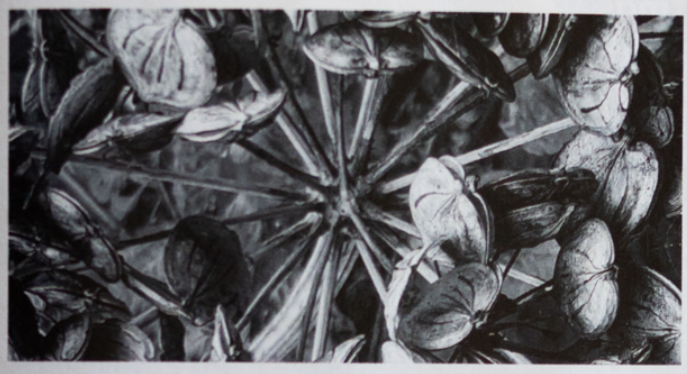



the next group session. Sam found they were concentrating on the nature much more than ever before which helped distract from the pain caused by any walking.

It was during an online group session, when another client mentioned receiving specific support as a domestic abuse survivor while showing photographs of what remained of their crockery collection, that Sam first realised specialised professional help for this was available. Through subsequent support from the group facilitator, Sam was able to access the specific help they had always needed. The therapy they received turned their life around and they are now finally able to keep themselves safe and help support others.

Sam says: "Thank you so much for this course. It has transformed my mental health and got me physically moving more too, which is quite a feat with my ME and fibromyalgia. The photography workshops have given me the confidence to go out and appreciate what is near me but also to attend events because I'm going to photograph them. I get an extra reward, whereas it would be too much physical or mental effort to just go or I might be in too much pain, so it gives me that extra incentive to go and do things and get me out of the house. My fitness as well as my mental health has improved enormously as a result."

A recent diagnosis of ADHD has also made a significant impact on their life now as the medication they are receiving has enabled them to think more clearly, so they are not crashing out mentally exhausted from the ME/CFS. Having much better muscle control over their restless leg syndrome and less pain from the fibromyalgia and, being less tired means, they can move more. They are able to plan to go out and have gone from being largely housebound to regularly catching the train with new fellow disabled photography friends to attend events in different places not only to photograph them but also to finally have fun. ■

About Well Image: A WhatsApp group where participants share photos of what they have been doing generally and events they think others might be interested in, or just a place for positive reinforcement/support so they don't feel alone out there has been very welcome.

Well Image doesn't ask what conditions people have but, through its work with several hundred members, it has discovered that a large proportion of these do volunteer the information that they have ME/CFS, Long Covid and/or fibromyalgia.

The National Centre for Creative Health states:

"We are particularly keen to work in the space between the established worlds of arts, culture, health and social care, exploring how co-production can provide new ways of thinking about the intersection between our creativity and our health."

Well Image runs regular workshops:

www.wellimage.co.uk