

KEEPING PACE

OCTOBER 2007



SOUTHAMPTON CHRONIC PAIN SUPPORT GROUP

Inside this issue:

NEW
FLASH

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 we do need is **YOU**.

We have still got two meetings left this year and we want to see every-one 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 mmmmmmmmmmm

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 tipples of your choice). Not sure yet if we are having one of those special "Norma Cakes" perhaps these few words might persuade her. Pleaseeeeeee 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.

SPECIAL POINTS OF INTEREST:

- Dates for the next meetings
- Free Yoga
- Brown Paper Bag Session.
- Abigail, see this page.
- Quotes & Jokes, back page



QUOTES:

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

Every season hath its pleasure; Spring may boast her flowery prime, Yet the vineyard's ruby treasures Brighten Autumn's sob'rer time.

--Thomas Moore

Winter is cold-hearted. Spring is yea and nay, Autumn is a weather-cock, Blown every way. Summer days for me. When every leaf is on its tree.

- Christina Rossetti

No Spring nor Summer Beauty hath such grace As I have seen in one Autumnal face.

- John Donne

Listen! the wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!

- Humbert Wolfe

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had happened.

~Winston Churchill

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

- Author Unknown

Men can only be happy when they do not assume that the object of life is happiness.

- George Orwell

A smile confuses an approaching frown.

~Author Unknown

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



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 my eyes."

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."

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



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

Go with the flow



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