

My Story 013

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 144

“once I start stitching I can feel the tension disappear”

I was mentally abused for several years by my ex-husband and at the latter end of our relationship physically abused. My 24 year old brother also took his own life nearly 9 years ago the week before Christmas which still hurts.

I have an 11 year old son, who was only 2 1/2 when I split up from my ex(his dad)and when his fave uncle died, he was a great support although he was only a baby, just him being there was enough. But my real life saviour was x-stitch, it gave me a purpose and something to concentrate on and take my mind off of the bad things that was going on around me.

About 3 years ago I suffered from a nervous breakdown, although I'm not as bad as I was I still have some days where I feel really bad, that's when I suffer from panic attacks, so I just get my x-stitch out and once I start stitching I can feel the tension disappear.

Story 148

“The therapy of collective knitting ... is priceless”

I am 57 yrs old , professional woman , knitted my way through happy times and traumas .

Worked with Stoke patients and and arthritis and there is no doubt in my mind that knitting is therapeutic . I have taught knitting in prisons and for the past three years run Knit & Natter group from my home. We meet on First Wed of each month at my home inidyllic rural stting . average 30 women and at least 12 bring packed lunches and stay all day .

The therapy of collective knitting and chatting over every imaginable topic is priceless and I am trying to fit my paid employment into 4 days so that we can meet weekly . I run knitting and spirituality days , prayer shawl ministry which is priceless I hope you succeed with proving your research 'theory '

Story 145

"Knitting has changed my life in so many ways"

I took up knitting on the 2nd April this year (2007) and know when i look back and even when I looked back after three days knitting i could not believe it.

I had been card making for quiet a few years 6 in all and to tell the truth it was getting me down and I felt that I needed something as in some ways I was close to depression. Some people might say do not be stupid and i was making it all up. But I had two children and one who from birth has been alot of work not sleeping at all even as a baby he never napped in the day or if he did then that was it till 11 at night. and even when I did but him down he was a a baby with bad digestive system and still is at 2 and a half that his stumach was like a hot water bottle and he would wake up after 10 mins then i would be passing the floor and prob up all night. doing cards for my escap was not goo as as soon as I got out the stuff he would strt and then I would have it all to tidy next day or have to live in a mess. So i never switched off

So I came up with the idea that I needed to find something to relax and destress myself. I saw on the side some odd balls of wool that i had bought my little one to do something so the knitting that had been festering in me for years wanted to escape but I had no neddles or the time to go on a bus to get some i wanted to try it there and then. But even though I did not have needles I did have two artist paint brushes.

So off i went and I could remember it well by the end of the week i was on the bus to get some needles you see paint brushes are ok but they where designed for painting and knitting needles for knitting.

It has been fantastic i am knitting all the time know and well the card stuff is all going for sale on ebay. A place I love to visit to try and find some bargan wool I have a cupboard brimming with wool it is all fantastic it is the best thing that i did. I tjink that it should be taking up for people suffering from depression it is therapy.

Knitting has changed my life some much

1 I am less depressed it is the thought of going back to card making or life with out knitting that scares me so much.

2 I am less stressed with the children. which is the best thing that has come out of my taking up knitting.

3 there is less putting away with knitting so if George startes or some one knocks on the door I just pop it in my bag his and it is all tidy and put away.

4 i am able to keep on top of the house work and still knitt as it does knot take up that big a chunk of my time. And the results do come quick as card making.

5 it is a time when i can sit down and switch off from everything it is my peace of heaven.

6 What is important is that know when I have put the children to bed instead of getting a drink and disappearing up to my room and staying there all night and every night. I am now able to put the children to bed come down, make a coffee, sit on the sofa, get out my knitting and spend the evening there with my partner who now I get to actually see.

7 It is a time when my mad hectic life slows down to an almost stop.

8 I eat less because it is either eat which you have to use your hands for or use your hands and knit another row.

9 I have even signed up for a back to basics day course in Sep and I have to travel a way on the train so I shall be taking my knitting and doing it on the train which I am excited about. As unlike most hobbies as people like to call it you can do it anywhere

So knitting has changed my life in so many ways it is completely fantastic. Because knitting has changed my life in so many ways I am able to have a life and have me time to

I am able to fit knitting into my life and not my life into card making

Story 147

"It helps take my mind off the pain"

Without knitting and stitching my hands seize up. Doing little and often helps keep my hands mobile although my arthritis is quite bad. It also helps take my mind off the pain. And producing something useful, lasting and beautiful has been a positive help with depression.

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