



# KEEPING PACE

APRIL 2007

## SOUTHAMPTON CHRONIC PAIN SUPPORT GROUP

My goodness I'm late and I've got no one to blame, what a bummer (am I allowed to say that). I'll take it I am and carry on. Well what a busy and exciting few months it's been.

I think it was really clever of me to hold back on this issue until now so all the news on APRIL would be published in April; sounds good doesn't it, but that would be a little big headed and a bit of a fib - or would it?

### Funding for APRIL

Hopefully if we are very, very lucky we will secure a place in the "Napp Achievement in Pain Awards"

On 11th December 2006 a registration of interest was submitted to register an interest in entering for the above. On 22nd December 2006 this was accepted, with the next step being a full proposal explaining why we should be considered and what would be the benefits and how it would be managed, etc.

This was all put together by Norma & Joan and we heard at the end of February that we are one of three finalists - the fact that there are three awards should mean that we have at least some ££££'s.

On 20th March 2007 there we were, put in front of the camera, and I don't mean "Joan's" - this was the business, sound man and all (scary or what). The men (if we can call them that after this), had to have makeup on their faces, not to improve their looks! but because of the lights reflecting off the shiny bits on their faces. Well, that's what they told us.

Following this is the long wait until the awards ceremony in late April where the winner will be announced.

Unfortunately the Newsletter will be out before then - but - because of technology, as soon as I have the details you will see them on the Keeping Pace website. Keep your eyes peeled after the 25th.

The logo for APRIL was designed by Tracy Spice, who is with us again in April for Glass Painting.

OK, it's my turn (that is, instead of Joan's) to ask for your money, so dig deep, I know we're always asking you to, but this time you get a beautiful badge with the APRIL design and these will be available to purchase from Joan from the end of March. These will not only be available to our members but also the general public.

### Standing Room Only

On 4th March 2007 the Rev Austin Fitzpatrick preached his last sermon at the Edmund Kell Unitarian Church to a packed congregation, which included many members of his family and approximately 12 members of AOP. We all enjoyed the service and for those of us able to stay on, the buffet lunch that followed.

We all wish Austin well in his retirement, although with plans to write a novel added to his other commitments he's going to be very busy!



APRIL



Doc's Ramblings



Attacking the Flab



Dates for your Diary



You will all by now have heard about the APRIL project. This is the Action on Pain Resource and Information Library which will have a walk-in-centre in New Milton, and a mobile library here in Southampton, with a range of books and information for members to look through. Initially, in Southampton this will be available after our meetings between 3 & 5. New Milton Walk-in centre will be open from 10am to 4pm.

### QUOTES:

Again rejoicing Nature sees  
Her robe assume its vernal hues  
Her leafy locks wave in the breeze,  
All freshly steep'd in the morning  
dews.- *Robert Burns*

April hath put a spirit of youth in every-  
thing.- *William Shakespeare*

Adam was a gardener, and God, who made him, sees that  
half of all good gardening is done upon the knees.  
- *Rudyard Kipling*

Each leaf,  
each blade of grass-  
vies for attention.

Even weeds carry tiny  
blossoms to astonish  
us.  
- *Marianne Poloskey,*

I have found the best way to give advice to  
your children is to find out what they want  
and then advise them to do it.  
- *Harry S Truman*

Ho! Ho! Ho! to the bottle I go  
To heal my heart and drown my woe.  
Rain may fall and wind may blow,  
An many miles still to go,  
But under a tall tree I will lie,  
And let the clouds go sailing by.  
- *J.R.R. Tolkien, Lord of the Rings,*  
song by *Frodo Baggins*

### SPECIAL POINTS OF INTEREST:

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### “DOC’S RAMBLINGS”

#### DECEMBER SESSION

Our formal meeting was replaced by our annual Christmas party. This time all members brought contributions of food and we really had a feast. Thanks to all who contributed. One of the highlights of the event was the Mummings Play directed by Dorothy and performed by several of our members. Not only did it cause much hilarity but it raised £15 for Action on Pain. So well done all of you involved. A further big thank you goes to Joan who announced that the raffle of Bill’s homemade Christmas Cake raised a staggering £130! (Mind you, it’s a brave person who can resist Joan when she’s brandishing a book of raffle tickets - so be warned as I hear tell of an Easter Egg Raffle!) We finished with the singing of Christmas carols, including a special version of Hark the Herald which had words personalised by Jim and Jessie to celebrate all the achievements of our Support Group. It was a splendid end to the year.



#### JANUARY SESSION

Peter came to our meeting this month and gave an enlightening talk about the Expert Patient Programme. He became one of the tutors after attending the course himself a few years ago. This is a free, confidential programme run by well-trained lay tutors. It is open to anyone with long-term health problems who wants to learn more about how they can be in control of their health problems and make a difference to their lives. It is a highly structured course, consisting of 6 weekly 21/2 hour sessions and takes place in one of several local, accessible venues. The sorts of topics covered include: relaxation, coping strategies, healthy eating, sensible exercising, anger management, ways of dealing with fear and frustration, and effective communication with health professionals. There is an extensive hand book which is given free to all those on the course. To find out more you can phone Beverley Newman, one of the senior trainers on 02380 296002 or visit [www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk). Anyone with a chronic health condition can self refer.



#### FEBRUARY SESSION

Well it has to be said that it’s not often that I find a talk about cars interesting! However, what Lyn Ansell had to say about hers was truly amazing, not least that she has used it to raise over £1600 for Macmillan Cancer Support. Lyn, who also has chronic pain, works for Linden Homes and it all started with her firm’s money raising event for Macmillan in September 2006 coinciding with her car needing a respray. This might seem like a strange coincidence until it is explained that Lyn decided to do the paint job herself in a somewhat novel way. She asks people to sponsor her to paint pictures on her car and donates the money to the Macmillan fund.

[http://www.macmillan.org.uk/Get\\_Involved/Raise\\_money/In\\_your\\_area](http://www.macmillan.org.uk/Get_Involved/Raise_money/In_your_area)

Her company then kindly double everything she raises. She brought the car to show us and it is covered in pets, flowers, lighthouses, tigers etc. The group was so inspired that they passed around a box and raised £30 for Macmillan Cancer Support. They have asked Lyn to paint Action on Pain and a Bluebell on the car. What an inspiration to us all. She promises to return and show us. Thanks Lyn.

#### MARCH SESSION

Terry Oliver, the regional mentor for Leonard Cheshire, came to talk to us this week. Our Action on Pain Walk-in Library is situated in the Leonard Cheshire Resource Centre in New Milton. As we now have such close links with Leonard Cheshire, it was good to hear about their organisation and how they help so many disabled people in the country. Terry also suffers from chronic pain as a result of rheumatoid arthritis. It was encouraging to hear how, despite this, she has spent so much of her adult life helping others. She worked on a voluntary basis for Arthritis Care for 20 years, eventually becoming its chair. She is now employed by Leonard Cheshire to speak to the users of the service, particularly those who are trying to achieve independent living, to ensure that they are getting the help they need. She is also trying to get service users themselves to volunteer and has already helped them to organise the first ever service users conference last year. This was attended by 120 disabled people and their carers and was a really worthwhile achievement.



For more information about the organisations mentioned, log on to <http://www.leonard-cheshire.org/> and <http://www.arthritiscare.org.uk/Home> Lyn Ansell also returned with her car to show off the lovely bluebell picture she has painted for us. This should help raise awareness of our Southampton Action on Pain support group. Fantastic art work! Thanks Lyn.

Oh, to be in England  
Now that April’s there,  
And whoever wakes in England  
Sees, some morning, unaware,  
That the lowest boughs and the brush-wood sheaf  
Round the elm-tree bole are in tiny leaf,  
While the chaffinch sings on the orchard bough  
In England - now!





### Attacking the Flab in the New Year! Article by Kip

I'm sure there are a few of us who want to work off some of the festive season excess. And even though we suffer from pain it doesn't mean that we don't want to keep ourselves as fit as possible. However it is often easier said than done.

Did you know that your GP can prescribe exercise through the 'Active Options' scheme? Just ask for details at your surgery or from your physiotherapist.

The scheme is run at The Quays, Oaklands and Bitterne. You can opt to do exercises in the gym, circuit training, walking or Aquarobics (though you may have to remind them when you go for your initial assessment that you want to do Aquarobics). I must admit that I find taking exercise in water is a more gentle way of persuading my body back into shape.

When you sign up for Active Options you are given sixteen sessions at a reduced rate. If you choose to do Aquarobics then you can come along to initial sessions at The Quays at 13:45 every Monday. It is a gentle exercise session with a fabulous instructor, Karen, who really appreciates the limitations of disability and pain on your ability to participate. The sessions are held in the dive pool where the floor is raised up so that you are in water of just over a metre deep.

Don't worry if you are not happy in water, hopefully I can help you. I'm an assistant swimming instructor and will be in the pool with you throughout the session. We take the introduction to water at your pace and I will stay with you until you gain your confidence (however many weeks it takes).

I usually get in the pool at 13:30 so that anyone who wants to practice getting used to the water can spend 15 minutes with me before the session. The session runs for 45 minutes but if you feel you've had enough before the end, you just call it a day and hopefully come back again the following week. If you would like to join us I'd love to be able to help you. I haven't lost a client yet, and some of the more terrified members of the group have actually gone on to learn to swim!

At the end of the 16 sessions you will be 'promoted' to the big league with sessions at all the venues. Don't worry if you can't make the Monday Quays session, you can still join in the other sessions. However there will not be an instructor in the pool with you. Though I'm sure you'll find that the other jiggers will be only too glad to help.

So here's wishing you a very happy and healthy 2007.



### Transport

Dennis, you know him - King raffle winner, actually that sounds like a good name, has offered to be our Transport Coordinator because, in his words, "It is apparent that there are people who may like to volunteer for 'APRIL' (or attend the open day) at New Milton on the 28th April, but transport would be an issue for them". So, if you would like to volunteer or attend the open day please get in touch with Dennis on 02380 781875 (with voicemail - always leave a message & your phone number if I do not pick up, I will get back to you.) or email address - dennisrobinson\_534@msn.com. If you are able to offer lifts to others it would be a good idea if you could do this through Dennis so that, in his new role, he can coordinate to make sure there are no duplications etc.

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



Lyn Ansell's car with a group from AOP

Lyn's car with Bluebells and Snowdrops

### Debbie's alternative Nursery Rhyme

Pain, pain go away,  
Don't come back another day,  
Little me wants to play.  
Pain, pain I'll make it plain,  
Never show your face again.



This is Dennis and Dorothy doing their bit for AOP in the Mummers Play at Christmas, I don't know what Dennis is thinking of, picking on Dorothy in this way, this is just because he won the cake (another raffle win) and there was no way he was going to share it - on guard! By the way it was Debbie who supplied the photo, I'm not sure what she was drinking, it certainly wasn't my tea!





We are on the Web

[www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

Also [www.keepingpace.co.uk](http://www.keepingpace.co.uk)



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### 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.

### Forth coming dates for your diary - Time 1 to 3pm unless otherwise stated

- April 19<sup>th</sup> Tracey Spice – Glass Painting
- April 28<sup>th</sup> Grand Opening of the APRIL Walk in Centre, New Milton.  
10am – 2pm
- May 17<sup>th</sup> AOP Chairman Ian Semmons – “Strategic Plans Update”  
Linda Chan – “Health & Social Care”
- June 18<sup>th</sup> Free 2 hr boat trip on the Solent. See Chris and Steve for further details, including times.
- June 21<sup>st</sup> Speaker to be confirmed
- July 19<sup>th</sup> Dr Marilyn Monkhouse – “Pain Management Programme”
- Thereafter every 3rd Thursday of each month - 1pm to 3pm

Support bacteria - they're the only culture some people have.

### JOKES

Psychiatrist: What's your problem?  
 Patient: I think I'm a chicken.  
 Psychiatrist: How long has this been going on?  
 Patient: Ever since I was an egg!



WHAT happened to the hyena who fell into a pot of gravy?  
He made a laughing stock of himself.

"Doc I can't stop singing The Green, Green Grass of Home." "That sounds like Tom Jones syndrome." "Is it common?" "It's not unusual."

Jock was travelling by train seated next to a stern-faced clergyman. As Jock pulled out a bottle of whisky from his pocket the clergyman glared and said reprovingly, "Look here, I am sixty-five and I have never tasted whisky in my life!"  
 "Dinna worry, Minister," smiled Jock, pouring himself a dram.  
 "There's no risk of you starting now!"

A Scotsman, an Englishman and an Australian were in a bar and had just started on a new round of drinks when a fly landed in each glass of beer. The Englishman took his out on the blade of his Swiss Army knife. The Australian blew his away in a cloud of froth. The Scotsman lifted his one up carefully by the wings and held it above his glass. "Go on, spit it oot, ye wee devil" he growled.

A tour bus driver is driving with a bus load of OAPs when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up. After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. When she is about to hand him another batch again he asks her: "Why don't you eat the peanuts yourself?"

"We can't chew them because we've no teeth", she replied.  
"We just love the chocolate around them."



### Medical Terminology For The Layman

- ANTIBODY:** against everyone
- ARTERY:** the study of fine paintings
- BACTERIA:** back door to a cafeteria
- BANDAGES:** The Rolling Stones
- BENIGN:** what you be after you be eight
- BOWEL:** letters like A, E, I, O, or U
- CAESAREAN SECTION:** a district in Rome
- CARDIOLOGY:** advanced study of poker playing
- CAT SCAN:** searching for ones lost kitty
- CAUTERIZE:** made eye contact with her
- COLIC:** a sheep dog
- COMA:** a punctuation mark
- CONGENITAL:** friendly
- CORTIZONE:** the local courthouse
- DIARRHOEA:** journal of daily events

To be continued.....

### Disclaimer

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