



A **support group** is a valuable addition and one part of your wellness. It may not meet all your needs but can certainly enhance part of them. Bringing people together affected by chronic pain and providing support, activities and friendship is the purpose of the group. Members can have a voice, share their relevant experiences and benefit from participating in a group. Coming together on a regular basis helps people to focus on the positive, know they are not alone and feel better in themselves. New starts can be a little daunting but can be surprisingly refreshing so why not pop in and see for yourself. Take that first step and engage in uplifting conversation surrounded by positive people who understand.

Tips from guest speakers can be of value and CPSG always choose a wide variety of speakers to present.

Involvement by members is key to keeping the group together, providing interest and regular attendance.

For further information please call us on [07724 187774](tel:07724187774)

Email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

Find us on Facebook or visit our website [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

## Positively Crafty

Crafting with likeminded people in a socially interactive atmosphere gives you a sense of belonging. A chance to relax, unwind and freely express yourself. Crafting is one way to help you manage your pain. It is not about perfection it is about achievement. Each month different crafts are given a go. See your feelings come to life and let crafting be your form of escape from the disarray of everyday life. Creativity can be a distraction and also occupies your mind which can then have a positive effect on you. Crafting brings many rewards including social interaction, new friends and a sense of achievement. Sharing your journey with others who understand exactly how you feel can help you feel less pain, less isolated, boost your wellbeing and your social network.

Take a little time out for yourself. Using your hands has been proven to be therapeutic and can have a positive effect on health and wellbeing. To be able to join in the craft sessions you have to be a member of CPSG.

## Dates for your Diary

**PC**—Thursday 2nd February from 1.30-4pm

**Coffee Morning**—Monday 6th February from 10.30 at Dobbies

**CPSG**—Thursday 16th February from 2pm-4pm

Meetings are held at Southgate Community Centre