

# Sussex Woodsman

*Traditional Skills In A Digital World*

\*\*\* Recovery Update – December 2017 \*\*\*

Dear all,

The last update of 2017, as you can imagine it has been a horrible year, but things are most definitely on the up, compared to where I was a year ago, where I could hardly move and required assistance to do almost everything, I am at a stage now where im able to do many things for myself, albeit it's not overly comfortable at times and I still have some 'off' days where im very sore and painful, but even these are becoming less frequent, this time last year I would have paid whatever was asked to feel like I do now.

I have improved my dexterity and my strength is returning, my walking is dare I say, less like Kenneth Moore walked when playing Douglas Bader and is more fluid, although there is some stiffness left in my thighs and knees and they still make some incredible creaking noises, the stiffness is slowly becoming less, the cold weather hasn't helped, but im now doing more such as, and this sounds silly, but things like the washing up, making a cup of coffee, even making my own bed as I always used to, please bear in mind that I have come from being paralysed to where I am now, and although to many these actions may seem trivial, they are for me, considerable leaps forward.

Despite the colder weather, ive spent a lot of time out in the workshop and whereas before ive come in for a cup of tea and called it a day, I am now going back out, which until this past couple of weeks ive felt unable to do, likewise with some of things ive built, before it used to take me all afternoon to prepare the bits and pieces for a project and another afternoon to make it, now im able to do all of it in one afternoon, a sure indicator of how my recovery is progressing.

So, im on the up, things are improving and im still hoping to be able to hold some short half day sessions in my home workshop after Christmas, that at least is my plan.

All I can do is keep plodding on and not giving in, which has never been in my mantra.

Until the next update, I wish you all a Merry Christmas and a Happy, Healthy New Year and I extend my special thanks to everybody, clients, friends and family who have stood by me, supported me and just been there during my hour of need.

All the very best and as always, thank you from the bottom of my heart for your love and support.

Mark