



# Our Mob

Look after your mind, body and spirit to manage pain

**YOU CAN CHANGE your pain**

## Brenda's story

Brenda is a Kamilaroi woman who now lives in Moree and has reached the proud age of 60.

She has worked hard all her life cotton chipping and working with children, but was most recently working with special needs children, which she loves.

She is a mother to four children, Matthew, Adam, Renea and Amy, a grandmother to seven grandchildren and a very proud great grandmother of one, so far...

Brenda has lived with long standing pain since 2012, after falling over on the riverbank on Anzac day. She has arthritis in her hips, knees and back, and has had many surgeries.

## Brenda's top tips

- I swear by the hot pool. You start off slowly and build up gradually. When I started, I could do three laps...walking that is. Now I can do 80... and its being with others... it's a bit of a competition! I like to try and make people laugh to take their mind off it, to join in and have a go!
- Get help! My neighbours are terrific; I also see the Aboriginal Health Worker, Chris, and the physio who helps me to set my activity programme.
- You have to have goals, because pain can ruin your life if you let it!



"Craft and sewing help to distract me and help in creating my own happy place around me"



[www.aci.health.nsw.gov.au/chronic-pain/our-mob](http://www.aci.health.nsw.gov.au/chronic-pain/our-mob)

