

# influence on my life around the corner



**WELL SUITED:** Kevin surprised Steve by wearing a suit to his wedding in 1983



**RUNNING IN:** Steve, right, with his brother Kevin, trying on their father's running spikes for size at a police athletics meeting

ing my life and who I was at that time, and he certainly wouldn't have wanted it.

'When I invited him to my wedding in 1983 he asked me what he should wear and when I told him whatever he wanted, I knew he could have turned up as a Goth or wearing a kilt and no one was more

surprised than me when he turned up wearing a suit.

'He moved to Cardiff because of a girl initially. He started a bookshop and cafe which made him a living and then he met Kellie.

He had a lot of first editions and developed his business, becoming a bespoke book dealer. He really

knew what he was doing. We'd meet up at Christmas and family events and see each other when we could. He'd started showing an interest in some of the bigger athletic meetings again and we talked about him coming along with me.

'He loved my children Josie, 19, and Marcus, 15, and Kellie told me they'd been discussing having children of their own. His life was really starting to come together and he was happy and settled for the first time and then suddenly it was all gone.'

'It was hard for Kellie the first time she admitted to my parents, a couple of years later that she had a boyfriend, but they were delighted for her. She's a part of the family even though Kevin isn't here any more.'

Steve, who set world records at 1500 metres, the mile and 2000 metres, says Kevin's death changed his life overnight and he's struggled to come to terms with his own guilt.

He explains: 'We talked about doing so many things. He used to take off for a couple of months and travel and I always said when the children were older I would join him.'

'I planned to go down to Cardiff more. He had bought some land in Spain, and I was going to go to see that.'

'When Kevin was taken away from us, all those things we'd planned were taken away as well. There's nothing to say we would have got round to doing half of them, but I should have made more time, I should have organised things better.'

'I thought we were incredibly

rare and unlucky to have such a tragedy in our family, but it does happen more often than you imagine. I've been told of someone killed by a lorry while out jogging, and a man who fell in the canal while running.'

'Accidents do happen and the thing they all have in common is that the victims don't carry identification with them.'

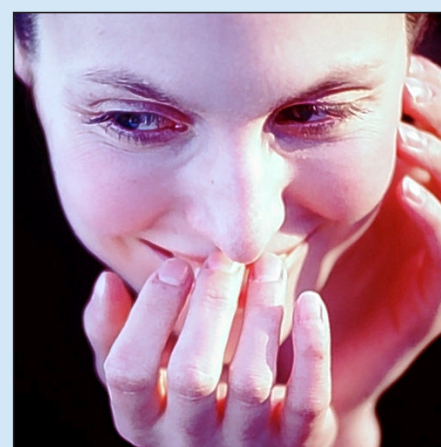
'Wearing ID, whether you are on holiday, going to school or walking the dog, means you can be identified quickly and that's why I feel so passionately about CramAlert.'

**E**ach band carries the Incident Response Centre 24-hour emergency number and a unique ID for the registered wearer. For a small annual fee, each member of the family can log next of kin, personal and medical details.

The money raised funds the call centre and a percentage of that money will go to Steve's charity CoCo, which in eight years has made £1.25 million to fund children's projects in developing countries in Africa as well as in Bosnia and Romania.

'I think Kevin would love the idea behind CramAlert because his life was about making other people's lives better in some way. He would always do whatever he could to help. I'd like to think that although he's not here any more, he's still doing that.'

● For more information on CramAlert: [www.cramalert.co.uk](http://www.cramalert.co.uk); for details on CoCo: [www.coco.org.uk](http://www.coco.org.uk), 0844 8843 884.



**HOT SPOT:** Flushing can be a warning

## Why your 'flushing' could be a red alert

By **Caroline Bellamy**

It is a normal body response that may occur when we are embarrassed, angry, excited, or experiencing other strong emotions.

But 'flushing' - when the face, ears, neck and, occasionally, upper chest, take on a red colour, accompanied by a hot feeling - can also be a sign of a more serious underlying condition.

'Flushing occurs because the vasomotor system - the part of the brain that controls temperature in the body - dilates your vessels, veins and arteries to give the blood a bigger surface area and therefore cool it down,' says Angela Chalmers, pharmacist for Boots.

'It's called vasodilation and that's why you go red. There's a bigger blood flow around the body.'

'You flush if you're embarrassed because neurotransmitters in your brain signal this emotion and that causes the central nervous system to produce chemicals which make the vessels dilate.'

In the warmer months, it can simply be caused by the heat. Yet in women, flushing can also be associated with the menopause.

'The hormone oestrogen regulates the hypothalamus which is the heat stabilisation centre in the brain, so when your oestrogen is low, it can cause hot flushes,' says Chalmers.

'There's some evidence that the herb black cohosh is very effective at treating hormonal flushing because it mimics oestrogen.'

'There's also anecdotal evidence that sepia tablets - a homeopathic remedy - can help flushes. I have had many patients who found that it helped.'

Alcohol, particularly red wine which contains high levels of tannins, can cause flushing in some people but not in others.

Another cause of flushing could be a skin condition called rosacea, which flares up in heat and also causes redness and broken veins, mainly in the face.

'I see four or five patients a week with rosacea,' says consultant dermatologist John Lear from BMI The Alexandra Hospital in Cheadle, Cheshire. 'We think it's probably an inflammatory reaction to organisms on the skin but it can usually be treated with oral or topical antibiotics.'

Although rare, flushing can also be a symptom of carcinoid syndrome, caused by hormone-releasing tumours in the small intestine, colon, bronchial tubes or appendix.

But how about flushing simply because of the heat? 'It's just a question of keeping cool,' says Chalmers.

'Wear light clothing in layers and keep drinking water at room temperature. Don't go for iced water as it cools down your core temperature and so your body has to work at heating you up again.'

● For five of the best cooling products see [www.mailonsunday.co.uk/coolmedown](http://www.mailonsunday.co.uk/coolmedown).

## teeth grinding

level teaspoon of salt in a litre of water. Take small sips.

### BEE AND WASP STINGS

When you are stung, scrape away the sting as soon as possible using the edge of a credit card, a knife blade or your fingernail. As long as the sting remains in your skin, the little sac of poison attached to it keeps pumping its contents into your body. Don't use tweezers or pinch the stinger with your fingertips as you'll squeeze more venom into your skin.

Then soak the area in vinegar

or a solution of one teaspoon of bicarb in a glass of water for a few minutes. Bee stings are acidic so need an alkaline neutraliser, whereas wasp stings are alkaline so need acidic vinegar to neutralise. Dip a cotton wool ball in the liquid and tape it to the sting site to reduce redness and swelling.

● From 1001 Home Health Remedies, published by Reader's Digest. To order a copy at the special price of £22.50 with free p&p call the Mail on Sunday Bookstore on 0845 155 0713.