

A ladies pamper day was held in the home of Tina Perfect, Tavernspite, last week in aid of ***Darcy's Fund***. Kath Parry–Thomas, member of the federation of holistic therapists, visiting from Staffordshire Moorlands, was invited to join the ladies group, who meet regularly in each others homes, to support and pray for one another.

Kath demonstrated a mini facial treatment, using natural grape seed oil and rose water. "Massage enhances relaxation and helps to rid toxins from the body, giving the client a general feel good factor." said Kath Parry-Thomas.

The ladies then practiced a series of facial exercises, which help to tone the skin. All ladies then had the chance to partake in hand and arm massages from Kath.

"You don't realise how the sense of touch benefits a person, and helps you to relax, especially when you live alone." said one lady. "With the stresses life can bring, massage is a lovely way to enhance relaxation. As well as praying for one another, I think we should learn to perform massage treatments to help one another to unwind." said another lady, from the ladies group. Further sessions are to be arranged in the near future.

Before the guests left, they were asked to look in the mirror where the words: " God loves you, you are made in his image." were written; reflecting words from the Bible. The session concluded with a buffet.

Tammy Strangward, founder of *Darcy's Fund*, also joined the group and enjoyed receiving some well deserved pampering. *Darcy's Fund* was launched in 2009 by Tammy Strangward and Martin Keane, in loving memory of their beautiful baby daughter Darcy, who sadly died at the age of four months, from a rare genetic disorder in June 2009.

"I was so pleased to be invited to the ladies pamper session. Because of local support we are keeping Darcy's memory alive. I would love to purchase some baby heart and breathing monitors, for parents to use. When Darcy was home, we borrowed a monitor from Withybush Children's Ward, and there were only two available for use at the time. I want to provide more equipment like this through Darcy's Fund."said Tammy Strangward.

With a table top sale, new years day sponsored swim and the ladies pamper day, *Darcy's Fund* has already raised over £750. These funds will be used to purchase vital equipment, which will be donated to Withybush Children's Ward, in the hope of supporting other parents and their children.

To make a donation to Darcy's Fund please visit any Lloyds TSB Bank giving to: Darcy's Fund, Sort Code: 301620 Account Number: 01165933.

For more information visit Darcy's Page on Facebook. To sign a petition and help call for the British Government to put money into Mitochondrial Disease research and make people more aware of the awful disease: **Support Mitochondrial Disease Research** visit <http://www.gopetition.co.uk/petitions/mitochondrial-disease-research.html>

Photograph Caption - Some of the Ladies Group With Kath Parry-Thomas and Tammy Strangward

