

# My Story 008

**Since March 2007, Stitchlinks have been asking people to tell us their Story, and also asking whether knitting and stitching has been helpful to them.**

All Stories are voluntarily offered and anonymity is guaranteed. Only once we have been given permission do we publish so that others can appreciate, take inspiration and draw comfort from them.

This booklet is one of a series that contains a small selection taken at random from the long list of Stories we have received. Each is reproduced as it was entered on the online survey form, with the only exception of taking out any way that individuals can be identified.

Read at your leisure and be fascinated, comforted, thrilled, encouraged and inspired.

You are not alone.

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**Story 205**

*"..it's a positive in a life that could easily be very negative given what has changed."*

I have been crafting - mainly needlecraft and knitting for the majority of my life if fact there isn't many things I haven't tried. But this was all interrupted when I had a major car accident involving a broken neck vertebrata and a severely damaged right arm which I was told I was very lucky not to have lost!

Apart from my children( who were both under 3 at the time) stitching was the thing that kept me going once I got out of the hospital and I had to deal with the pain and having to become dependant on others for so much as I had very little mobility due to a Halo neck brace and little dexterity as my right arm was plaster from the tips of my fingers to my armpit.

I had to work out ways to thread a needle with only one hand - a block of blue-tac fulfilled this purpose! I had many sleepless nights which needlework helped to fill not only from the practical view point but also it gave my mind something to be distracted by as I missed the morphine.

The picture I completed during this period - hangs in my son's room - and every time I see it it helps remind me even though I still haven't reached the end of the line - life isn't as dark as at the beginning. I was told that when I didn't need morphine anymore then I could be discharged. As I missed my family - I stopped the morphine without regard to the increase in pain!

As my recovery progressed my stitching help me deal with some of the set backs both major and minor, from breaking my neck again on a speed bump to finding further injuries. At least with my stitching there was progress to be seen - another row of more stitches so the design started to take shape even if my physical progress seemed very backwards at times. I managed to complete a floral cross stitch of 8 x 8" whilst waiting to be discharged from hospital after breaking my neck the second time so at least I can look back and think at least I haven't wasted my time!

I have had to learn to stitch and knit left handed due to my injuries. But every time I look at something I've made at least I can see progress not only in my skills but in my health and it's a positive in a life that could easily be very negative given what has changed. "

**Story 24**

*“...knitting made me see that i could do something on my own...”*

I had been working in a bank for almost 25 years when i suddenly couldn't make my self go to work one morning.

I just looked at the world passing by - not wanting to go out. Couldn't take care of my own day or myself. I was diagnosed with stress and deep depression with loss of concentration. I was afraid of everything outside my door and cried all day.

I've always been knitting and enjoyed being creative - so my pskologist suggested that if i could knit then maybe i could concentrate on that and regain some off my joy that way. I startet with small easy knitting and messured every evening how mouch longer I had knitted that day. That first peice of knitting was my personal victory. i am still not working fulltime after almost 1½ year (pnly 15 hours/week)- and i may never reach full time.

But the knitting made me see that i could do something on my own and I'm still using it as my terapi.

**Story 64**

*“...i can put my mind to a project and put myself into almost a different dimension...”*

Six years ago i entered into a rather messy divorce the stress caused a breakdown sending me to a psychiatric unit. I got through this really rough time with the help of a new partner and my love of crafts.

Knitting and cross stitch helped me focus when at the worst, i found the need to concentrate helped turn dark times into to relaxing times. Even now when things are dragging me down i can put my mind to a project and put myself into almost a different dimension.

My care worker has encouraged me to put my feelings into art and creative works. A local charity is going to help me raise funds to gain qualifications to spread this therapy with care in the community.

Without it i would stay at home without any connection to the outside world, lacking in confidence and suffering from anxiety and panic.

**Story 146**

*“...it gives you back some control over creativing a positive outcome rather than being subject to ones illness...”*

During the recovery from repeat spells in hospital i have found doing all kinds of crafts such as knitting, crochet, card making and cross stich very beneficial. it pases time in a creative way and it is possible to focus on achieving an outcome rather than dwelling on ones health.

i think creativity is very important as it gives you back some control over creativing a positive outcome rather than being subject to ones illness. It helps achieve things in small steps. It gives you something to talk about and share with others, other than talking about your illness.

You can also learn a new skill, for example I learnt to crochet after a bad spell in hospital this year. You can create something which can remind you that you did come through your illness. You can make something special for a loved one who hs supported you in your illness such as a cross stitch card, and also general cards for others who have helped you such as physios, nurses etc.

crafts can be portable (such as crocheting squares) and pass time waiting for hospital appointments and tests. As you are distracted time passes quickly, you become less nervous which is benficial for talking to drs and also having procedures done. medication can affect your eyes so reading can be tiring and I found crochet easier on my eyes.

**Story 70**

*“...helps me relax...”*

I find that sitting and stitching helps me relax and eases my joint probs. I tend to sleep better after stitching. A.C

Telling Your Story helps others to appreciate their own circumstances. Please help by completing the survey at [www.Stitchlinks.com](http://www.Stitchlinks.com)