

# It's a blister bonanza as women fail to ditch too-tight winter shoes

By Sarah Westcott

THOUSANDS of women face months of foot pain this summer – because they are wearing the wrong size shoes.

Ninety-four per cent have no idea summer sandals should be at least half a size bigger than winter shoes because feet swell in the heat, it was claimed last night.

Buying bigger can not only help hot, puffy feet but also prevent blisters.

Foot specialists said that with higher temperatures today, women face a Bank Holiday “blister bonanza”.

It is because their feet have been in socks and comfy boots for longer than usual due to cold weather.

Consultant podiatrist Emma Supple said: “When the weather warms up, our feet swell and we have to squeeze our feet in to our summer shoes, making skin more prone to blisters.

“This is why we always recommended people buy their summer shoes half a size bigger than their winter ones.”

A survey of 1,000 women, for Compeed blister plasters, revealed the unusually cold weather in March and April may have delayed “socks off” season for longer than usual.

Some 92 per cent were yet to pack away winter shoes.

The survey revealed that just over a third (36 per cent) will only banish

## HEATWAVE LEFT MY FEET SWOLLEN AND PAINFUL

MOTHER-of-two Lisa Harper had no idea she was wearing the wrong-sized summer shoes until a recent heatwave left her feet swollen and blistered.

Lisa, 39, of Weybridge, Surrey, who wears size-seven shoes, now plans to go up a size to prevent further pain. She said: “I went to London and wore my summer wedges while I was walking around.

“I massively underestimated the distance we would be walking and by the end of the day I had blisters on the soles of both feet. I am going to make sure I buy the right size in the future.”



Lisa, above, was in agony during a heatwave as her wedges, left, were just too tight

socks when the temperature is above 62F (17C) and more than a third (37 per cent) want to see a few hot days in a row before they shed their socks.

It also found 45 per cent aim to ditch socks between March and May.

One in three women questioned said they get blisters as when they put on summer shoes or flip-flops for the first

time their feet get hot and swollen. A surprising 32 per cent of 16 to 24-year-olds say they have been left unable to walk owing to painful blisters.

Ms Supple added: “Throughout winter we ignore our feet, we never look at them and we neglect them badly.

“So when we finally take our socks off, our feet are really prone to debilitating blisters when we wear sandals and flip-flops. When we then wear the wrong size of shoes it is a recipe for a foot disaster. Blisters can be extremely painful, stopping people from carrying out everyday tasks.”



Ouch! Actress Julianne Moore squeezed into these too-tight sandals for a film premiere

Pictures: TONY BARSON / FILMMAGIC

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## Mum of jailed 'bombing hero' stole charity cash

By Michael Knowles

THE mother of the homeless man who stole from victims of the Manchester Arena bomb has admitted stealing nearly £4,000 from a lifeboat charity.

Jessica Parker, 58, pocketed the funds while working as a secretary for the Sea Palling voluntary lifeboat in Norfolk.

Her homeless son Chris Parker, 33, had been hailed a hero after claiming he helped victims of the bomb which killed 22 people last May.

### Abuse

He later admitted stealing a teenager's mobile phone and a purse from Pauline Healey as her 14-year-old granddaughter lay dying.

He was jailed for four years and three months in January.

Norwich magistrates heard how Jessica Parker took £3,847 from the lifeboat charity between March 7 and June 30, 2016.

Parker admitted 10 counts of fraud by abuse of a position of trust and will be sentenced on May 25.

Prosecutor Andrew Nickerson said she had been acting unofficially at the charity which has an inshore

lifeboat. She was found out by the new treasurer who went through the accounts in July 2016.

“He noticed payments made directly to the defendant,” Mr Nickerson said.

“He asks her about this and describes her as ‘flying off the handle’ about the questions asked.”

Mr Nickerson said a committee meeting was held and the secretary was confronted with the claims, but she denied any wrongdoing.

Parker, of Norwich, was suspended from her role and made a full denial to police when interviewed, the court heard.

Mr Nickerson said: “She said the money was used for legitimate purposes.” But he added that Parker could not explain the irregularities in her bank statements.

The charity's chairman said the thefts meant it had to postpone buying new equipment until more money could be raised.

Parker had been estranged from her son for several years at the time, but was reunited with him in Manchester after the bombing.



Jessica Parker admits fraud



Son Chris stole from victims