

Get your body in *shape*



A BODY shape master class was held for women trying to get to grips with their wardrobe. Self-styled fashionista, Gay Richardson, organised two classes last month to help women "save a fortune whilst looking fabulous". Women attending the master classes, held at Worthing's Queen Street Church Centre and West Worthing Baptist Church, were asked to bring along two fairly-new items which they never wore

because they were either too big, too small or did not feel right. They were then offered up to other women in the group, and everybody was sent home with two items which were more flattering to their shape. Gay was on-hand to tell each woman their body shape and to give a demonstration as to the styles which would suit it best. Anything left at the end of the night went to Oxfam.

Gay has been advising women about fashion since she set up her styling business, Style Me Confident, in 2006. Gay said: "It's not about how much or little you spend on clothes; it's understanding what suits your body shape. "And we all know that when we feel good we are happier, more confident and can weather the storms with more resilience."