by name and explain he is calling on behalf of the Golden Friends scheme. The purpose of our annual 'check-in' calls is to find out how you are and discuss any support needs you may have. If you do not wish to engage with the call, please let Henal know.

Henal has been enjoying getting to know more about those he has already contacted, and what they most like about the scheme.

We are extremely grateful to all our dedicated and committed volunteers. Each one is willing to go the extra mile to give their time to help those we are here to support. We are looking forward to having Henal with us on a regular basis throughout the year, and we are sure you will enjoy getting to know Henal too!

Read more about Henal on P18



Grants and Grant Giving

Emergency pendant alarms

At Hospitality Action, the wellbeing of our Golden Friends is very important to us, and we are always looking for effective ways to support our valued membership in maintaining their health and wellbeing.

We are currently looking at an option to provide emergency pendant alarms to anyone with health or mobility problems, to ensure that they have a direct line to emergency services in the event of a medical crisis or fall.

Personal emergency pendant alarms are designed to be worn around the neck or wrist, and provide 24/7, one-touch access to help for vulnerable individuals, enabling independent living by connecting them with a monitoring centre during falls, medical emergencies, or distress. They feature waterproof designs (for use in the shower), two-way communication, and the ability to alert emergency responders at the press of a button.



Hospitality Action would cover the full cost of the provision and ongoing use of the alarm. This support will be financially assessed, and usually dependent upon receiving an Income-related benefit (e.g. Pension Credit or Universal Credit) as well as some evidence of a disability-related benefit (e.g. Attendance Allowance or Personal Independence Allowance).

At this stage we would like to gauge the potential interest in this offer, so we would encourage anyone who is interested and would like more information, to contact our **Head of Grants, Calvin Parsons**, on **0203 004 5506** or **cparsons@hospitalityaction.org.uk**

If you are not currently receiving any of the aforementioned benefits, but you are struggling financially or have a health or mobility issue and are not receiving any government support, we may be able to provide advice on your potential eligibility. You can contact our **Welfare Benefits Advisor, Suad Hersi**, who will discuss your personal, financial and health circumstances with you, and advise on whether you are missing any statutory entitlement to financial or care support. You can contact Suad on **0208 187 9056** or **shersi@hospitalityaction.org.uk**.

Please complete the reply slip below to register your interest in emergency pendant alarms and return to:

Calvin Parsons, Grants Manager, Hospitality Action, 62 Britton Street, London, EC1M 5UY



☐ Please tick to indicate you are interested in our emergency pendant alarm offer.

Your full name
(BLOCK CAPITALS) _____

Address _____

Postcode _____

Telephone number(s) _____

Your signature _____ **Date** _____

Fundraising and our supporters

At Hospitality Action we are lucky to have such incredible supporters who go above and beyond to make a difference, taking on personal challenges that test their endurance and determination. Whether taking part solo or as a team, these amazing efforts help us continue our vital work and reach those who need us most. Here is a roundup of just a few of our recent supporters who have gone the extra mile.

The Cumbria Way

Colleagues from insurance brokers James Hallam's Hospitality Team and the Lake District Hotels Association, alongside partners from the hospitality industry, successfully completed the full 73-mile Cumbria Way! Together they walked from Ulverston to Carlisle over five days through some of England's most breathtaking scenery.



To those who took on the entire route and to those who joined along the way, we can't thank you enough. Over £11,000 was raised. Special mention to Craig Shaw, who led the full journey and to everyone who supported along the way, including the generous early backing from The David Snowdon Trust.

TCS London Marathon

On Sunday 26 April, two outstanding supporters took on the world-famous TCS London Marathon and we couldn't be prouder of their dedication and resilience. Together, they raised more than £5,000 to support hospitality families facing severe food and fuel poverty this spring.

Chef Paul Leonard said: "As a head chef, you're constantly operating in a high-pressure, fast-paced environment where there's very little time to switch off. Running has become my way of creating that space. It helps me mentally unwind after long, intense shifts and gives me a chance to reset away from the noise and demands of the kitchen".



Concierge Matteo Delrio said: "As hospitality professionals, we are already experts in resilience; we deal with pressure and challenges every single shift. Taking on a physical goal (whether it's running, cycling, or walking) simply helps strengthen those "resilience muscles." Running for Hospitality Action is my way of giving back to a world that has given me so much, supporting the people who make our amazing industry what it is".

80 miles in one day

Employees from Bennett Hay, an independent food and guest service provider, celebrated their 15th anniversary by covering over 80 miles and visiting 45 client sites in one day.

Managing Director Zoë Watts said: "Considering I hadn't been on a bike for about a year, it probably wasn't my wisest decision, but I really did enjoy it... eventually. I started at Ocado in Hertfordshire and made my way to Slough via Uxbridge, mostly along the Grand Union Canal. The scenery was a real bonus and definitely helped distract me from the increasingly loud complaints from my legs.

Cycling through London on the Saturday was a real highlight. We set off from Waterloo at 7am, and crossing a quiet Westminster Bridge with the sun shining on Big Ben felt very special. Passing Buckingham Palace shortly after, then heading through Victoria Park and Queen Elizabeth Olympic Park, made it a memorable route, and showed just how easy it is to get around London by bike now".

Heartfelt thanks to everyone who goes to such great lengths on our behalf. The funds raised support hospitality professionals facing hardship, from physical and mental health challenges to financial difficulty and beyond. **#wevegotyou**



The Summer Gardening Checklist

Summer gardening is less about dramatic transformation and more about steady care and consistency. From June through early autumn, gardens are at once at their most generous and they're most demanding. To maintain a long-lasting, colourful display, heat, rapid growth and fading blooms all require careful management.

Growth and control: high summer (June–July)

This is the time of year when borders become full and colourful, lawns seem to grow overnight, and flowers are at their very best.

When watering, aim for depth rather than frequency. Giving plants a thorough soak a few times each week is much better than a quick daily sprinkle, as it encourages deeper root growth and improves resilience during hot weather. Early morning or late evening are the best times to water because less moisture is lost through evaporation.

Regular deadheading is important, especially for repeat bloomers such as roses, petunias and geraniums. Removing faded flowers encourages plants to keep producing new blooms instead of diverting energy into seed production.

June is also the perfect month for feeding flowering plants. A balanced or high-potash fertiliser, commonly sold as tomato feed, will help maintain strong growth and vibrant colour. Containers need particular attention, as nutrients are easily washed out through regular watering.

Keep an eye out for weeds and pests, which thrive in warmer conditions. Mulching with compost, bark or well-rotted manure will help conserve moisture and suppress weeds at the same time.

Maintenance and longevity: midsummer (July–August)

By midsummer, some early flowers will be fading fast while others begin to take centre stage. Long-flowering, heat-tolerant plants will help to keep your garden colourful.

Regular deadheading and cutting flowers to display in vases helps to improve flowering. The more you cut plants like cosmos and zinnias, the more they produce.

Plants such as dahlias need to be supported before they begin to flop as wind and rain can undo months of growth in a single afternoon. Lawns may slow down in dry spells. If grass turns a little brown don't panic - it usually recovers. Raising the mower blade slightly during hot weather helps to reduce stress on grass roots when cut.

Lavender
Drought-tolerant
and loved by
pollinators.



Zinnias
Bright, resilient,
and great for
cutting.



Cosmos
Light, airy blooms
that last for
months.



Dahlias
Bold and continuous
if deadheaded.



Rudbeckia
Strong colour
into autumn



Extending the season: late summer into early autumn
(August–September)

This is about stretching the life of your garden as long as possible.

To maintain colour, keep feeding flowering plants into early autumn. Many late performers like chrysanthemums and sedum start to shine now, carrying the display forward as summer plants tire.

Remember to continue watering, especially containers and hanging baskets as these can dry out quickly even as temperatures begin to dip. Begin to lightly prune and tidy, but do not cut everything back. Seed heads from plants can add structure and interest, as well as provide food for birds.

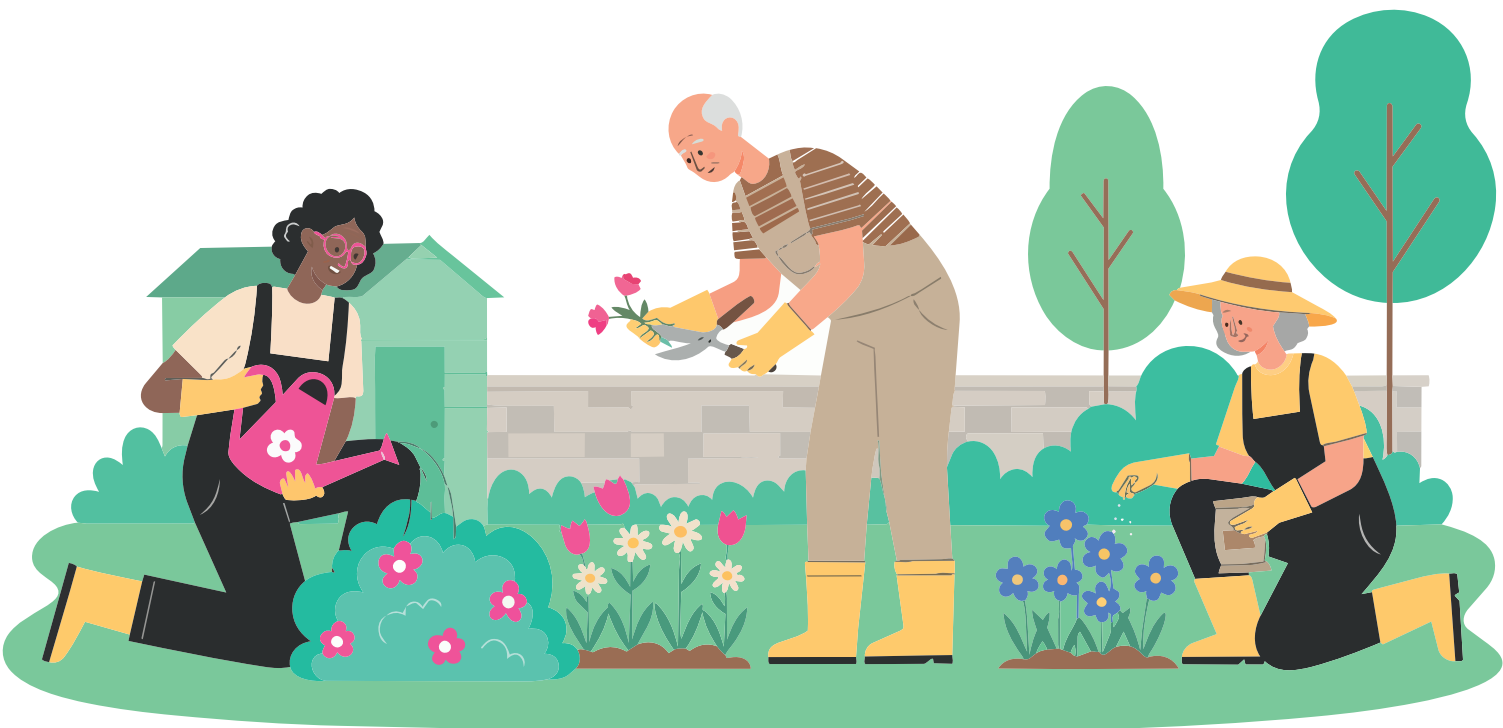
You can also begin planning—sowing biennials or planting late perennials to establish before winter.

Keeping flowers looking their best

A few consistent habits make the biggest difference:

- **Deadhead regularly** – encourages continuous blooms.
- **Feed containers weekly** – especially with high-potash fertiliser.
- **Water deeply, not little and often** – builds stronger plants.
- **Mulch early in summer** – locks in moisture and improves soil.
- **Cut flowers often** – it refreshes plants and brings the garden indoors.

In the end, a good summer garden isn’t about perfection—it’s about rhythm. A little attention every few days keeps things thriving, and the reward is a garden that carries colour, scent, and life right through to the first hints of autumn.



Competition time!

With our spring edition competition so well received, we are delighted to send congratulations to FIRST PRIZE winners, **Carol Washington ((Dorset)** and **Wendy Dickson (Dorset)** who each receive £30 worth of M&s gift cards, and to SECOND PRIZE winners, **William Metcalfe (Co. Durham), Esperanza Velenia (London), Merlyn Carlos (London), Jennifer Facey (London), Patricia Hewitt (Lancashire) and Janet Elson (Caerphilly)** who each receive an M&S gift card worth £15.

Try our ice cream themed wordsearch competition. Entries must reach us by **FRIDAY 31 JULY**. Good luck everyone!

S T R A W B E R R Y R E G J L L M
B H B A N A N A S P L I T J J A B
S R A X S L H U C L E L Y D E K O
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G T U S E F E Q O M B U C L C H L
H L M V S A N C I J E D E Y O S S
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V J T N W L A F T P A K B A N N J
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BANANA SPLIT
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HOT FUDGE
MALT
NEAPOLITAN
NUTS
ROCKY ROAD
SCOOP
SHAKE
SPOON
SPRINKLES
STRAWBERRY
SUNDAE
TOPPINGS
VANILLA
WAFFLE CONE
WHIPPED CREAM

Entries should be marked ‘**GF competition**’ and posted to Hospitality Action, 62 Britton Street, London EC1M 5UY to arrive no later than **FRIDAY 31 JULY 2026**.

Your full name _____

Your address _____

Post Code _____

Your telephone number _____

Your email _____

Old school puddings

There is a particular kind of nostalgia attached to school puddings from the 1960s and 1970s. It is not because the puddings themselves were remarkable, but because of what they represented and the memories that are tied to them.

In post-war Britain, school desserts were designed to be economical, filling and comforting. Great trays of carbohydrate-rich puddings were made from simple ingredients and served warm to generations of children in echoing school dining halls.

Across the country, school menus were strikingly similar, meaning children from Cornwall to Cumbria were often eating the same dishes: spotted dick, jam roly-poly, semolina, rice pudding, pink blancmange and syrup sponge swimming in custard. These desserts became woven into the shared experience of growing up in that time.

Spotted dick, was dense, pale, and freckled with currants. It arrived in thick slices, often slightly collapsing under the weight of its own suet and smothered in custard. Soft, comforting and soothing.

Jam roly-poly was similar. Rolled tightly with a spiral of sticky jam and when sliced, it revealed its hypnotic swirl. Also usually accompanied by pale-yellow custard.



Food from childhood tends to linger powerfully in the memory because it is bound up with routine, place and emotion. Even those who dreaded semolina or eyed the skin on rice pudding with suspicion often remember those meals with unexpected fondness decades later. The puddings themselves may have been plain, occasionally stodgy and frequently accompanied by lumpy custard, but they now carry associations far richer than their ingredients ever were — memories of school friends, shared capers, laughter across long tables and the comforting predictability of the lunch on offer.



Semolina was not always a favourite with its thick, almost porridge-like texture. Served with a dollop of jam and often with a skin forming on top. Something that children avoided by removing it with surgical precision. Rice pudding – much creamier – followed closely behind.

For those with a sweeter tooth, there was **sponge pudding or crumble and custard**. A staple of the era. Whether it was plain sponge, chocolate, or the occasionally thrilling treacle version, sponge pudding or crumble could be relied upon to be soft, warm, and filling.



Today, many of these once-humble desserts have been revived in cafés, bakeries and nostalgic cookbooks, often made with far richer, more nutritional ingredients and a more refined touch. Yet however elegant these modern versions are, they rarely capture the feeling of the originals: the clatter of stainless steel trays, the scent of warm custard drifting through the lunch hall, and the momentary anticipation as the dinner lady's ladle hovered over your plate.

Old school pudding recipes

There is something wonderfully comforting about old school puddings. From jam roly-poly and spotted dick to syrup sponge and rice pudding, these classic desserts were once a staple of our school dinners and remain deeply nostalgic for generations who grew up in the 1960s and 1970s. Simple, filling and unapologetically comforting, these puddings may have been humble, but they have stood the test of time.

The classic 1970s jam roly-poly is a suet-based pudding, commonly steamed or baked in the oven to create a light yet stodgy texture. The recipe features a simple dough of self-raising flour, suet, sugar, and milk, spread with jam, rolled, and steamed in a foil parcel for about 40–60 minutes, served best with custard.

Calories	Fat	Carbohydrates	Fibre	Protein	Sugar
300–380 kcal	10–15g	45–55g	2–3g	5–7g	15–25g



Prep time	15–20 minutes
Cooking time	40–60 minutes
Serves	6–8 portions

A few things to bear in mind:

- Suet is the main fat contributor
- Jam significantly increases sugar content
- Serving with custard would add roughly +100–150 kcal per portion



Method:

1. Preheat the oven to 180°C–200°C. Gas Mark 4–5.
2. Grease a large sheet of greaseproof paper and lay it on top of a larger sheet of aluminium foil.
3. Mix the flour, suet, sugar, and salt (if using) in a bowl.
4. Add the milk gradually and mix with a knife to form a firm, slightly sticky dough.
5. On a floured surface, roll the dough into a rectangle (approx. 8 × 11 inches / 25 × 18 cm).
6. Spread the jam generously over the dough, leaving a 2cm border on all sides.



Ingredients:

- 200g - 250g (approx. 2 cups) self-raising flour
- 100g (1/2 cup) shredded suet (beef or veg):
- 1–2 tbsp caster sugar:
- 150ml - 180ml milk (or water) - (enough to form a dough)
- 200g - 300g jam: (Raspberry or Strawberry)
- Optional: Pinch of salt, butter for greasing



7. Roll up the dough tightly, starting from a short edge, and seal the ends by pinching them.
8. Place the roll on the greased parchment paper. Roll it up, leaving room for expansion, and seal the ends of the foil tightly to make a parcel.
9. Bake in the oven for 40-60 minutes, ideally on a rack above a roasting tin filled with boiling water to create steam.
10. Remove from the oven, rest for 5 minutes, and serve with hot custard.



Another British classic from the golden days of school dinners, is this **simple sponge cake**, topped with a thick layer of white icing and a generous amount of rainbow sprinkles. Served with custard (pink or otherwise!) or on its own, this pudding takes us straight back to the dinner hall.

Ingredients:

- 225g/8oz butter, softened, plus extra for greasing
- 225g/8oz caster sugar
- 250g/9oz self-raising flour
- 4 free-range eggs
- 3 tbsp milk
- 2 lemons, finely grated zest and juice
- pinch salt
- 200g/7oz-300g/10½oz icing sugar
- multi-coloured sprinkles, to decorate

Prep time	less than 30 minutes
Cooking time	10 to 30 minutes
Serves	Up to 15 servings

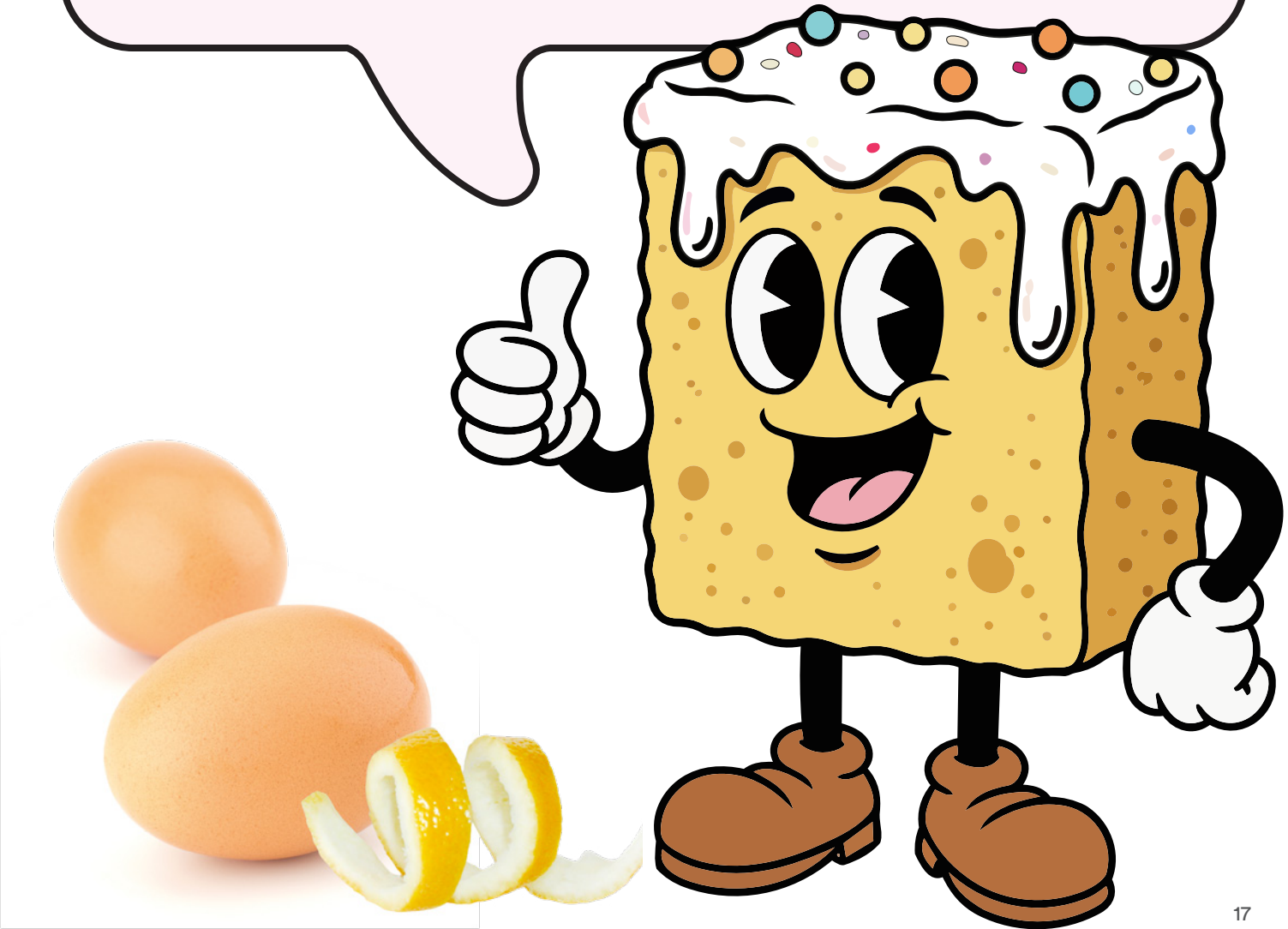


Calories	Fat	Carbohydrates	Fibre	Protein	Sugar
275–310 kcal	12–14g	38–45g	2–3g	3–4g	25–32g



Method:

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line the bottom of a baking tin roughly 26x22cm / 10½x8½in.
2. Using an electric whisk, beat together the butter, caster sugar, flour, eggs, milk, lemon zest and salt in a large bowl until smooth and creamy.
3. Spread the mixture in the tin, levelling off the surface with the back of a spoon.
4. Bake for 25–30 minutes until golden and springy. Leave to cool in the tin for a few minutes then carefully remove the paper and leave to cool completely on a wire rack.
5. Mix the icing sugar and enough lemon juice to make a pourable icing.
6. Spread the icing over the cooled cake, scatter over some sprinkles and leave to set before cutting into squares.



Meet Henal Chotai

Golden Friends volunteer



In recent months, it has been wonderful getting to know all about Henal Chotai. Henal and his wife Reena have been long-time supporters of Hospitality Action and more recently Henal has offered to dedicate time to supporting our Golden Friends by making 'check-in' calls.

As our newest volunteer recruit, we invited Henal to introduce himself. The timing couldn't be better as the publication of this edition coincides with National Volunteer Week when we celebrate the vital contribution volunteers make to our work across the charity.

"My connection with hospitality goes back over 30 years. Working in hospitality, I kept coming across Hospitality Action in different workplaces and got involved where I could. I always admired what they were doing for people in the industry.

When my wife Reena and I bought our Red Cup Café in 2015, giving back became a bigger part of our lives. Locally, we donated to causes and opened our doors as rest stops during sponsored walks and runs, offering teas and coffees to participants.

Then COVID hit.

Hospitality was one of the hardest hit industries. We knew we needed to do more. Hospitality Action kept appearing on our feed, and the more we got involved with supporting people in the industry, the more we wanted to contribute.

The turning point was Invisible Chips. Such a simple idea, and yet so effective. We were among the first to get the marketing pack, and our customers loved it. They added Invisible Chips to their bills without being asked. It was a natural, generous way to raise money, and it gave us a platform to talk about Hospitality Action every single day.

A couple of years after COVID, we were invited to become ambassadors. It remains one of the greatest honours we have received. We volunteered at events, spread the word about what the charity means to us, and kept pushing to raise its profile and bring more people on board.

What strikes me every time is the team. Meeting the people behind Hospitality Action fills me with genuine happiness. They are warm, welcoming, and unlike any charity I have been involved with before.

Beyond events, there was always a pull to do more. Supporting Golden Friends gave me that opportunity. As a life coach, listening is at the heart of what I do. The check-in calls with Golden Friends 'allows me to connect with with people who have given decades to this industry, hear their stories, share in their milestones, and wish them a happy 75th, 80th, or 85th birthday. You do not get to do that every day.

Being a pair of ears, being present, feels like one of the most meaningful ways I can give back to people who have given so much.

Henal Chotai, Hospitality Action Ambassador and Volunteer

www.InnerVisionLifeCoach.co.uk



Volunteers like Henal, and so many others, play a vital role in helping us to keep in touch and make meaningful connections with our industry retirees through the work of the Golden Friends scheme.

Our now annual 'check-in' calls are not just about sharing information — they are also about listening, staying in touch, and ensuring Golden Friends feel recognised and supported in the many ways our charity continues to be there for them.



Health and wellness

Plantar fasciitis

Leading a sedentary life over the winter months can inadvertently lead to plantar fasciitis. When we sit in a chair for long periods and don't use our feet as much as we might do in the warmer months our plantar fascia tissues become tighter, shorter, and less flexible. Then, when you do get up and move around more than usual, the plantar fascia tissues tear easily.

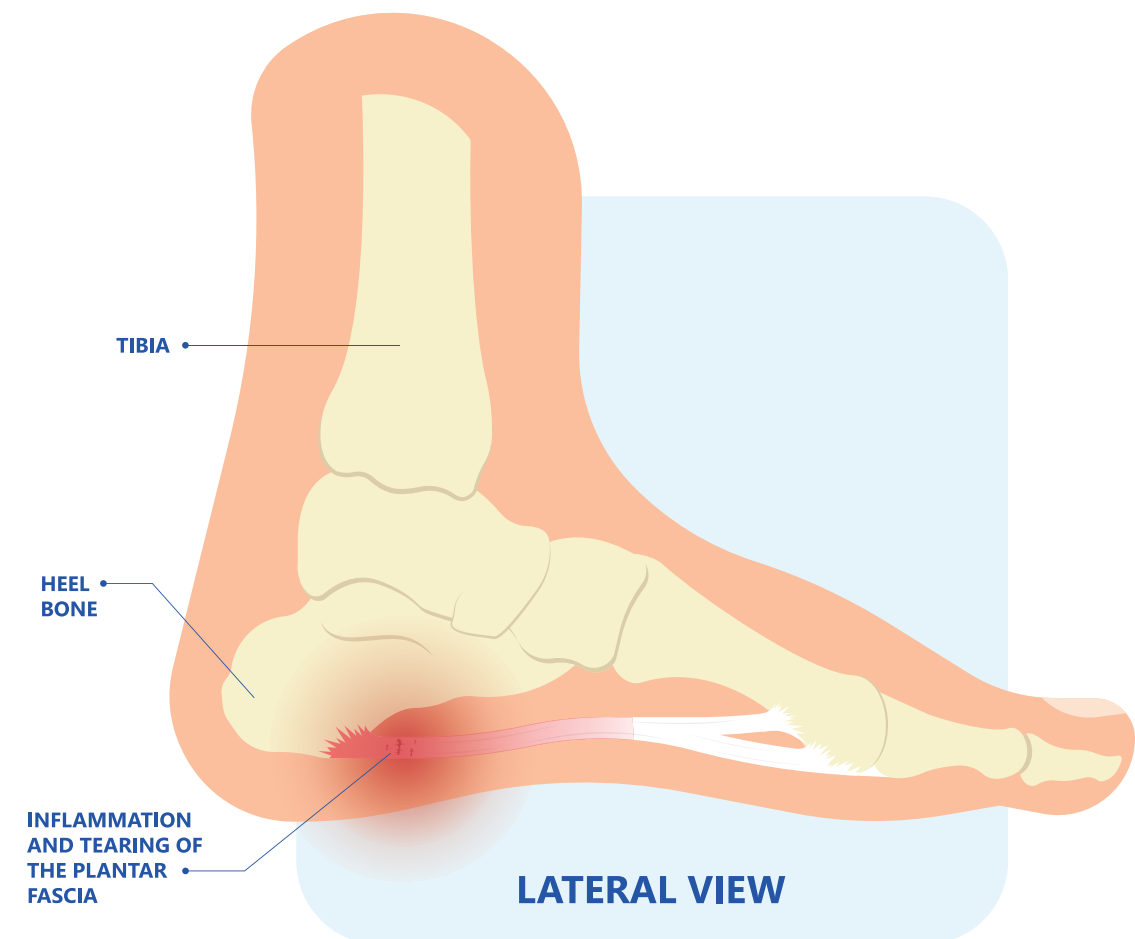
Conditions like plantar fasciitis can significantly impact daily life. While plantar fasciitis can't always be avoided, the good news is that it is usually easy to treat.

What is plantar fasciitis?

Plantar fasciitis is a condition that causes pain in the bottom of the foot, mainly around the heel. It is one of the most common orthopaedic complaints which most commonly affects people between the ages of 40 and 60 and can be uncomfortable and challenging to live with.

The plantar fascia is a thick, weblike ligament that connects your heel to the front of your foot which acts as a shock absorber and supports the arch of your foot.

Naturally, the plantar fascia ligaments experience a lot of wear and tear in daily life. Too much pressure on your feet can damage or tear these ligaments. Then this happens, the plantar fascia can become inflamed, causing heel pain and stiffness.

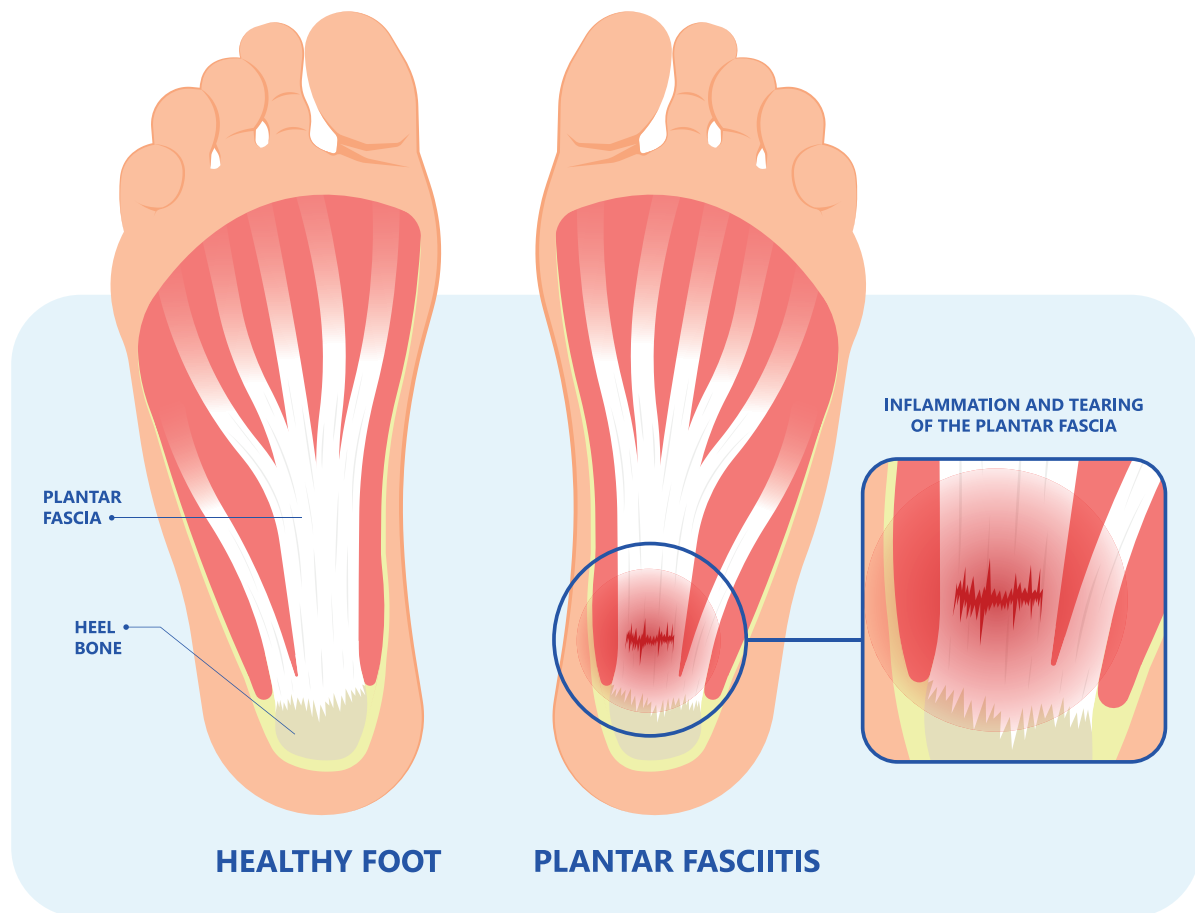


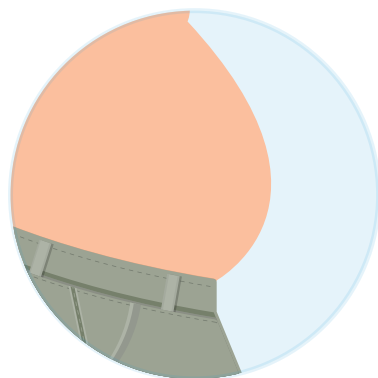
What are the symptoms of plantar fasciitis?

The main symptom of plantar fasciitis is pain at the bottom of the heel, or sometimes in the middle of the foot. Plantar fasciitis often affects one foot but can affect both.

Pain caused by plantar fasciitis develops gradually. Some people also experience a burning or aching sensation on the bottom of their foot that extends from the heel.

Symptoms to look out for include a more intense pain in the heel after resting or sleeping, pain lessening during exercise but returning afterwards, and difficulty raising your toes off the floor.





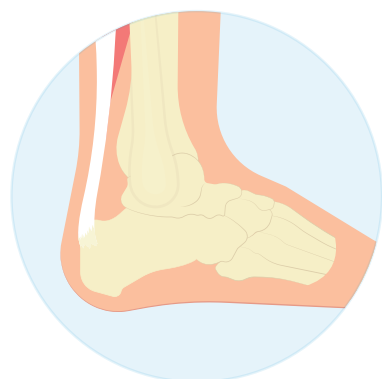
OBEISITY INCREASED PRESSURE ON PLANTAR FASCIA LIGAMENTS



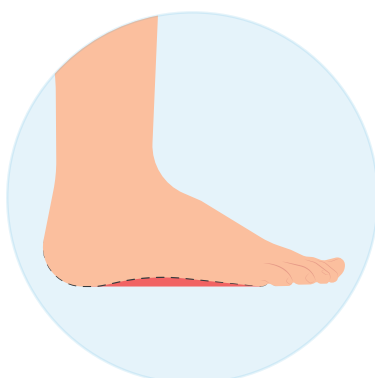
IMPROPER FOOTWEAR



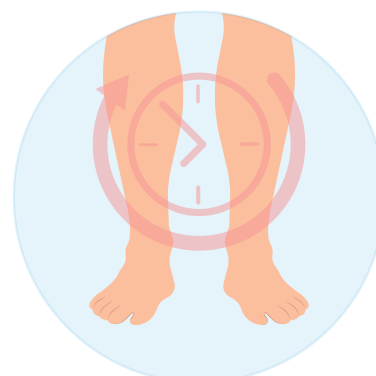
EXERCISE ACTIVITIES THAT PLACE A LOT OF STRESS ON HEEL



HAVE TIGHT ACHILLES TENDON



STRUCTURAL FOOT PROBLEMS



PROLONGED STANDING

What causes plantar fasciitis?

Plantar fasciitis is caused by straining the plantar fascia – the web-like ligament that connects the heel bone to the toes. Some factors can make people more likely to experience it such as active men and women between 40 and 60 have the highest risk of developing plantar fasciitis. This is due to feet widening and flattening with age, making it difficult for the foot's arch to distribute weight properly.

- The condition is more commonly seen in women than in men. The reasons for this are not clear but thought to be associated with factors such as pregnancy and wearing unsupportive shoes (high heels).
- Being overweight places you at increased risk of the condition due to increased pressure on the plantar fascia ligaments.
- Those with structural foot problems, such as high arches or flat feet, are at higher risk.
- Tight Achilles tendons (the tendons attaching the calf muscle to the heel) can also lead to plantar fascia pain.

Wearing shoes with soft soles or poor arch support, exercising on hard surfaces, overstretching the sole of your foot, exercising with a tight calf or heel, and suddenly becoming more active can also place strain on the plantar fascia ligaments.

The root cause of plantar fasciitis pain is still unclear. However, some studies suggest that the condition may be due to the degeneration of the plantar fascia rather than inflammation, which would also explain why older adults are more likely to develop the condition.

What is the best form of treatment?

- **Rest:** Significantly reduce activities that trigger pain, such as walking, or standing for long periods.
- **Ice:** Apply an ice pack wrapped in a towel to the heel for 15–20 minutes, 3–4 times a day.
- **Stretch:** Focus on stretching your calf muscles, Achilles tendon, and the plantar fascia (bottom of the foot) at least twice a day.
- **Supportive Footwear:** Avoid walking barefoot or in flat shoes/slippers. Wear shoes with good arch support and cushioned heels, even inside the house.
- **Use Inserts:** Use over-the-counter heel cups or orthotic insoles to provide cushion and support.
- **Medication:** Your GP may prescribe non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen to help manage pain and inflammation.

Further treatment for plantar fasciitis

If treatments such as stretching, insoles, and rest don't improve your symptoms after a few months, or your condition is having a significant impact on your life, your GP may suggest further treatment, such as steroid injections.

When to contact your GP:

- If the pain persists for more than 1–2 weeks despite self-care.
- If the pain is severe, and you are limping.
- If you experience numbness or tingling in your foot.
- If you have diabetes, as foot problems can be more serious.





Back in the day

A poem by David Wood

Back in the days of tenners and bobs,
When mothers had patience and father's had jobs.
When football team families wore hand me down shoes,
And T.V. gave us only two channels to chose.

Back in the days of three penny bits,
When schools employed nurses to search for nits.
When snowballs were harmless; ice slides were permitted,
And all of our jumpers were warm and hand knitted.

Back in the days of Listen with Mother,
When neighbours were friendly and talked to each other.
When cars were so rare you could play in the street.
When doctors made house calls; police walked the beat.

Back in the days of Milligan's Goons, when butter was butter
And songs all had tunes.
It was dumplings for dinner and trifle for tea,
And our annual break was a day by the sea.

Back in the days of Dixon's Dock Green,
Crackerjack pens and Lyons ice cream.
When children could freely wear National Health Glasses,
And teachers all stood at the FRONT of the classes.

Back in the days of rocking and reeling,
When mobiles were things that you hung from the ceiling.
When woodwork and pottery got taught in schools,
And everyone dreamed of a win on the pools.

Back in the days when I was a lad,
I can't help but smile for the fun that I had.
Hopscotch and roller skates; snowballs to lob.
Back in the days of tanners and bobs.

