

My Story 009

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 196 (From email)

“...something I CAN do even with great pain that brings me so much pleasure...”

So many thanks for the wonderful newsletter and your kind thoughts. The visit to the neurologist went well - he is referring me to the sleep disorders unit in xxxxxxxxx to see their specialist consultant - i could not have wished for more - and he is changing my epileptic drug which may help stabilise the fits - let us hope so.

BUT just as things were going well in this area I began to get increasing amounts of pain in my lower back - got worse so after a week went to GP - x ray showed no broken bones and at the end of 2 weeks I was in such pain I was crawling round the floor crying.

My GP fears the osteoporosis in my lower spine and hip has suddenly done more damage despite the fact that I am on drugs to control the osteoporosis. She has referred me back to the consultant rheumatologist and increased my morphine slow release and also oral morphine to 4 hourly - despite all this I am still in great pain - so the Hospice are going to take over and look after the pain control side as they are experts in this area.

I do so hope they can control the pain soon....i just don't know how to manage emotionally with this degree of pain all the time.

I am sorry to bore you with all my medical stuff - but you can imagine what joy I get from just picking up a cross stitch magazine or even getting in a few tapestry stitches - something I CAN do even with great pain that brings me so much pleasure and turns my mind to future projects as I look at cross stitch magazines.

How grateful I am for the gift of needlework which takes us into another world... I DO so hope this finds you well - I just don't know how you manage to find so much new stuff for the magazine each month - quite wonderful - and I only hope it leaves you some time for your OWN needlework or knitting!! Thank you for your kindness and friendship - it means a lot to me with my love xxxxxx

Story 51

“...it held me together in such painful times”

I first started to knit again while caring for my terminally ill dad Its been over a year now and knitting still helps me in so many ways

On the first anniversary of his death, I attended the knitting and Stitching show at Harrogate. It was fantastic to be with so many like minded people - unfortunately the visit was cut short as my partner called to tell me his mum (who was also terminally ill) had took a turn for the worst. She passed away peacefully that same day. It was a very sad time.

Each time I take out my knitting people comment and ask about what Im making So many younger people have asked me to show them how to knit There seems to be this invisible connection; as if a single thread joins us all and we need only ASK for help when we need it

Only a couple of weeks after I was in hospital having my appendix removed. On many occasions there was doubt as people assumed I would be in more pain - added to the fact I was knitting right up to going into surgery! Once again my knitting came to the rescue

I often think back to how it all started and how it held me together in such painful - both emotionally and physical - times. Being connected with Stichlinks has given me such support and an extended family At present my partner and I are looking towards moving to Australia and I know my knitting will be there for me - as an aid to making new friends and keeping healthy, happy, as well as connected to something more

Story 201

“Some people have said that knitting in the evenings stops them snacking”

Hi I am running a knitting project at Charnwood Arts to get people knitting. They are sending us in 6' squares and knitting socks for Loughboroughs sockman statue. I have a database of people involved and can pass on the link to them. Some people have said that knitting in the evenings stops them snacking.

Charnwood Arts Centre can be found at:
Charnwood Arts 31 Granby Street , Loughborough, Leics Le11 3DU.

Story 209

“...knitting gives me something talk about with people”

Personal development: I've grown as a person by learning new techniques (cheesy but true) Loneliness and Communication skills: I'm very shy and knitting gives me something talk about with people.

Story 99

“..it should be looked at as an alternative to medication”

I have suffered with depression and anxiety on and off for about 11years

i use to knit quite a lot when both my children were young but as the years went on i didnt bother keeping it up.then about 18 months ago i saw an advertismant in my local newspaper advertising a knitting club at my local library and decided to give it a go. as 6months previous to that i visited my GP because i felt on a downward spiral again with my depression it was the best thing i;ve done.

I now attend 3 knitting groups a week you receive companionship with other people some suffering the same illness as you.and you can talk about it and help each other.the knitting itself helps to train your mind because your mind is occupied concentrating on what your doing so no negative thoughts can get through.also the texture and feel of the wool you use there is that many today and also the feeling of accomplishment when something is finnished.also its something you can do at home for therapy

I myself am strong now and never felt better mentally it should be looked at as an alternative to medication in some cases it may never be needed.

Telling Your Story helps others to appreciate their own circumstances. Please help by completing the survey at www.Stitchlinks.com