

# Our Summertime Walk For Motec- Life.

By Linda Bigham.

My friends and I from the orthopaedic dept decided to do a walk for Motec Life -UK. I asked who would enjoy a sunny 5 mile walk through the fields and woods of Ashridge, It came down to 5 friends and 2 very over excited dogs. I was not short of people wanting to go but due to other commitments they could not. It was a lovely Friday afternoon on the 30<sup>th</sup> of May.

We all met at the Bridgewater Arms where a friend bought us glasses of orange and soft drinks before he waved us off laughing as he did not have to walk the 5 miles. The hour and half was lovely, plenty of sun, chat and endless fun as the dogs got tangled many times round our legs.

But most of all we raised £260 and that's what Motec- Life is about. Funds are to intended to help sponsor recourse personnel that will be involved in delivering training in plastering techniques in Ghana

## Walking on sunshine



In the beginning. the drinks.



Walking the walk, talking the talk



Walk organiser - Rich in Heart



Translation by action



The day out-patient 'family' created a sun and fun loving mission for Motec