

Dear Barbara, Steve and all your Polish team

I don't suppose you will remember me as you have probably had hundreds of patients/ friends through your hands for replacement hip/ knee surgery packages since I went to Poland through you back in 2004.

I have just been looking through your website, and reading some of the letters you have received from your patients. They have brought back many happy memories for me and my husband Alan, when we went in August 2004. I can't believe it's been three years!! We very often talk about our time in beautiful Krakow, and say we are going to go back one day.

My knee is great. and no pain. I get a bit of 'sliding' with it, but no pain. I can't imagine how bad it was before I went to Poland!

It's great to hear that all the old team are still doing their marvelous job

Please give our love and good wishes to Renata, Mitoz, Henryk, 'Magic', Magda and everyone else who looked after us so well, and of course Tony, our taxi driver. Hope he enjoyed his laverbread and cockles straight from Penclawdd.

Tell Renata and Milosz the offer of a stay in Gower still stands if they are interested. Hope they enjoyed the book on Gower,

Many thanks to you all once again for my new knee and mobility, (as much as my rheumatoid arthritis allows me.)

We'll never forget the wonderful treatment I received in Poland. We often look at the photos I took and remember everyone at the hospital and rehabilitation centre.

Love and best wishes to you all in Croyden and Krakow,

Jan and Alan Spooner (Swansea)

Your welcome to use this in your letters of recommendations