

## **PAUL STEPS OUT FOR CHARITY**

A Staines gym is helping a man who recently lost his wife to cancer get in shape for a five day hike around the Isle of Wight to raise funds for the hospice who cared for her.

Paul Smith, 48, from Staines, is walking the 67-mile coastal path around the island starting at Cowes on 8 June, along with son Aaron, 22, and six friends and family members.

Paul is raising money for the Sam Beare Hospice in Weybridge who cared for his wife Suzanne, who died aged 49, on 25 February, after being diagnosed with secondary liver cancer in April 2008.

Suzanne worked in the human resources department of Ability Housing Association in Staines.

Paul is currently training up four times a week at Staines' Thames Club in Wheatsheaf Lane under the guidance of fitness manager James Stevens in preparation for walk.

Window fitter Paul, a qualified Taekwondo black belt third dan, and Taekwondo instructor, says the fitness programme, which includes cardio and weights, is helping him build up his core strength.

"The Thames Club has been very supportive in helping me get fit and I hope to take the 67 miles in my stride," he said.

Fitness manager James Stevens said: "We are delighted to help Paul prepare for his walk. He's working very hard, and will hit the ground running. Everyone at the Thames Club wishes him well."

Paul came up with idea for the fund raising walk as a way of saying thank you to the Sam Beare Hospice.

“They were was always there for us during Suzanne’s last months and helped make her comfortable and provided support for the family,” he said.

“Suzanne and I used to go for walks all the time with our two collies, so I thought a walk would be a fitting way to remember her and to raise funds for a very worthwhile cause at the same time.”