

Salcombe WI



The autumn programme of 2008 began with a social event hosted by the area Home Economics group at Sherford village hall. After a very enjoyable lunch we listened to a talk called "Creative Textiles" given by Tracy Curtis. The items she showed us were highly original and very appropriately termed "creative"; the colours and designs were extremely attractive. Tracy clearly finds great pleasure not only in their design and execution, but also in sharing her talent with her audience.

The guest speaker at Salcombe's September meeting was Donna McCheyne whose presentation was called "Relax, Release and Revitalise". Donna explained that holistic therapy aims to help the whole body and mind, not just deal with the part which is causing problems. It includes reflexology, reiki, Indian head massage and aromatherapy. Increased relaxation, reduced stress and relief of aches and pains are the hoped for results of these treatments. Donna demonstrated Indian head massage on one of the members and everyone was shown how to carry out reflexology on the hands. It was agreed that a general feeling of wellbeing resulted from the experience.

In late September, a group of members will join together to share news and enjoy a meal at an inn in the local area.



The guest at the next meeting, on the 21st October at 2.30pm at the Rugby Club, will be Paul Courtney, the Community Fundraising manager of the Dame Hannah Rogers Trust. Visitors are welcome to our meetings as are new members.

Helen Higgins