

# Sussex Woodsman

*Traditional Skills In A Digital World*

\*\*\* Recovery Update – November 2017 \*\*\*

Since my last update I have made some remarkable progress in my recovery.

I'm a lot more active than I was and now just have a stiffness in my legs and left arm, but they are not making the awful creaking noises anywhere near as bad they were and are for the most part, are just uncomfortable but no longer painful and as I become more active and am at last able to exercise more, they can only get better.

For the past two weeks, I've not had to use my walking stick, other than to help me up and down stairs and as a steady on rough ground and even then at times, it's starting to feel more of a hindrance than a help. My dexterity & strength is improving to the point where I actually managed to open a brand new jam jar, doesn't sound much I know, but until recently I couldn't even grip the jar to pick it up, let alone open it and on top of that and again this sounds like a minor thing, but I've been doing the washing up of a lunch time on a regular basis, which is a major achievement considering the journey I've been on over the past year and half.

I'm not fit enough to venture up to the woods yet, but I have spent some time at the ponds and have been walking around up there a fair bit supervising in my capacity as Fishery Manager.

That's about it for this month I'm afraid, as always, thank you from the bottom of my heart for your incredible patience whilst I continue to recover from this illness.

Mark