

# KEEPING PACE

JULY 2006



## SOUTHAMPTON CHRONIC PAIN SUPPORT GROUP

Hi all, what a shock, half way through the year, where has it gone? It's been a busy few months since the last NL, we've had healthy eating in April, an open event in May, where we met Joshua, pictured right, then in June we had the Blue Badge and Art (you can read all about this on Page 2 with Doc's Ramblings). As you all know we have developed the laminated generic poster, which has taken over from the monthly ones, and we are hoping, will go up in as many Doctors Surgeries as possible plus anywhere else that will take them.



Our newest and youngest member, 7 week old Joshua

You probably remember an item in the last newsletter (back page stop press) about the £500 grant that Steve & Chris had secured from SVS. Well, the good news is that this money has now been invested in a portable hearing loop system which will make the meetings a lot more enjoyable for those who are hard of hearing.



Here we have Mum Marie with Katie and Joshua

The loop is a cable that encloses the audience area. It is connected to a loop amplifier that gets its signal from a microphone placed in front of the person speaking or via a direct connection from a sound system, or other sound source. The resulting electric current in the loop produces a magnetic field corresponding to the speaker's voice. Anyone within the area of the loop who is wearing a hearing aid switched to the 'T' setting, or a loop listening aid, can pick up this field. Users may need to adjust their own hearing aids for volume.

The New Forest Group, who say they may be small but they're perfectly formed, held a BBQ the other week, at "Bill's Villa" in the New Forest. They say it went very well and was very successful. Norma and Joan along with Marie and daughter Katie went down to support them (well, that's what we were told, I think it was the food that they were anticipating) the trouble is we only have a couple of photographs as the photographer, who was sent down especially to cover this event, did too much scoffing and not enough clicking, nuff said I think.



Now as we all know it must be Summer, the excessive heat, the smell of burnt sausages and burgers, noise from selfish neighbours (yes I have one), music of a sort blaring from speakers with the base turned up so that the pavement feels like it's shuddering underfoot; let's forget all that, let's think of, say, Shakespeare - "*Shall I compare thee to a summer's day? Thou art more lovely and more temperate Rough winds do shake the darling buds of May, And Summer's lease hath all too short a date: Or Elizabeth Lawrence - "The hum of bees is the voice of the garden". Or Sam Keen - Deep summer is when laziness finds respectability.*



On another note, did you know that July is the seventh month of the year according to the Gregorian calendar? It was the fifth month in the early calendar of the ancient Romans. The Romans called the month Quintilius, which means fifth. A Roman Senate renamed the month to Julius (July) in honour of Julius Caesar, who was born on 12 July. The Anglo-Saxon names for the month included *Heymonath* or *Maed monath*, referring respectively to haymaking and the flowering of meadows.

Life doesn't get much better than this, does it?



Doc's Ramblings



Poems



SCIL Housing Action



Quotes and Jokes



### SPECIAL POINTS OF INTEREST:

- **Hearing Loop - Page 1**
- **My Loss, a poem by Lise - page 2**
- **SCIL Housing Action Page 3**
- **Keats & Hunt competition - Page 3**





## APRIL SESSION

A good number of members come to today's meeting. There were lots of new faces which was lovely to see. Fortunately a good number also volunteered to help in the kitchen! This was just as well as we managed to fit in two tea breaks and there was lots of washing and drying of cups to be done.

Kip Pirie gave us an informative talk about healthy eating. She explained all the food groups that should be included in a healthy diet and what sort of proportions they should be eaten in. She used the illustrated plate shown on the right;



## MAY SESSION

We held an open meeting this month and it gave the members a valuable opportunity to get to know one another. We were particularly delighted to make the acquaintance of Joshua, age 7 weeks! Congratulations to mum, Marie and sister Katie. Bill, who in his spare time helps run the New Forest Action on Pain Support group, told us about his painting. He has only begun to paint since developing back pain - he says "that out of pain came painting!" He showed us his first attempt which he describes as a "stick drawing". It was quite a dark and gloomy picture, and he told us that it was heavily influenced, at the time, by the pain he was in and the medication he was on. Four years later and the picture he brought to show us that he has recently painted was of a horse and rider jumping a fence. It was superb. He encouraged us all to develop new hobbies as a way of coping with pain as you never know what hidden talents lie undiscovered. Austin told us about the greeting cards he has produced using mounted photographs. He has persuaded us to have a craft session later in the year to make cards to sell to raise money for Action on Pain. Speaking of fund raising, Sharon gave us the good news that her stand at the Christmas Fair raised £30 for our group. We all thank her for her hard work. Mary has started writing seriously since she had to give up full time work as a result of her ME. She is about to submit her first novel to 2 publishers. We wish her every success with that. She also had some words of advice. If she is having a bad day, she sometimes writes down how she feels, swear words and all. She then finds it really therapeutic to shred the paper! Worth a try? Dorothy tried to drum up some enthusiasm for a Mummies Play to be performed at our Christmas Party. She assures us that no actor need say more than 2 lines of rhyming couplets. So all you budding actors out there, please make yourselves known to Dorothy. She has also persuaded Bill (who in his spare, spare time ices cakes! - is there no end to his talents?) to make us a Christmas Cake to raffle for more fund raising. What an enterprising set of members.

We were also fortunate to have Paul with us again from The New Forest Disability Information Centre. He held a clinic in the corner for our members to talk to him in private about any problems they were having with disability allowances etc. He is an invaluable friend to our group.

## JUNE SESSION

We were very lucky to have 2 speakers this week. Geoff Wilkinson began the afternoon by telling us about his involvement in the Blue Badge Network. This is a charity which offers support and information to Blue Badge users. He explained how necessary the work of the charity is as the Blue Badge Schemes in this country and abroad are inconsistent and therefore complicated for the user. He also gave us insight into the way in which the scheme can be abused and how many of the Blue Badges being displayed in, for example, London are actually stolen or fake. Anyone can join the charity for an annual fee of £10 which entitles them to receive their quarterly newsletter full of all the up-to-date details of changes in legislation which can affect the Blue Badge user. More information can be accessed via their web site [www.bluebadgenetwork.org](http://www.bluebadgenetwork.org).

The afternoon moved on to a fascinating display of art by Tracey Spice. She showed us examples of her work including the highly colourful murals which she designs for schools and accomplishes with the help of enthusiastic



pupils, teachers and parents. In fact, Tracey's mission in life seems to be to get us all producing works of art! Indeed, many of us left the meeting clutching our own wax crayon and washed paint masterpieces (art is, after all, in the eye of the beholder!). Tracy came back to our July Meeting, we had a lot of fun with card, silk and paints but more about that from the "Doc" in our next issue. Tracy is currently rebuilding her website but for those who are interested for the future the address is [www.spice-art.co.uk](http://www.spice-art.co.uk)



### MY LOSS

Spill it out, the pain  
of my loss.  
True,  
it wasn't picture perfect,  
but it was precious.  
Don't you recognise that  
part of me is lacking?  
Was killed;  
whipped from under my nose,  
leaving a ghastly hole.  
Sure,  
I may manage without,  
to some degree;  
but a memory now.  
A loss,  
of my innermost being.  
Don't you recognise  
how great is my loss,  
the precious life  
YOU LAD,  
ripped brutally from me?  
Don't you see  
how much you stole  
away from me?  
You don't,  
but I certainly do!  
© By Lise Marron



**Nymphaeaceae** is the botanical name of a family of flowering plants. The family is also called the "water-lily family".

The white water lily is the national flower of Bangladesh. It is also the birth flower for July. (Sorry my picture taken at Hinton Ampner is the pink variety) Water-lilies are rooted in soil in bodies of water, with leaves and flowers floating on the water surface. The leaves are round, with a radial notch in Nymphaea and Nuphar, but fully circular in Victoria. Horticulturally, water-lilies are divided into two main categories: hardy and tropical. Hardy water lilies bloom only during the day, but tropical water lilies can bloom either day or night, and are the only group to contain blue-flowered plants. The viability of water lily seeds is exceptionally long, around 2000 years. Water Lilies are most famously represented in popular culture by the French artist Claude Monet in a series of paintings.





SCIL Housing Action By Lise

**Imprisoned within One's own Home - So much for the Basic Human Right of "Freedom of Movement"** Today, in a modern society, Non Disabled People have the freedom to choose the area where they live and when and how often they move home, without any questions asked. However, Disabled People are not given this same freedom. Rather, when it comes to issues of housing, Disabled People are treated as second-class citizens in a first world country.

Disabled People are frequently:

- Trapped in their home because it has stairs and they use a wheelchair
- Have to crawl up the stairs or find someone to carry them up
- Denied adaptations to their home because their Landlord is only interested in the rent they pay; allowing for no stair lift, no ramp, nowhere to store a powered wheelchair/scooter
- Subject to inaccessible housing allocation schemes such as Southampton City Council (SCC) "Home-Bid Scheme"
- Have NO CHOICE about where they live if they need accessible housing
- Find that there is simply NO accessible housing in the area they need to live

Significant numbers of Disabled People face such difficulties daily because central and local government authorities continue to use inflexible policies and unsuitable systems. Is it right that Disabled People should be forced to tolerate these injustices and inequalities, which are not faced by Non Disabled People? Why is the private housing sector not compelled to meet the accessibility regulations set out by the Disability Discrimination Act? Why must Disabled People tolerate the lack of suitable housing, which has the greatest effect on the quality of life and basic Human Rights and Freedoms?

It seems that in our great civilization Disabled People do not matter. Despite the Lip Service and repetitive rhetoric society does not value the lives of Disabled People. It is unacceptable that society continues to discriminate against Disabled People, treating them like second-class citizens. Non-Disabled People would not tolerate such gross inequity. So why should Disabled People?

The ongoing daily experience of inaccessible housing difficulties I experience and my recognition that these difficulties and injustices are also continually faced by numerous other Disabled People has fired me up to act as a voice on behalf of Disabled People and become proactive in fighting for Disabled People's right to suitable accessible housing. It has been proven in the past that it is only by such action that the housing needs of Disabled People will be appropriately and adequately met.

Thus, I approached Southampton Centre for Independent Living (SCIL) with the proposal of forming, with their support, a Housing Action Group, which would enable other interested/affected people to also become actively involved or receive support with their individual fight to the right to accessible housing. Hence, why and how "**Southampton Centre of Independent Living Housing Action**" has recently been established. Campaigning, advocacy, information giving/collecting and auditing of housing issues relating to Disabled People are the major activities the group propose to partake in.

Should you require further information or want to contact "**SCIL Housing Action**" for any reason, please phone Lise on 023 80551526, leaving a message on the answer-machine if there is no response, or by email at lis3@btinternet.com.



**On the Grasshopper and Cricket**



The poetry of earth is never dead:  
 When all the birds are faint with the hot sun,  
 And hide in cooling trees, a voice will run  
 From hedge to hedge about the new-mown mead;  
 That is the Grasshopper's—he takes the lead  
 In summer luxury,—he has never done  
 With his delights; for when tired out with fun  
 He rests at ease beneath some pleasant weed.  
 The poetry of earth is ceasing never:  
 On a lone winter evening, when the frost  
 Has wrought a silence, from the stove there shrills  
 The Cricket's song, in warmth increasing ever,  
 And seems to one in drowsiness half lost,  
 The Grasshopper's among some grassy hills.

*John Keats (1817): product of competition with Hunt to see who could write a sonnet on this subject in fifteen minutes.*



It is the month of June,  
 The month of leaves and roses  
 When pleasant sights salute the eyes,  
 And pleasant scents the noses.  
 - N.P. Willis

In winter I get up at night  
 And dress by yellow candle-light.  
 In summer quite the other way  
 I have to go to bed by day.  
 - Robert Louis Stevenson, *A Child's Garden of Verses*

The glowing Ruby should adorn  
 Those who in warm July are born,  
 Then will they be exempt and free  
 From love's doubt and anxiety.  
 - anon

Blessed be the Lord for the beauty of summer and spring,  
 for the air, the water, the verdure, and the song of birds.  
 - Carl von Linnaeus



For those with transport problems, here are a few contacts/volunteers who may be able to help.

Southampton Test Side: Austin Fitzpatrick 0780 848 0561  
 Water Side Area: Joan Bamford 023 8084 6441  
 Bitterne Area: Steve & Chris Beal 023 8046 5019



20 Necton Road  
Little Dunham  
Norfolk  
PE32 2DN  
Tel/Fax: 01760 725993

#### ACTION ON PAIN'S PHONE LINE

The dedicated telephone help-line, manned by people with chronic pain, provides expert advice and support based around their own experience.

Confidential and informal, **Pain Line** has gained a reputation for providing a quality service to their callers.

Call on: **0845 6031593 (lo-call rate)**

As the call staff are all volunteers, there may be times when the line is not manned, Please leave a message and they will get back to you. The **Pain Line** is open from 0900 hrs to 2100 hrs Monday to Friday. Answer phone out of hours.

N.B. The **Pain Line** staff are not qualified to give medical advice, however the advice given is based around their day-to-day living with chronic pain.

#### STOP PRESS

Congratulations to Jessica Barrows who ran in the "Race for Life" 5K run on Sunday 16th July. She raised over £100 for Cancer Research.

Lise invites all to a social gathering at the Bellemoor Tavern in Hill Lane, Southampton On August 3rd at 3pm.



I don't know about all of you but I have just about had it with all this hot weather, talk about hot, a trickle of **sweat** turns into a raging torrent and you can't stop it.

#### NEXT MEETING

17th August 2006 - 1PM TO 3PM  
AVENUE ST. ANDREWS  
UNITED REFORMED CHURCH  
THE AVENUE  
SOUTHAMPTON



One liners, come on we all luv em

If April showers bring May flowers then what do May flowers bring?  
Pilgrims!

Tourist: How would you describe the rain in this part of the country?  
Local: Little drops of water falling from the sky

What do you get if you cross a Cocker Spaniel with a Poodle and a rooster?  
A cockapoodledoo!

What starts with T, ends with T and is full of T?  
A teapot

Husband: "What are you doing standing there, staring into the fridge?"  
Wife: "Fighting temptation dear."

Mother commenting on teenage son: My son is going through one of those awkward stages, from hooligan to layabout.

#### QUOTES AND JOKES

Please accept my resignation. I don't care to belong to any club that will have me as a member.

-Groucho Marx

I arise in the morning torn between a desire to improve (or save) the world and a desire to enjoy (or savour) the world. This makes it hard to plan the day.

-E. B. White

That will be the day when the love of power is replaced by the power of love

-anon

The aim of life is to live, and to live means to be aware, joyously drunk-enly serenely divinely aware

-Henry Miller

Angels do exist but since they don't all have wings, we call them friends

-anon

Life is not measured by the number of breaths you take but the moments that take your breath away

-anon

To the world you might be one person, but to one person you might be the world.

-anon

*Thank you to Jessica who sent in the last 4 quotes above along with a lot more which you will be able to read in future issues.*

"Are you an organ donor?"

"No, but I once gave an old piano to the Salvation Army."

Two elderly couples were enjoying a friendly conversation when one of the men asked the other, "Fred, how was the memory clinic you went to last month?"

"Outstanding," Fred replied. "They taught us all the latest psychological techniques - visualization, association - it made a huge difference for me." "That's great! What was the name of the clinic?"

Fred went blank. He thought and thought, but couldn't remember. Then a smile broke across his face and he asked, "What do you call that red flower with the long stem and thorns?" "You mean a rose?" "Yes, that's it!" He turned to his wife. ". Rose, what was the name of that clinic?"

Doctor, doctor, No one believes a word I say.

Tell me the truth now, what's your REAL problem?

Why did the bald man paint rabbits on his head?

Because from a distance they looked like hares!

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