Thanks to everyone who helped to create this Zine - and allow space for creativity & connection for health:

the PEACE & JOY Peer Support Group which is led by Angela Row-Price, an Expert by Experience and supported by...

StockWellBeing
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ART 4 SPACE
INCLUSIVE
SUPPORTIVE
RESPECTFUL
WELCOMING
SAFE SPACE
FOR EVERYONE

Project Smith

Listen to our zine

Chronic Pain
- The invisible dance partner -



What is MEANINGFUL MOV

Welcome to our Zine...

We are the "PEACE and JOY Peer Support Group", a group of people living with chronic pain who come together each week in a low-pressure, warm, welcoming space to share, connect and develop practical tools through creative practice to help navigate life with greater confidence and support.

+ one researcher
+ one zine facilitator



Workshop 1: Making contributions solo and together for our zine

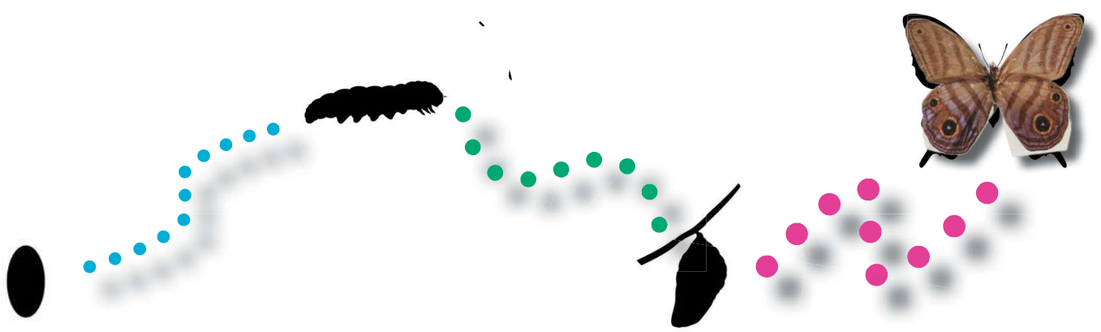
Workshop 2: Exploring the contributions and conversations around movement and chronic pain



"Happy Birthday to you, happy birthday dear Angela, happy birthday to you"

It is how you keep yourself, because it is how you take yourself, like age, if you think "because you are old you don't do this-that, that is impossible" that follows you. I say, "no, me I am old I know but I am fairly active. Thank God for that."

If you are enjoying it then you forget the pain.



Anybody who's looking at this zine, I'd like them to see it's a process that you're going to go through – but you can come out at the other end, even if you're living with chronic pain.

If you have the right support networks around you and people who are encouraging you. And people whose been through it, telling you their own testimony. This really makes so much of a difference

VEMENT when living with CHRONIC PAIN?

Through conversation and using our creativity, we have made this zine as part of a research project, aiming to understand what meaningful movement is to us - as people living their day-to-day lives with persistant pain.

Meaningful Movement:
physical activity that holds personal meaning, pupose, or emotional value. Movement that connects to personal goals, or sense of well-being... movement to help us move forwards in life.

Some of us created with intention, taking time to think and plan before making marks on the page...

...others allowed the images to find them.

Everyone overcame any 'fear' associated with expressing themselves through art, and let go of any expectations to 'get it right' or produce a 'perfect' image.

This is our creative testimony...

Teanine

Zine prompts

the meaning of movement wake up in the morning do a cup tea and some excise watching tebe





Kind, kind, kind to yourself – because sometimes you are not kind and maybe you then feel pain.



And yes maybe to have a safe space to cry, be loud, be silly, or.....

You have to talk to people. There are people, like when you meet there is someone there who is suffering the same problem and you can mix ideas. So I think this helps.

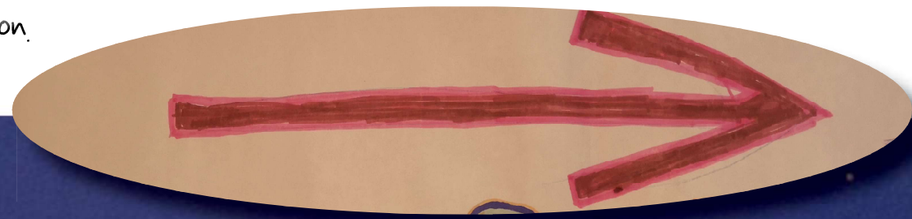
So I think group work can really help. It helps you know.



...because sometimes you have to be thankful,



sometimes it is easier... life is going on and you have to as well, the line is going on, you have to carry on.





What movement is meaningful to you?

These gentle movements help with the pain...

I think stretching is meaningful movement, something that, when you have chronic pain, you can be afraid to do because you're in so much pain that you don't actually want to do anything. But by actually stretching the muscles, it's beneficial to those in particular who suffer with chronic pain, it can release some tension that you're having in your neck, or back or wherever you're having the pain.

I go for a walk and yes, then the teacher recommend me to go to that exercise.

I would like to move everyday, like, I have to move innit!

This movement makes me feel better!

I like it! And it helps you, you see. It helps me I mean haha. Because if you stay sit down, then you will be stiff and you don't move, and then there is pain everywhere.

I like dancing! The movement, you don't stay still at all! Haha. And I like the, what do you call it, the banjo.

Yeah I cook sometimes

So I think movement is very good!

This, this old woman, this is me thinking 'oh what am I going to do today' - and I said 'oh no, let me get up and go to the kitchen and start cooking.'

So I like my cooking - for my daughter and my grandchildren, sometimes I cook for all the people just when I have time, just to give them food. Even when I was working I would cook food. I used to work as a registered nurse. So I used to cook for them - Jollof Rice, I was Mama Aisha.

I suffer from sciatica - so at times I don't think about it, but when it pinches, you have to scream!

I don't sit at home, because if I sit there I feel my muscles become a bit restricted and so it's better for me to move around.

I just think it's good to help yourself and take these natural things.' The food has minerals, vitamins, they are all natural and you don't have this additive, so I think it's good.

They say prevention is better than cure.

Golden Cous-cous: Just put a little bit of water, it depends you can put some tomato puree, to colour it or you can just cook it like this - it is very easy to make. But if you don't know how to use it, it turns to porridge.



My ADHD is my energy, it keeps me going.

My OCD brings order.

When the pain is bad, or something is not feeling right, I ask God for healing and help. God is a place inside where everything is good and right. But some pain you have to stay with...

I love music, dancing, joy. God got me to know and love myself.

Dancing is something that naturally makes you happy. You can never see anyone dancing and they are miserable. It's something that brings joy to their life.





God is number one, I dance with him.

AISHA · ZINE PROMPTS 17/10/2025

Meaningful movement is the art of using my body in different ways to carry out my daily activities

Movement can make me active while

cooking



cous-cous





This is my little garc



I am not feeling great - so I go out there and try and...

I like to do it when the sun shines, or just doing it sometimes when I am



‘Hobbling’ is the technical term for the movement that seals make on land - and of course, you know, when you’re walking badly, that can be called hobbling as well.

So I was thinking about penguins and seals cause they also are much sleeker in the water than on land [like me]... the water is

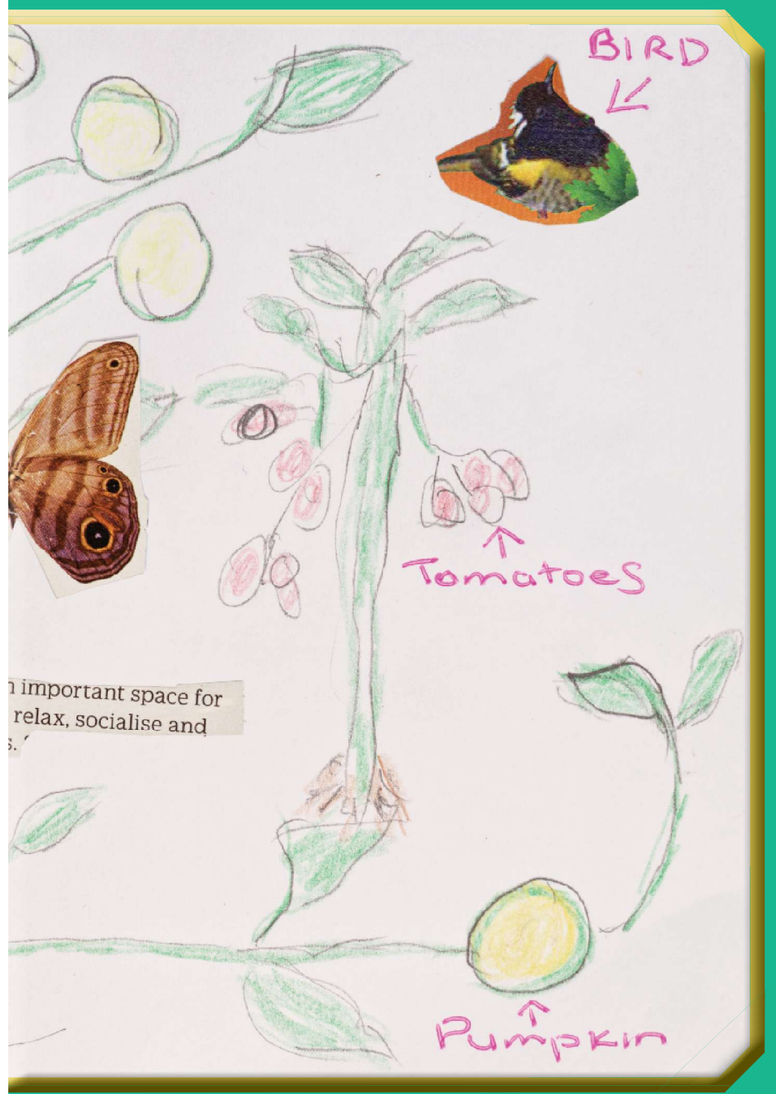


Hobbling/Flying

Seals shuffle-flump on land
but as they slide off sand
into the sea they glide
as if in flight, streamlined
to soar through the water.
Instead of walking, I limp
and stagger. When I swim
I am sleek, my arms pull
smoothly through cool blue,
feet like fins on scissoring legs
propel me fast as marlins.
We haul out to rest and bask in the sun.

Jill Abram

den, but really it's in some boxes... but that's my garden... and they are a bit high so I can get into them - otherwise getting down is too low... And



important space for
relax, socialise and

Sometimes the pain can stop me from doing what I want to do...

...like chase the cats out of my garden!



When sometimes your fingers you can't, they're not so great and you go out and you try anything, to do something and it's not as bad, you know. Just like when you're working sometimes, you can't really move like you would do, but you go and you take a little bit of time so you become a bit more mobile.

At one stage I was house bound because of chronic pain, but you know, after a lightbulb moment of thinking 'If I am gonna live with chronic pain I may as well try and get my life back and do something.'

So the other thing is, when you stay indoors, it is all the negative thoughts that are there - so it is better to go out! I don't know what the thoughts mean, it's just negative thoughts that ware coming on your mind and I say no - go out.