



Welcome

This year seems to be just flying by as we start to move into another season. Changing seasons give us a great opportunity to discover the world of nature in close up and we've got plenty of tips and suggestions for you on page 6. Adaptation and the ability to accept change as a normal part of life can be the key to living life to the full. Find out more on page 5.

Our main theme for this month is the management of chronic pain; on page 2 Sue tells us how she uses her stitching to manage severe back pain and on page 8 we catch up on and explain some of the latest news and views on pain management. It really does demonstrate the power of the mind. We're also pleased to announce the sale of a booklet written by experts in Pain Management at Bath's Royal United Hospital Pain Unit together with members of the Positive Living Group. These are people who suffer from chronic pain and have been through the Pain Management course, so they really know what they're talking about!

If you're wondering what the furry little creatures are above, they're FuzMozes (or should that be FuzMi?). Designed by Stitchlinks member, Scarlett, they make fab MP3 player covers. You can order the pattern from us to create a great crocheted gift. They're very definitely an "I want one of those!" item. Don't forget to keep sending us in your ideas and comments.

Betsan xxx



4 step action plan for next month

- Re-evaluate your priorities in life. Make a list and put enjoyment right there at the top, with 'chores' at the bottom.
- Discover another world. Take your camera or magnifying glass and focus in on close-ups of nature. It really is a wonderful world!
- Plan activities to keep your mind busy. It's known that occupied people feel less pain and depression.
- Pace your activities to gradually build up stamina. Learn to say 'No' and make time for your needs and desires too.

Contents

- *My Story - find out how Sue manages chronic pain* Page 2
- *Making Friends - meet Emma, our special penpal* Page 4
- *Mind games - exercise your brain with six nines!* Page 4
- *Expand your horizons - open up your world* Page 4
- *Your opinion - re-prioritise your life and enjoy* Page 5
- *Something new - perfect your close-up photography* Page 6
- *Medical update - learn about chronic pain* Page 8
- *Quick guide - discover tips on managing pain* Page 10
- *What's new in store - enjoy discounted treats* Page 11
- *Looking forward - find out what's planned* Page 12
- *Order form - order your products and kits* Page 12