

My Story 015

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.

The contents of this document are Copyright and all rights are reserved. While we encourage you to share the information in this format, any extracts may only be reproduced with the express permission of Stitchlinks Ltd.

Story 206

“knitting ... gave me an escape for as long as I needed it”

Within a six month period, I left my husband after 22 years, suffered a redundancy, moved away to a new area and started a new job. A whole new life lay ahead of me and I was loving the challenge, the exciting changes, making new friends, discovering a new location, forging ahead in my career as a Finance Manager in industry.

Six months later I was made redundant again. This hit me like a truck. I realised that the foundations of my new life were as fragile as egg shells still and hadn't had time to strengthen. I really did crumble and vowed I would never work as an Accountant ever again and never work in industry again. The Company provided support for job hunting through an external agency but I wasn't interested.

For six whole weeks I did nothing to secure future employment or investigate alternatives.

I just knitted.

I visited a wool shop close to me, I visited a Knitting and Stitching Show at the NEC and I just stayed indoors and knitted solidly for six whole weeks. At the end of that period, I started to contact friends and the out-sourcing agency and engaged their help in establishing my future career.

I believe that knitting dulled the pain of this dreadful blow and gave me an escape for as long as I needed it. If I had not knitted, I may well have returned to my ex-husband, moved back to my old town. Who knows?

They would all have been backward steps. I felt guilty part of the time because I knew I should have been job hunting, but I wasn't in any state to make the right decisions. It was a very strange time in my life, with huge highs then huge lows, but when I look back now, I know that the knitting saved my sanity.

PS. I moved to a not-for-profit organisation for a year then established my own business which sells knitting wool, haberdashery and has a clothing repair service. If you need any further information, please do not hesitate to contact me.

Story 31

“...strengthens your feeling of self worth”

I started cross stitch a few years ago when pains in my hands forced me to give up knitting. I was subsequently diagnosed with hypermobility syndrome which requires gentle exercise rather than the rest that doctors had been advising me for 13 years.

Cross stitch has helped keep my hands active and pain free. Cross stitch is an excellent hobby. It truly helps to calm you by giving you something to focus on whilst your mind unravels your problems.

The sense of accomplishment when something is completed is life affirming. It strengthens your feeling of self worth when gifts are well received and makes you feel part of a community through magazines, online forums and the friendliness of crafters.

I could not be without my hobby - it would leave a gap in my life. Now as a busy mum of two very young children it is wonderful for combating loneliness and keeping my mind active.

Story 94

“...helped keep my concentration and deductive powers up to scratch !”

I picked up knitting again when I was recovering from a lumpectomy for breast cancer 2 years ago. It helped pass the time in hospital and to keep my arm moving to help prevent lymphoedema.

On returning home it passed the long days when I was receiving chemotherapy and bald and exhausted. It gave me a focus and something to aim for (completing a garment) and helped keep my concentration and deductive powers up to scratch!

Now 2 years on I am well and still knitting away as it makes evenings and days in front of a TV more productive and worthwhile and I love the softness and colours of the various yarns available these days.

Story 156

“...i found it calming”

I did crochet and free embroidery, stitch and knitting as part of my interior textile design degree. At the age of 40. married for twenty years with two children you can imagine how stressfull the workload was at times.

With what i was doing, i found that the work was not so stressfull, all the others would be working frantically and i would be sitting back at my chair creatively doing something with my hands.

i found it calming and i could also think while i was doing it, what my assignments were, what i needed from the shops, what we were having for tea that day. When you have finished, even if you dont have anything really brilliant sometimes it maked you feel fullfilled and that you have done something.

If you were angry or upset and you created something that had a ripped apart quality then sll the stress would have been used away to do that ect. Even just finger knitting can calm you down. i think if people would realise that they dont have to do somethin to a certain standard and that they can do it how and the way they wanted to they would do more. if they could just do one stitch that would be ok. Anyone can create something and it would be beautifull to them.

Story 67

“Cross stitching was the thing that kept me sane”

My now 12 year old daughter XXXXX, was diagnosed at the age of 9 months with a severe neurological inmaturity, it affected all areas of development.

XXXXX had to start therapies, since 10 months of age, every kind, motor skills, languaje, emotional, etc, I spent at least 2hours 7 days a week in some therapy or another, Cross stitching was the only thing that kept me sane, all those hours.

Thanks God she is now doing wonderfully, only one year behind at school and becominga beautiful teenager, through all this years Cross stitching and my online cross stitch friends have helped me stay positive, it has been my therapy and I love it.

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