



# Our Mob

Look after your mind, body and spirit to manage pain

**YOU CAN CHANGE your pain**

## Uncle Mick's story

Uncle Mick Roberts is an Elder in the Lismore community. He is very active in the local area with The Bundjalung Elder's Council, Rekindling The Spirit and Jullums and has been working within the wider community, helping to teach cultural awareness.

He is involved, as a mentor, with Rekindling's Community Action Committee and Jullum's Health, as well as enjoying being a mentor for others. He is an old footballer and loves cricket and baseball as well. He has worked all his early life with cork wood processing, picking beans, peas, apples and potatoes. His first professional work was with the Board of Tick Control and later in Health Administration and Aboriginal organisations.

He was raised in Cubawee and around Lismore but has connection to all areas of the Bundjalung Nation, Nambucca and South West Rocks. For the past 20 years or so he has had pain in his left arm and elbow as well as his right shoulder. He used to have bad arthritis in his left knee and right hip (after a horse riding accident), but has since had a hip and knee replacement.



### Uncle Mick's top tips

- He likes swimming, gardening and bike riding- "it gets your mind off the pain so you don't think about it". He thinks you need to be careful about doing too much, but you do have to push a bit through the pain barrier, otherwise you do less and less.
- The water is a good place to exercise because it takes the weight off your joints. He does a programme that combines weights, stretches and getting your heart beat up- he reckons you need to sweat a bit to do some good. "If you can't lift the weight, do something a little easier, but just do something!" You can build up bit by bit!
- Losing weight through a good diet with smaller portions and exercise helps as well. He has recently lost 8 kgs and feels better for it. You have to remember to drink plenty of water as well.
- If you sleep badly, it will make your pain worse the next day.
- So keep active and get involved with community. This will make you tired and ready for a good sleep! The next day is always brighter.



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

