



## C4: Build back your leisure and social activities

### HOBBIES AND INTERESTS

It can be difficult to maintain regular activities when living with persistent pain. Sometimes it may be helpful to consider other interests to try or explore alternative ways to enjoy your interests. The table below may help to jog your memory about things you used to enjoy or stimulate ideas of things you may like to try now. It is not an exhaustive list.

<p><b>Sports</b></p> <ul style="list-style-type: none"> <li>Athletics</li> <li>Basketball/Netball</li> <li>Bowling</li> <li>Cricket/Baseball/Rounders</li> <li>Darts</li> <li>Football/Rugby/Hockey</li> <li>Golf</li> <li>Martial arts/Boxing/Fencing</li> <li>Pool/Snooker</li> <li>Spectator Sports</li> <li>Table Tennis</li> <li>Tennis/Squash/Badminton</li> </ul>	<p><b>Creative</b></p> <ul style="list-style-type: none"> <li>Amateur Dramatics</li> <li>Needlework/Knitting/Patchwork</li> <li>Card Making/Jewellery Making</li> <li>Fashion (clothes/hair/cosmetics)</li> <li>Making music (instrument/DJ'ing)</li> <li>Model Building/Painting</li> <li>Painting/Drawing</li> <li>Photography</li> <li>Pottery</li> <li>Singing</li> <li>Writing (letters/poems/stories)</li> <li>Woodworking (picture framing, furniture restoration)</li> </ul>	<p><b>Out &amp; About/ Entertainment</b></p> <ul style="list-style-type: none"> <li>Bingo</li> <li>Cinema</li> <li>Concerts/Theatre</li> <li>Dancing</li> <li>Driving</li> <li>Jumble/Car boot/Charity Shops</li> <li>Museums/Art Galleries</li> <li>Places of Interest/Day Trips</li> <li>Shopping/Markets</li> <li>Travelling/Holidays</li> </ul>
<p><b>Productivity at home</b></p> <ul style="list-style-type: none"> <li>Car Repair</li> <li>Cooking/Baking</li> <li>Gardening (in/outdoors)</li> <li>Mending/DIY</li> <li>Pet Ownership</li> </ul>	<p><b>Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Aerobics/Exercise class</li> <li>Gym</li> <li>Running/Jogging</li> <li>Roller blading/Ice skating</li> <li>Swimming</li> <li>Yoga/Tai Chi</li> </ul>	<p><b>Social</b></p> <ul style="list-style-type: none"> <li>Clubs (social/nightclubs)</li> <li>Eating Out</li> <li>Faith-related</li> <li>Inviting/Visiting friends/family</li> <li>Hosting Parties/Events</li> <li>Pubs/Bars</li> <li>Voluntary work</li> </ul>
<p><b>Outdoor Pursuits</b></p> <ul style="list-style-type: none"> <li>Bird watching/Wildlife</li> <li>Camping</li> <li>Climbing</li> <li>Ecology/Conservation</li> <li>Fishing</li> <li>Horse Riding</li> <li>Walking</li> <li>Water Sports</li> </ul>	<p><b>Leisure at home</b></p> <ul style="list-style-type: none"> <li>Board Games</li> <li>Collecting</li> <li>Computing (games/pc/internet)</li> <li>Listening to Music / Radio</li> <li>Playing cards</li> <li>Puzzles/Crosswords</li> <li>Reading</li> <li>Television/Films</li> </ul>	<p><b>Educational</b></p> <ul style="list-style-type: none"> <li>Antiques</li> <li>Courses/Adult Education</li> <li>Foreign Languages</li> <li>History</li> <li>Politics/Philosophy</li> <li>Science</li> <li>Speeches/Lectures</li> </ul>

Review the list above and identify those that are of importance or interest to you, and record them in the space below. *Please include any others that are not listed above.*

Those you currently engage in	Past activities you still value