

# Walk proud



No-one wants to be seen using a boring, old-fashioned walking stick. Uninspiring designs and drab colours have turned this simple and useful mobility aid into a symbol of defeat; a sign that safety has become more important than style. The style-conscious will welcome the Switch Stick - a contemporary, design-led walking aid that comes in a choice of bold, eye-catching shapes and colours, including hot pink, bright blue, military green and pillar box red! Founder and inventor Vicky Mitchell says: "The Switch Stick means that at last, you can wear your stick with pride."

Made from high-grade aluminium, Switch Sticks are lightweight, easy to use and feature a colourful wooden handle and a contrasting wrist-strap. They also fold down into four sections for easy transportation and come with a waterproof bag. Though stylish, the sticks are also tough and durable and all confirm to current British safety standards. Brand new to the range this Christmas will be the 'Paint your Own' Switch Stick. The stick comes with a range of paints and makes a fabulous gift for grandchildren to give to their grandparents, or for younger people who need to use a stick, and want to customise their look.



Prices for the original Switch Sticks start from £24.99 and are available in retailers across the UK, to find your nearest stockist visit [www.switchsticks.co.uk](http://www.switchsticks.co.uk).

# Win... Win... Win!!!

***For your chance to win one of these funky, new walking sticks- simply subscribe to Ability NI by writing to BeB Media, 7b Lower Ballinderry Road, Upper Ballinderry, Lisburn, BT28 2JB or emailing [beryl@bebmedia.com](mailto:beryl@bebmedia.com) and include a cheque or postal order for £10. You will then receive every issue of Ability NI for the next year and will automatically be entered into the competition. Closing date for entries is October 31 but subscriptions can be obtained all year round.***