



Do you see bars or stars?

Years ago when I struggling with back pain, I had so many things on my Can't Do list, I sort of isolated myself and my home felt like it was a prison.

Each day melted into the next and the days of the week were meaningless to me.

But one day I was reading a book and the author told a story a woman who became stuck. He husband's job meant they had to live in a town, in desert area.

She felt lonely, afraid, stuck and living in she related to as her own prison, only seeing the bars and not the stars. Now I could really identify with this, as this was just I was living and feeling, living with back pain.

Then one day she started to engage with the community who were First Nations Indigenous people. She learned more about them and got more involved with how they lived etc.

This gave me an idea to start a back support group. I thought, there must be others out there in the community who were struggling and perhaps...feeling and living like me. Perhaps we could learn from each other?

So I started the support group in 1993. I hired a hall which basically held 15-20 people, but at the first meeting over 40 people arrived and by the time I left the group in '96 there were over 500 members.

So like the women, I stopped looking up and only seeing bars. I realised it was me who had to change, take action so I can see the stars.

When I look up at the sky on cloudless evenings or mornings, I often remember the quote from that book. It helps to keep me focused.

Come and watch the stars with me.



Pain Toolkit workshop, a beginners guide to pain self management

Sat, 9 Mar 2024 09:00 - 10:30 GMT

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