

# KEEPING PACE MAGAZINE

Hi everyone and welcome to our first newsletter of 2013. As you can see our Newsletter has a whole new look this edition. We have some exciting new features including a Keeping Pace Library section, book reviews, your hobbies, pain stories, puzzles and an all new competition with a prize to be won. Thanks for taking the time to read and for your continued support of Keeping Pace.

Hope you enjoy reading, Best Wishes xx

Happy Birthday

It's so incredible to think that Keeping Pace is celebrating its 8th Birthday!!! What started as a small discussion group at the Royal South Hants Hospital has grown into the support group that we now have today. Let's take a look back to where it all began....

Back in 2005 the Chronic Pain Clinic sent out a questionnaire to some of their patients to see if there would be any interest in forming a Southampton based pain support group. Out of the 53 that were sent out to 43 people expressed an interest in forming a group. The most popular option was to have an informal meeting approximately every four weeks with different speakers or discussions each time. Our very first meeting took place in March 2005 with our first discussion led by Jan Walker from Southampton University on coping with pain.

Since that day we have kept growing & growing. We have had talks on such a wide variety of topics over the years, which I am sure we have all learned a lot from. For me though it's not just about that, it's about the friendship bonds that have formed along the way. It's about knowing that you are not alone in how you feel, for one or all of us have felt that way at some point. As I sit and look around the group it is obvious to see bonds of friendship between people who if it wasn't for their pain may never had met. I know it's all sounding a bit soppy but while I'm at it I would like to say a BIG thank you to Joan & Norma for all that they do and too all our members for making Keeping Pace how it is. So I say let's all raise a glass and here's to the next 8 years!!

Jess xx



# "DOC'S RAMBLINGS



A brief catch up for any meetings you may have missed.

## FEBRUARY

A meeting very much run by the members. Janet reintroduced the Keeping Pace library. Reminding us of the range of books relating to pain and self help. Pauline, Janet and Tracy then reviewed a selection of books that they had found helpful and would recommend to the group.

Jim made a suggestion about the group spending a meeting trying to sum up in one sentence their approaches to pain that they find useful. Dorothy immediately supplied us with a brilliant thought that she has a butterfly approach to hers - when in pain she flits from one activity to another, and these can be as simple as doing some colouring in of a picture, for distraction. It immediately conjured up for me a lovely image of colourful butterflies moving from one place to another especially, as to my mind, they do seem to settle down eventually on a beautiful flower.

This composing of sentences is to be part of April's meeting.

Have a think about what yours might contain. There will be

no pressure for people to supply a sentence if they don't

want to, sentences can even be contributed anonymously if

that is what members want but do come along as it is bound

to be a fascinating time.

## JANUARY

Dr Rose Wiles from the University of Southampton came

today to tell us about a fascinating study that is being

carried out into how people decide whether to trust their

GPs. She explained that trust is very important and might

make a difference to health outcomes; if you have trust

then you are more likely to comply with the treatment and

advice given. Previous research has suggested that

patients with long term health conditions show the lowest

levels of trust. Following this meeting several members of

the group took place in a focus group to help out with her

research.

## DECEMBER

This month we celebrated Christmas in our usual way. We

shared festive food, attempted to show our collective

intelligence by doing a quiz and sang Christmas carols

accompanied on the piano by Jim. A big thanks to all those

who contributed to the event with food and particularly to

Mike for compiling the quiz. Instead of our secret Santa,

many brought in non perishable food for the homeless to

the value of £1. The Southampton City Mission were very

grateful when I took them three full carrier bags of

goodies.

Thank  
You

Recently an  
anonymous  
donation of £600  
was made to  
Keeping Pace.  
We would like to

say a  
HUGE

THANK YOU

for your  
generosity  
whoever you  
may be





# It's been snow lovely recently!



Written By Janet

As I sit in Totton Towers, snow is falling all around. Well, to be precise, it's falling on top of other snow that fell yesterday. It really has been funny watching so many children sledding, but I found that shifting my eyes to their parents was even funnier. One little girl said "But Mummy of course it's safe, that's what you said to me!" Mummy actually replied "I don't know every thing though, dear". Little girl countered with "Are you scared?" Mummy couldn't admit to that, could she, so she slowly walked up the hill and I'm sure I could see her knees knocking! She obviously decided not to think too long about what she was doing, because as soon as she was at the top, she threw herself onto the sledge. The only sound that could be heard for the next few seconds was Mummy's screams breaking not only house windows, but also the sound barrier! At the bottom she stood up shakily and said "I'm going up to do it again!" and didn't give her daughter a look-in!



I saw another child with mum at the top of the slope and dad at the bottom, the theory being that they would only have to pull the sledge and child back up alternately. This was fine until said child only wanted Mummy pulling him and Daddy sided with his son. The air turned decidedly frosty – and nothing to do with the weather!

I think I have perfected the latest snow fashion trend. Pink and white spotted wellies, pink and white glove and scarf combo, thick red jacket, faux fur hat! I ignored someone who said I looked like a walking cough candy! Meanwhile at the Towers, I thought I'd get ahead of the crowd. Salt seemed to be flying off the supermarket shelves so I took the advice of a friend and bought cat litter to sprinkle on the path. A very good idea – as long as you don't mind your path changing colour!



The New Forest looks stunning in the snow and I've taken more photos than I'm ever going to look at. Although the ponies are born and bred as hardy outdoor animals, I've still felt a bit sorry for them: where do they sleep at night? Do they eat snow when the streams are frozen? What happens if they fall over? When I put these questions to a horsey friend (that is, she rides horses, not that she looks like one!) she looked at me as if I was mad. The ponies cope perfectly well, and have done for countless generations, by growing their winter coats and huddling together to keep warm. It's only us silly humans who leave home to frolic about in it!

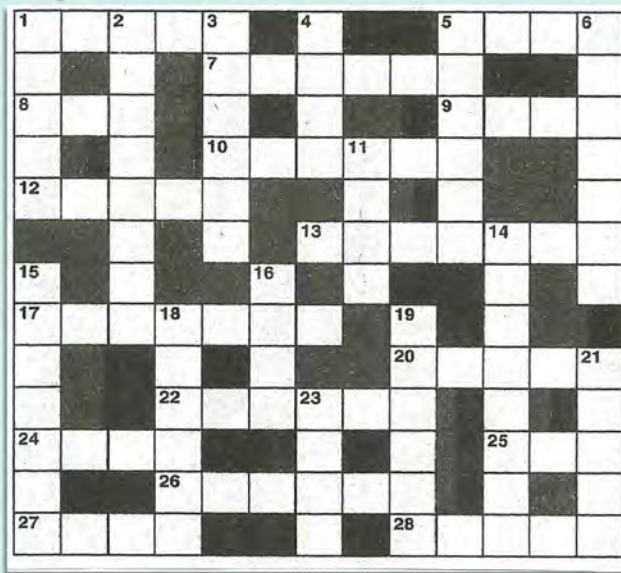
Speaking of which, the prize for Top Frolickers in The Snow must go to every dog. It's one of the loveliest sights to watch them chase each other, roll over in the snow, lie down in it, eat it, chase snowballs and generally act complete fools. When I walked a dog on the Lyndhurst Golf Course we passed an enormous snowman complete with a snow hat set at a jaunty angle. The dog was a little wary so kept low and crawled towards it for a sniff, before deciding it was no threat and having a long wee on it!



## DID YOU KNOW???????

The worlds largest snowflake was 38cm wide & 20cm thick. It fell in Montana USA on January 28th 1887

# BRAIN TEASERS



## ACROSS

- 1 ..... and fork
- 5 Our Mrs Anderson
- 7 This puzzle might do this to you!
- 8 Energy
- 9 A flower
- 10 Inspires with ideas
- 12 Honorable
- 13 A toddler would be safe in here
- 17 The Titanic hit this
- 20 Our doctor
- 22 Close this to sleep
- 24 Dogs and cats have a few of these
- 25 A common small word
- 26 Used for correcting text
- 27 Back .....
- 28 The country of the Nile

## DOWN

- 1 He and Sue make us a lovely cuppa
- 2 Not moving
- 3 Stranger and stranger
- 4 Don't pick this!
- 5 A cow or a jumper?
- 6 Requiring
- 11 Opposite of beautiful
- 14 Chemist
- 15 Doing impressions
- 16 Not false
- 18 Done to beer
- 19 Put up with
- 21 A check of records
- 23 Final

10 different species of Birds are hidden in the grid can you find them?

J	B	F	T	Y	N	K	I	D	S	A	O	I	K	G	R	E	C
E	W	Q	R	E	H	C	T	A	C	R	E	T	S	Y	O	U	G
L	X	C	T	F	G	P	Y	T	E	T	Y	S	D	F	B	H	G
A	S	G	W	A	X	K	R	H	Q	V	F	U	I	F	H	Y	O
G	F	E	H	D	S	J	S	D	F	V	N	S	K	S	E	L	L
N	X	W	P	K	E	I	F	V	T	D	V	F	W	R	D	H	D
I	G	O	L	D	F	I	N	C	H	S	X	R	Q	G	T	R	M
T	Z	R	E	G	A	H	L	D	N	F	E	F	S	O	G	N	B
H	H	A	N	J	I	G	O	P	M	N	Z	P	Z	K	L	F	W
G	P	I	T	G	O	E	U	O	K	P	D	A	X	G	Z	A	G
I	K	F	H	D	G	S	G	R	O	B	B	L	G	H	X	R	T
N	U	T	Q	F	O	Y	T	I	L	L	G	L	H	W	G	G	A
R	I	A	W	R	S	G	H	U	Y	K	T	K	I	Y	Q	T	C
S	K	N	X	Y	H	C	T	A	H	T	U	N	J	N	D	G	D
J	G	I	X	U	A	M	E	Y	R	I	G	J	U	M	N	Y	O
E	H	B	C	H	W	N	R	R	E	U	Y	O	P	E	D	E	H
Q	D	O	V	N	K	V	S	F	G	H	I	Z	E	R	T	P	T
Z	X	R	B	U	P	X	A	D	T	A	T	C	H	T	C	V	Z

## COMPETITION TIME

How big was the worlds largest snowflake?

Submit your answers to Kevin, Janet or Jess at meetings or by emailing your answers to [Kevin@keepingpace](mailto:Kevin@keepingpace). All correct entries will be entered into a prize draw  
 ENTRIES TO BE RECEIVED BY MAY'S MEETING WHICH IS ON 16TH MAY 2013.  
 WINNER WILL BE ANNOUNCED AT JUNE'S MEETING.



- Waxwing
- Oystercatcher
- Linnet
- Robin
- Wren
- Goldfinch
- Kingfisher
- Nuthatch
- Goshawk
- Nightingale

# My Pain Story

## By Tracey Spice



Although I didn't know it at the time, in 1980 at the age of nine, my pain journey began. There was excruciating pain at the bottom of my spine, I was in tears as every movement I made hurt and a lump had appeared at the top of my spine. I was told not to be silly, there's nothing wrong with you. After several days I was taken to the doctor who said the pain was lumbago and the lump was due to me being overweight and put me on a diet. The treatment was to sit in a chair with a hot water bottle behind me and rest for three weeks

Forward to 1991, six months after giving birth to my first daughter Ashleigh I had the same excruciating pain at the bottom of my spine and fell to the floor. Dad took me to the osteopath who clicked me around and after several treatments I felt okay again. This became a very frequent pattern.

Then I saw a different chiropractor who took some x-rays. He came back into the consulting room and said sorry I have to do them again just to check I've not muddled them with someone else's. So after the second lot we sat down and chatted about them; "if you weren't sat here in front of me I'd say these images were of someone who was aged 80 and had been trampled on by a horse!" He said I had degenerative disc disease with very thin brittle lumbar discs and several bulging ones plus a curvature of the spine; which was the lump that had appeared when I was nine. He said that if I had been properly diagnosed as a child there would have been something that could have been done but alas now I was an adult of 23 it would not be the case.

I went to my GP who was dismissive but referred me to the hospital. After that point I started to regularly have prolapsed discs and finally realised that this was the pain I had experienced as a child. Life became very difficult a constant misery of chronic pain, drugs, depression, despair and a total lack of support from the NHS until I had an appointment with Doctor Brighthouse. She was amazing! Finally someone understood and although could offer no solution took action to make me more comfortable. I had injections, physiotherapy, hydrotherapy, osteopathy and acupuncture. I began to accept that I was never going to be "better" but that I could lead a happy fulfilling life alongside my pain.

I managed to get a job and for six years happily worked in a primary school as a specialist teaching assistant. Eventually though my pain got in the way and after a period of sickness due to yet another prolapsed disc I was determined unfit for my job and my contract was terminated. I spiralled quickly into depression and for six months barely got out of bed



Some of Tracey's art work exploring her pain

One morning though I thought this is no good, I have loads of valuable skills, I'm great with children and I'm an artist; my entrepreneurial spirit had kicked in! I registered as self-employed that day and began my own business providing art workshops for schools and other educational settings. It went really well and provided me with a living for eight years. I then opened an art gallery which was going brilliantly until the recession hit. I took the decision to close the gallery and two weeks after found out I was pregnant!

My family were shocked but over the moon, I thought because of my pain I would never manage to have another baby. In September 2009 Antonia arrived in the family. She is quickly learning that mummy gets sore and there are things that I cannot do but I am one for focusing on the positives and feel lucky to have two beautiful daughters who can now both help me to put on my socks and shoes!

"For all the happiness mankind can gain, Is not in pleasure but rest from pain"

John Dryden

# WELCOME TO OUR LIBRARY



Our library was started roughly 5 years ago thanks to Lise. When Lise turned 30 instead of asking for presents she kindly asked friends and family for donations to Keeping Pace. The money she raised was enough to open the library which has been running ever since.



Our library holds a wide variety of books, and other items, about many aspects of living with chronic pain. It is open at every group meeting and you are welcome to browse or borrow any item. There is a black folder called "Keeping Pace with Pain Library Information and Book Reviews" which gives general library news, please feel free to have a look at it.

## HOW TO BORROW A BOOK...

To borrow from the library: simply select your book and pay a £5 (returnable) lending fee to Janet; she will note your details on the item's card and when you return the item, your £5 will be given back to you. There is no official time limit on borrowing library items but you may be asked, after a reasonable time, to bring the item back if it is in great demand.



## BOOK REVIEWS

Book reviews: it is very interesting and helpful for others to read what you thought of any books you have read and enjoyed.

This can be any book, not only those borrowed from our library. If you read, or know of a book, which is particularly inspiring or which you think group members might enjoy, please do tell us about it.

If you would like to write a book review, there are some ready made review sheets in the black "Keeping Pace with Pain Library Information and Book Reviews" folder.

We are always looking to increase our library stock to offer group members interesting, informative and up to date books. Please feel free to suggest new titles; the group will then decide whether to buy a copy for the library.



# BOOK REVIEWS



On this page you will find some helpful reviews from books that are in our Library which have been submitted by some of our members. As you know our group isn't all pain focused so we are also including reviews from books that aren't in our library but which you have read and enjoyed.

This issue Janet has reviewed *The Power of Now* & Tracey has reviewed *Perceptions of Pain*, both of these can be found in our library. We also have Jess reviewing one of her personal favourite books "*A Street Cat Named Bob*"



## *The Power Of Now* by Eckhart Tolle

Interesting to hear how he first came to ask spiritual questions. It's easy to read. Main theme is that we should be aware of the present moment, stop the 'chatter' of our minds i.e.: be mindful. We should accept what happens, don't think about what's coming & so feel more in control. Talks about 'pain body' but means spiritual rather than physical pain. Is in a Q&A format with a pause symbol for you to stop & think about what you've read. Mentions religion but is basically a spiritual book.



## *Perceptions Of Pain* by Deborah Padfield

Author has had 9 years of chronic pain after "unfortunate surgery & after care" she couldn't continue in her work in theatre so retained in fine art. Exploring her pain & body issues through sculpture, drawing, painting then photographing it, she wondered if others with chronic pain could benefit from it. She teamed up with Dr Pinther a pain consultant & his patients & created a visual language for a pain that could be used for doctors & other medical professionals & patients.



## *A Street Cat Named Bob* by James Bowen

This book is a truly inspirational tale about one man's battle to overcome drug addiction on the streets of London and turn his life around by selling the Big Issue. Of course it doesn't stop there is also the tale of a deep & beautiful friendship between one man and his cat. This book will make you laugh and smile, Bob can only be described as a one of a kind. I highly recommend this heart-warming book whether you are a cat lover or not.



We would love to read your reviews on books from our library and any books you have read & think others would like. So pick up those pens people and start submitting your reviews!!

# HOBBIES & INTERESTS

At Keeping Pace we are all into our hobbies. I don't think there is a hobby out there that at least one of us is not into!!

I am sure you will agree distraction is a useful tool for pain management and having a hobby is a great way of achieving this. Each magazine someone will be sharing their hobby or interests with us, who knows you may even be inspired to try something new!!

## **This issue we have Kevin telling us about his hobby lampwork/flamework.**

I started lampworking about three years ago. I've always loved glass and because I wanted to find a hobby to really get into, to concentrate on, to take my mind off the pain; this seemed like a good idea. I first purchased glass rods from the US to sell to other lampworkers, that then developed into a full scale hobby because after making beads, I need to be able to do sculpture and that's not as easy as it sounds.



Lampworking can be done with many types of glass, but the most common are soda-lime glass, sometimes called "soft glass," and borosilicate glass, often called "hard glass." I use both types but my favourite and the one I sell is Borosilicate. Borosilicate glass is considered more forgiving to work with (that's why I love it), as it is less likely to crack during lampworking. Unfortunately a lot of equipment is needed; tools, kiln, torch etc, and I'm always looking at what's new on the market, saving for something else that would make things easier.

## BEADS



Beads have been around since prehistoric times, shells, bones and other natural objects were drilled and necklaces and bracelets were made. Glass beads are thought to date from 1400 b.c. Many cultures have used, worn and traded glass beads, and they are still highly sought after for their ornamental and collectable value today.

The art of beadmaking begins with winding molten glass around a steel mandrel which has been coated in bead release. But that's only

the start of it, once you have your first winding that's when the fun begins and ideas become reality and sometimes they come off and sometimes they don't.

Say the word lampworking, and you're likely to get some blank stares from most people outside of the glass-art community. But the work made from the technique is familiar with everyone: Think of the glass beads that dangle from necklaces, the glass paperweights with flowers or designs which most would think "how did they do that", I know I used to before I got involved. Now I just try to emulate those beautiful pieces of art



I love Dragons and I would so like to be able to make something like the picture here, but that's a long way off. This is a pendant made by someone I know and greatly admire.



Here is my workstation / table. The blue box at the end is my kiln, and then there is the ventilation and various tools, glass rods etc.

# COOKS CORNER

*In each magazine we will be featuring a selection of recipes sent in by you. If you have a recipe you would like to share please send to  
kevin@keepingpace.co.uk  
or hand them into Kevin, Janet or Jess at meetings.*

## Peanut Butter Cookies

50g/2oz Plain Flour  
50g/2oz Softened Butter  
25g/1oz Caster Sugar  
50g/2oz Soft Brown Sugar  
½ Teaspoon Vanilla Essence  
50g/2oz Peanut Butter  
1 Egg

Cream butter with sugars, vanilla essence and peanut butter until very light & fluffy. Beat in egg, and then stir in dry ingredients. Drop 24 teaspoons of mixture, 2cm/1" apart, on to buttered baking tray. Bake in centre of a moderate oven (180°C/350°F or Gas Mark 4) for 15 minutes. Transfer to wire cooling rack. Store in airtight tin when cold.

Submitted  
By Jess

## Moroccan Chicken

8+ Chicken thighs (allow 2-3 per person)  
2 tablespoons olive oil  
1 onion finely chopped  
4 cloves garlic finely chopped  
2 tins chopped tomatoes or 1 jar of passata  
2 heaped teaspoons ground cumin  
1 heaped teaspoon ground ginger  
1 heaped teaspoon ground cinnamon  
1 heaped teaspoon paprika  
½ teaspoon chilli powder,  
add more or less according to your taste  
1 tablespoon sugar  
A large handful of dried apricots  
Juice of ½ a lemon  
Handful of fresh coriander

Heat the oven to gas 5/fan 180. Place everything except the apricots, lemon juice and fresh coriander in a large ovenproof pot, season with salt and pepper. Tightly cover the pot with a lid or foil and place in the preheated oven for 1 hour. After 1 hour of cooking add the apricots, put the lid or foil and cook for another 30 minutes. Check the seasoning, squeeze over the juice from half a lemon then sprinkle over the fresh coriander. Serve with couscous or rice and some naan breads.

You can also use the same recipe to make Moroccan lamb. Instead of the chicken use lamb shoulder cut into large cubes and cook it for 2 hours in the oven gas 5/180 then add the

Submitted  
By Tracey

# OUT & ABOUT

## Lepe Beach and Country Park.....

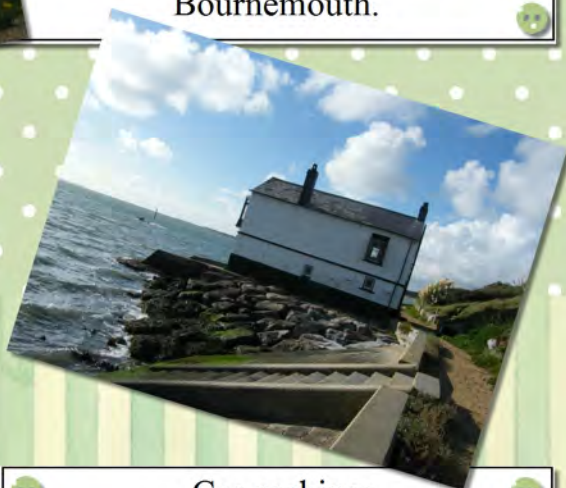
by Janet



Lepe Beach and Country Park is a large area on the coast of the Solent with fantastic views from the Portsmouth Spinnaker tower to the Isle of Wight and on towards Bournemouth.

### General area:

Stony beach, grassed areas, wheelchair accessible, variety of paths and tracks, benches, very popular with dog walkers, families, kite flying and sea fishing also a great place for bird watching.



### Car parking:

Plenty of spaces, both near the beach and next to the grassed area, pay & display (not expensive), but free for Disabled Badge holders

### Facilities:

Cafe (wide menu with eat-in and take away) gift shop, toilets, visitor information centre, childrens' playground

If you have visited anywhere lately that you think others would enjoy please feel free to do a review and send it to [kevin@keepingpace.co.uk](mailto:kevin@keepingpace.co.uk) or by handing them into Kevin Janet or Jess at meetings.

We look forward to reading them!



## THIS ISSUE I'M LOVING.....

# SPRING



Oh yes people it is finally on its way. After a long cold winter the first signs that spring is on its way are all around. The days are getting longer, the sun is putting in some appearances and the trees are turning green. I don't know about you but I for one am looking forward to swapping scarfs for sunglasses. What a lovely time of year spring is, everything is so fresh and new. The birds are busy nesting and raising their young, pretty flowers are in bloom and there's explosions of spring colour everywhere you look. It is by far my favourite time of the year, so goodbye cold nights wrapped up in front the telly and hello to nights spent sat in the garden listening to the birds evening chorus. Bring it on!

## WEBSITE OF THE MONTH

[www.patientuk.co.uk](http://www.patientuk.co.uk)

This website supplies a vast amount of evidence based information on a wide range of medical and health topics. The website is easy to use and information is displayed in an easy to read format. It gives various information about different conditions, including ideas on how to manage pain.

## ONLY JOKING....

What did the inflatable teacher say to the inflatable boy holding a pin in his inflatable school?

You've let me down, you've you let the school down but worst of all you've let yourself down!!!

We would love to feature your photos in the gallery please email them to [kevin@keepingpace.co.uk](mailto:kevin@keepingpace.co.uk) or handing them into Kevin, Janet or Jess at meetings.

## PHOTO GALLERY

A selection of photos sent in by Keeping Pace Members



Disobeying The Rules  
by Jess



The famous West Rose Window inside Notre Dame Cathedral in Paris. It is 10 metres in diameter and dates back to 1220. by Tracey



Reflections  
by Janet



# Pain Less: the future of pain relief – new exhibition at Science Museum

On Until Sat 31 Aug 2013

The Science Museum is currently running a free exhibition, Pain Less, that explores the future of pain relief and the different ways that pain management is being developed.

Through four main research areas into pain and consciousness, Pain Less looks at the personal stories that highlight these different areas. From Steven Pete, the man who feels no pain, to Peter King – the phantom limb patient who is in constant pain, except when he exercises his missing arm in virtual reality, or Carol Praetorius who appeared to feel pain while sedated but had no memory of it afterwards, to Melvin Mezue, who volunteers as a subject of pain research.

Pain Less introduces you to the latest pain research, through personal stories, scientific discovery, fascinating objects, films and even games.

Back in February 2012 Emily & her dog Toby came to give a talk about Medical Detection Dogs. Toby was in training to detect Emily's diabetes. I am pleased to announce that Toby has passed his exam and is now a fully qualified Medical Detection Dog.

## Forthcoming Dates For Your Diary

- April 18th 2013
- May 16th 2013
- June 20th 2013

### Venue

Avenue St Andrews,  
United Reformed Church  
The Avenue  
Southampton  
SO17 1XQ

3rd Thursday of each month  
1-3pm

Contact Details: Chris & Steve  
023 80465019

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

## BRAIN TEASER ANSWERS

J	E	F	T	Y	N	K	I	D	S	A	O	I	K	O	R	E	C	
F	W	O	R	F	H	C	T	A	C	R	E	T	S	Y	O	U	G	
L	X	C	T	F	G	P	Y	T	F	T	Y	S	D	F	B	H	G	
A	S	G	W	A	X	K	R	H	O	V	F	U	T	F	H	Y	O	
G	F	E	H	D	S	J	S	D	F	V	N	S	K	S	E	L	L	
N	X	W	P	K	E	I	F	V	T	O	V	F	W	R	D	H	D	
I	G	O	L	D	F	I	N	C	H	S	X	R	O	Q	C	T	R	M
T	Z	R	E	G	A	H	L	D	N	F	E	F	S	O	G	N	B	
H	H	A	N	J	I	G	O	P	M	N	Z	P	Z	K	L	F	W	
G	P	I	T	G	O	E	U	O	K	P	D	A	X	G	Z	A	G	
I	K	F	H	D	G	S	G	R	O	B	B	L	G	H	X	R	T	
H	U	T	O	F	O	Y	T	I	L	L	G	L	H	W	G	G	A	
R	I	A	W	R	S	G	H	U	Y	K	T	K	I	Y	O	T	C	
S	K	N	X	Y	H	C	T	A	H	T	U	N	J	N	D	G	D	
J	G	I	X	U	A	M	E	Y	R	I	G	J	U	M	H	Y	O	
E	H	B	C	H	W	N	R	R	E	U	Y	O	F	E	D	E	H	
O	D	O	V	N	K	V	S	F	G	H	I	Z	E	R	T	P	T	
Z	X	R	B	U	P	X	A	D	T	A	T	C	H	T	C	V	Z	

- |            |             |
|------------|-------------|
| Across     | Down        |
| 1 Knife    | 1 Kevin     |
| 5 Joan     | 2 Immobile  |
| 7 Excite   | 3 Eerier    |
| 8 Vim      | 4 Scab      |
| 9 Rose     | 4 Jersey    |
| 10 Imbues  | 6 Needing   |
| 12 Noble   | 11 Ugly     |
| 13 Playpen | 14 Pharmacy |
| 17 Iceberg | 15 Mimicry  |
| 20 Norma   | 16 True     |
| 22 Eyelid  | 18 Brewed   |
| 24 Claw    | 19 Endure   |
| 25 And     | 21 Audit    |
| 26 Eraser  | 23 Last     |
| 27 Yard    |             |
| 28 Egypt   |             |

We would love you all to be involved with our new look newsletter so anything that you would like to submit please do. You can submit your book reviews, hobby stories & photo's or anything else by emailing them to [kevin@keepingpace.co.uk](mailto:kevin@keepingpace.co.uk) or by handing them to Kevin, Janet or Jess at our meetings. We look forward to your involvement!!



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