

# Pain Clinic

[www.painclinicplus.org.uk](http://www.painclinicplus.org.uk)

**Chronic Pain Support Group**

## HOBBIES

Why take up a hobby?

Taking up a hobby is a great way of distracting you from your pain.

It will also give you a feeling of satisfaction and achievement.

What hobby is right for you?

There are literally thousands of hobbies, a few of which are listed overleaf.

An internet search or a visit to your local library would be a good start.

Plan a day out to a megastore such as Hobbycraft in Preston which will fill you full of superb ideas!

There are also several local hobby stores including The Range at Central12 in Southport, Formby models, 77-79 Gores Lane, Formby. DKG hobbies, 14 Princess Street, Southport.

The cost of a hobby can be as expensive or inexpensive as you want. For example, Origami, the Japanese art of paper folding will only require one sheet of paper per model!

Don't forget to check our website for new ideas!  
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*A few hobby ideas to get you started!*

Reading/ reading groups	Photography
Astronomy	Learn magic
Amateur radio	Card making
Model boats	Painting/ sketching
Woodworking	Music
Doll's houses	Model railways
Airfix model kits	Cross stitch
Origami	Local History
Beadwork	Languages
Crochet	Computers
Bird watching	Candle making
Gardening	Kite making
Fishing	Poem writing
Flower arranging	Aromatherapy
Coin collecting	Volunteer
Aquarium	Stamp collecting
Paper models	Scrabble
Photography	Cake making
Genealogy	Scrapbook
Writing	Jigsaw puzzles
Creative Arts Sefton	Matchstick models

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