



'I will be there health allowing'  
CPSG is such a nice friendly group of people if you have chronic pain and feel like no one really understands your day to day struggles. Just to get out of bed most days feel like your being judged instead of supported. If you ever feel you needed a friend who gets you or at the very least tries to understand I'm sure you will find we are just what you need, a group of friends you just haven't met yet. I look forward to meeting you.

These words come from the heart of a member and how she felt before joining the group. Like most people may do at some time or other. The thought was that if this message reached out to just one person, it was worth putting into words.

CPSG is a face-to-face non-judgmental group. Being supported is what we are all about. Seeing the person is our main focus, not their condition. Meetings are relaxed and informal for both those living in pain and their loved ones.

### Dates for your Diary

No **Positively Crafty** session this month

**Coffee Morning**—Monday 7th August from 10.30 at Dobbies in Bury

NO **CPSG** meeting this month

### Positively Crafty

In the July session crafts were made for a fundraising event at Cockfield.



A hive of activity to achieve a selection of crafts—lavender bags, cards, magnets, post it notes in covers, dog bandanas and crochet animals.

The fundraiser was a successful, fun day for all involved, despite the wind.

Crafts vary from month to month and at the end of each session you always go home with a sense of achievement. Its not about completing a craft, its about coming out, joining in, being with others, helping each other, exploring your creativity, learning a new skill and being absorbed, more importantly lessening your focus on the pain.

### Zoom

Art on Wednesdays

Coffee mornings on Saturdays

Both from 10am