ISSUE 9

# **KEEPING** PACE

OCTOBER 2007

#### SOUTHAMPTON CHRONIC PAIN SUPPORT GROUP

#### Inside this issue:

SPECIAL POINTS

Dates for the

next meetings

**Brown Paper Bag** 

Abigail, see this

Quotes & Jokes,

back page

Free Yoga

Session.

page.

OF INTEREST:

# KEEPING PACE with pain (Formerly Action on Pain)

We are alive and Kicking It's late, I know, and all I can say is



This newsletter is not going to be up to the normal standard; it is more of a newsletter "Flash" to let all our friends know that we haven't gone anywhere. We are still at the same venue, it's still at the same time and unfortunately there is the same guy in the kitchen making the tea.

All we need now is for "you" the ones that thought we had done a runner to come back and enjoy the company again 'cause we are probably still the best chronic pain support group there is - or so they say.

As most of you know, we have broken away from Action on Pain. This was not an easy decision to make but in the circumstances it was felt to be for the best.

We still have Norma and Joan with us, leading the way forward,

#### Hooray!

But the one thing <u>we</u> do need is

We have still got two meetings left this year and we want to see everyone there

#### November 15th

This meeting is going to be - free yoga. Now exactly what that means I haven't a clue, but I don't think it's got anything to do with the white stuff that smells like sour milk that's meant to be good for you, I think it's sitting on a mat and all going mmmmmmmmmm

Who does this picture of a Hindu Yogi remind you of?



Anyway, November sounds like a bit of fun. Oh! I nearly forgot we also have a short play, that Dorothy is putting on, she has asked me to be in it stating I only have one line. I haven't a clue which one so lets hope there's not a lot of rehearsing to do - haven't got a very good memory you see, I blame the meds, quacks blame the age, I know who I believe.

#### December 20th

Now you cannot miss this one. We have the Christmas party with local comedian Denis, we have a brown paper bag session with our very own pharmacist, Emma (for those of you not familiar with the terminology - it's got nothing to do with a bottle of Jack Daniels, or any other tipple of your choice). Not sure yet if we are having one of those special "Norma Cakes" perhaps these few words might persuade her. Pleaseeeee Norma.....

#### January 17th

Alexandra Technique with Martina, physiotherapist, this should be a good one, so no excuses.

The full newsletter will be back very soon, I will try and get a Christmas/New Year one out so we have a couple of meetings to report on and hopefully some pictures of the Christmas party that is if our resident photographer is on form.

We need more stories, information, jokes etc. from you, also tips and ideas on living with chronic pain, things like how to tie your shoelaces with one hand, what experiences you've had with side effects from certain drugs, anything that you think our other readers may find interesting. Send all contributions to me at the following email address;

kevin@keepingpace.co.uk



Some very good news to report for those that were not at the last meeting ; Marie, (Katy's & Joshua's mum),

gave birth to a baby daughter, Abigail 6lb 6oz on September 27th at 4.15am - Congratulations to Mum & Dad and welcome to Abigail.



A little Poem from Kip by Anon My Excuse

Dust if you must, but wouldn't it be better to paint a picture or write a letter, bake a cake, or plant a seed, ponder the difference between want and need.

Dust if you must, but there is not much time with rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead.

Dust if you must, but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain, this day

will not come round again. Dust if you must but bear in mind, old age will come and it's not kind, and when you go and go you must, you yourself will make more dust.

A bicycle can't stand on its own because it is two-tired.

A boiled egg in the morning is hard to beat.

A chicken crossing the road is poultry in motion.

A gossip is someone with a great sense of rumour.

A man's home is his castle, in a manor of speaking.

Acupuncture is a jab well done.

A pessimist's blood type is always b-negative.

Bakers trade bread recipes on a knead-to-know basis.

## www.keepingpace.co.uk

### **KEEPING PACE with pain**

#### Venue

Avenue St Andrews, United Reformed Church, The Avenue, Southampton

**3rd Thursday of each month** 

1 - 3pm

Informal Setting, Disabled Access, **Guest Speaker, Refreshments** 



JOKES

A man goes to the eye doctor. The receptionist asks him why he is there. The man complains, "I keep seeing spots in front of

--Thomas Moore

Blown every way.

- John Donne

Winter is cold-hearted.

Spring is yea and nay, Autumn is a weather-cock,

Summer days for me.

- Christina Rossetti

Listen! the wind is rising,

now for October eves! - Humbert Wolfe

~Winston Churchill

and the air is wild with leaves,

When every leaf is on its tree.

No Spring nor Summer Beauty hath such grace

As I have seen in one Autumnal face.

We have had our summer evenings,

Men occasionally stumble over the truth,

and hurry off as if nothing had happened.

Do not value the things you have in your life, but value who you have in your life ~ From Jessica

but most of them pick themselves up



The receptionist asks, "Have you ever seen a doctor?" and the man replies, "No, just spots."

A man went to see his doctor because he was suffering from a miserable cold. His doctor prescribed some pills, but they didn't help.

On his next visit the doctor gave him a shot, but that didn't do any good.

On his third visit the doctor told the man, "Go home and take a hot bath. As soon as you finish bathing throw open all the windows and stand in the draft."

"But doc," protested the patient, "if I do that, I'll get pneumonia."

"I know," said the doctor, "I can cure pneumonia."

my eyes."

A young woman went to her doctor complaining of pain.

"Where are you hurting?" asked the doctor.

"You have to help me, I hurt all over", said the woman.

"What do you mean, all over?" asked the doctor, "be a little more specific."

The woman touched her right knee with her index finger and yelled, "Ow, that hurts." Then she touched her left cheek and again yelled, "Ouch! That hurts, too." Then she touched her right earlobe, "Ow, even THAT hurts", she cried.

The doctor checked her thoughtfully for a moment and told her his diagnosis, "You have a broken finger."

A man goes into a fish and chip shop with a salmon under his arm. He asks 'Do you sell fish cakes?' 'No' was the reply.

'Shame, it's his birthday.'

Q. What's pink and fluffy A. Pink fluff

Q. What's blue and fluffy A. Pink fluff holding it's breath

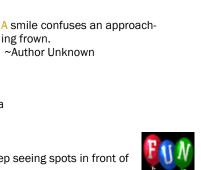
Q. What's round and bad tempered

A. A vicious circle





What do you call a sheep with no legs? A cloud







## yard's ruby treasuries Brighten Autumn's sob'rer time.

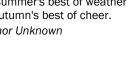
QUOTES:

By all these lovely tokens September days are here With summer's best of weather And autumn's best of cheer.

- Author Unknown

happiness.

- George Orwell



Men can only be happy when they do

not assume that the object of life is

ing frown.



Everyone has a photographic memory. Some don't have film.



#### Disclaimer

ny opinions or recommendations expressed in this newsletter are the views of the individual concerned and are not necessarily those of the Newsletter Team. The Newsletter Team make no representa tions about the suitability, reliability, availability, timeliness and accuracy of the information, products or services contained in this newslett

Newsletter produced by Kevin Clark, a member of KPWP Southampton, email: Kevin@keepingpace.co.uk