



*Run for Patients by Patients*



Being in touch with nature nourishes the soul and the sound of birdsong can help boost mental health. Walking with awareness and focusing on the feel of your movements, being aware of sensations and choosing not to engage with any thoughts that arise; gives you freedom, space and reduces anxiety; allowing you to appreciate what you encounter step by step.

Spring is not all about nature, new life or the home. Health can sometimes need a little helping hand after the negativity, social imbalance and feeling of disconnection during the winter months. Loneliness also can be bad for health. Thinking kindly of ourselves and others and having good hearted friends with a little compassion can boost mental and physical health.

Over the years it has become abundantly clear how bringing likeminded people together and meeting on a regular basis can create belonging and how close knit relationships can develop.

You begin to notice the little things that slowly grow and become established into a pattern over time. You also become to realise how heart-warming being amongst these people really is.

These are their own words and is what they mean to them:-

Friendship with likeminded people is essential

How you are made to feel very welcome

With time and talking closeness builds with every conversation

Respecting the strength of each other

Sharing a smile and a laugh together

Being accepted as you are

Concern about the wellbeing of others

Know we all understand the problems we have

Offering warmth and comfort

Being there for each other/giving support

Keeping in touch during the bad times

Promise of regular get togethers

There is no need to put on a brave face if you don't feel like it

Giving them hope and something to hold on to is important and building a strong bond and deep connection is of real value.

No matter what shape or size you are coming together can be a real pleasure and can build into a meaningful relationship. It is what you get out of it that matters as when you become long term ill you certainly know who your real friends are.

At this month's meeting on 19th April we are having a presentation on dance for people in pain.

Positively Crafty meet again on 3rd May for a session of wet felting with Lizzie. **We look forward to seeing you there!**