

T.C. SCORES A HAT-TRICK!

By Tommy Wylkes Clarion Sports Writer

Regular Clarion readers and local soccer purists need no introduction to Terry Conroy. As former Eire International and Stoke City wizard he is possibly best known to 'Stokies' for his goal in the 1972 League Cup Final victory at Wembley.

"TC" is at the Britannia Stadium these days as Commercial Executive and since the formation of CASTLE COMFORT CENTRE he has been the Patron of the Homecare Products company's Doug Brown Motor Neurone Fund Charity.

Terry told the Clarion "I first knew Keith, and his late dad, through them being staunch Potters fans for decades—those were great days. "When CCC was started I knew they were on to a winner. I had a pending hip operation myself, and for such things their products are a must."

"It's also nice," concluded Terry, "That a successful business is always ready to plough help back into the local community and it's fantastic that Castle Comfort is now becoming involved, as I am, with The Grocott Centre Appeal."



ANNOUNCEMENT



Thinking about what to buy loved ones at times of birthdays, mother's / father's days and Christmas can be a problem.

CASTLE COMFORT CENTRE will help you choose and have delivered on a special day a useful gift to be remembered - perhaps a walking stick - or a special bed or chair.

WHY NOT DO SOMETHING REALLY SPECIAL?

One day in the future you may wish you had today.

**CALL CCC ON FREEPHONE
08000 832797**



THE GROCCOTT CENTRE...

..since 1977 has provided vital support for young adults with physical & learning disabilities. Funding is always an issue and presently the local community is helping to pay for the provision of a much-needed mini-bus. Anyone able to help is asked to contact CCC or Mike Griffin, manager of The Grocott Centre on (01782) 413214

**TERRY SHOWING OFF A HAT-TRICK OF
CASTLE COMFORT CENTRE PRODUCTS**



WHAT ADDS YEARS TO YOUR LIFE

Lifestyle factor	years added
Being happy	9
Living in a sunny climate	8
Eating a portion of broccoli a day	8
Having an optimistic outlook	7.5
Being Comfortable In Your Own Home	6!
Being a woman	5
Being happily married	5
Being born into a wealthy family	4
Drinking two cups of tea a day	4
Eating a balanced diet	2

WHAT TAKES YEARS OFF

Lifestyle factor	years taken off
Smoking	10
Heavy drinking	10
Not getting a good education	9.3
Being obese	9
Suffering long-term stress	4
Having an unhappy marriage	4
Sleeping Badly	3!
Being overweight	2.5