



Run for Patients by Patients



Spending time alone can be therapeutic although not always easy as many of us need physical contact and face-to-face conversation which has been sorely missed throughout this crisis. Many have felt the lack of company upsetting however we always look for the positives in any situation. Restful activities have many benefits and also creative ones achieved in solitude can boost our physical and mental health. Learning a new skill and by unleashing your creativity and taking delight in simple pleasures can have positive benefits. These come from being immersed in the process, the soothing action of movement and the expressing of emotions which all help to reduce pain and anxiety.

Slowly we are now emerging from lockdown which can make us feel uneasy however life is to be enjoyed, not endured and keeping spirits up is vital for our survival and wellbeing. Looking after our health is imperative therefore we have to connect with others and social distance responsibly and accept this new 'normal' for now and for some time ahead. Saying that though some may be keen and others may be more cautious. It is a matter for you to decide how and when you feel comfortable taking those steps.

In the group members being shielded are coming out at different stages and time periods so to allow for adjustment and after consultation with them we are currently looking ahead to October for the group to come together once again. A speaker has been confirmed so we will give out more details nearer the time.

The challenge group are still very much there for each other and helping each other to get through the days. Knowing you are not alone is reassuring in these difficult times. As well as being in contact on a regular basis the group is keeping busy and they are being very creative with fun and interesting crafts. Painting by numbers, crocheting, embroidery, card making, origami, baking, needle felting are all in hand still as you can see.



Sharing everyday experiences and the ups and downs of the day-to-day continues to be a lifeline of reassurances for those who have been struggling to cope with the isolation and length of time of being in lockdown. Emotions as well as tensions have run high and when you are also in chronic pain it becomes extremely tough. To know there is someone there for you in the darkest of times and scariest of moments can be invaluable. Support is what the group is all about and within this challenge group, at this time, support has been the number one priority no matter what you need it for and no matter what the hour of the day. There is also laughter, fun and light hearted banter to encourage you to get on, even a suggestion of parachuting caused great humour. The bond of friendship is now even stronger through all this.

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