

# My Story 010

**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 97**

*“..I really find the stitching theraputic”*

I was first taught how to cross stitch by my nana when I was little, and have carried on the hobby, after she passed away about 15 years ago.

I enjoyed making many cross stitch pictures and cards for friends and family. But unfortunately stopped stitching after suffering a bad trauma about 5 years ago, I was raped whilst out in town one night. After that I tried to carry with normal life but things kept going wrong with jobs etc. and I just couldn't seem to cope with anything, this was when I stopped.

I was diagnosed with Post Traumatic Stress Disorder, Anxiety and Depression and was signed off work as my job as a Nanny, which I loved. At the moment, life is difficult trying to cope with panic and anxiety attacks, and also recently arthritis and a slipped disc, sometimes it feels like nothing can get any worse. I also am suffering with an eating disorder which is a result of the trauma and find it very difficult to eat and am very underweight. I have also tried to end it all on some very hard days but always have my loving family in my head.

After all of the above, I did start cross stitching again and even linking papercraft now into my cards. I really find the stitching theraputic, as it helps me to try to forget everything for a bit and also it is something quiet to do in the early mornings when I can't sleep due to the insomnia, that doesn't wake everyone else up.

**Story 171**

*“Knitting is calming”*

I have severe heart disease. Knitting is calming, it helps with concentration and calms, the benefits would be like meditation or prayer.

**Story 176 From email**

*“cross stitch focused my mind on something and seemed to absorb the pain.”*

I have myopathy and arthritis. Some times the pain is so great that the pills dont work enough.

I found cross stitch focused my mind on something and seemed to absorb the pain. But Now I am finding that knitting works even better as it takes away the stress of counting and reading a chart.

I have an aid for holding needles but I am also finding that if I put the right knitting needle in to the top of my waistband stick style it takes the weight of knitting and combats shakeyness of my hands. I can relax more since stitching/knitting and this also relaxes muscle tension breaking the vicious circle. XXXXX

<email then sent in reply, which was responded as below>

Thanks for the email, I look forward to hearing more and becoming a member of stitchlinks. I printed out the pages of your website and showed them to my doctor yesterday. She thought their probably was a lot in it. As she pointed out you flex more muscles in knitting so this might be a plus on the cross stitch. But as you say if both could be combined. Maybe cross stitching on knitting would be a way.

As far as the aid is concerned It was given to me back in the early 90's by a social services occupational therapist. It is no longer made now. I tried to get one a few months ago for a lady who was nearly blind but even the RNIB couldnt provide one. It is a T shaped bit upside down so the top of the T could be clamped to the arm of a chair or a table. The other part of the T had a spring running through it and cross grooves to slide your knitting/crochet hooks into. Then a pull up knob attached to the spring and forming what would be the lower end of a T. The needles sat between the knob and the spring.

A simple method is to use an Ice skate blade cover and put it in the top of your waistband slipping a knitting/crochet hook in the upper curve bit. Using this like the old fairisle needle belts.

as far as cross stitch is concerned I use the siesta versatile table clamp stand and the universal craft frames. As these frames dont need to have any previous sewing and hold the Aida or evenweave far more firmly than the conventional frame, It only requires a slight wrist movement to tighten the plastic clips that hold your material on so this is easier on the hands.

As far as the actual stitching is concerned I hold the needle between my my first two fingers, W between the V. I have trouble because of the myopathy holding things. I takes some practice but works. Hope all this is some help. XXXXX

**Story 50**

*"Because of this skill ....I am now more confident"*

For Knit activities me it has helped with communication ... at least on the web.

Because of this skill that I have learned to knit (self-taught), I am now more confident to seek out others (web/local groups) with similar skills and learn more.

I like the meditative quality in that it requires concentration, and yet distractive quality to somewhat remove me from the hubbub of what's going on.

Specifically ... you are there and engaged, but not too much; assuming project in hand is not so intense, that requires intense concentration. Ah there's a fine balance there ;) yes as in all things.

If ever this study makes it into a publication available for public viewing, Please let me know where I can gain access to it.

**Story 203**

*"it never ceases to amaze me that something that resembles string can be woven into a delicate, textured cloth using just two sticks!"*

I took up knitting on a whim about four years ago. My mother had been a big knitter. We all had Arran cardigans and jumpers when I was a kid - all of us, mum and dad included. In fact we had hats, scarves and mittens too. Altogether we were a sea of cream.

I bought a book on knitting from a charity shop and some blue wool and decided I was knitting a scarf for my partner. It's a bit of a sight to be honest and I don't hold it against him for leaving it in his wardrobe.

I fell in love with the rhythm of knitting. It's like a mantra - knit one, purl one - over and over again. And then I got into those intricate, frothy designs you see on christening gown patterns. it never ceases to amaze me that something that resembles string can be woven into a delicate, textured cloth using just two sticks!

I haven't done any for a while - I was battling with a cardigan which was probably more difficult than I was up to when i took on a part-time Masters degree which has eaten all my spare time. And i do miss it - I might just start a scarf for winter, now i think about it. Something i can pick up before bed...

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