

Reclaiming Confidence - Lyn

Parklands resident Lynn Shatford grieved for a life that was taken from her by sudden injury. Dancing and other activities quickly became distant yet fond memories.

Suffering adrenal fatigue and paralysis in her left leg, Lynn retained only minimal function and was discouraged from keeping active by acute pain.

Shatford was referred to Sport Canterbury's Green Prescription team by Practice Nurse Jo Ellis (Mansfield Health Practice) in February.

She first spoke with Green Prescription Support Person Beth Hickland over the phone, followed by a meeting with Beth's colleague Kate O'Neill. Inspired by the women's encouragement, Lynn agreed to try the Shoreline Be Active course that was starting that month.

In every eight week Be Active programme, participants enjoy the opportunity to sample a range of activities, and enjoy the support of other participants as well as staff members.

"I've 'found myself' by doing the Be Active (course). I can't produce adrenaline so don't feel that 'high' feeling. But being in this group, I've been able to replicate the feeling...through the feeling of the group." Lynn's experience gives new meaning to the term "community spirit. "The group has enabled me to push through the pain and realise my own potential. I have regained my confidence," she says with a smile.

In March 2014, Lynn completed the Star City to Surf Heart Foundation six kilometre course, a remarkable achievement given that only two months ago, she was discouraged from walking at all due to multiple falls.

"When I walk now, I notice I'm less puffed, and my fitness has increased." The results have been about more than physical fitness, she adds.

"I feel like I've found myself from years ago. I grieved for not being able to do the things I loved like dancing since my injury. But now I feel like I have so many options."