



Run for Patients by Patients



Welcome to the New Year and may yours bring you fulfilment and may your goals and aspirations be accomplished. Let your light shine through to enable you to make your way purposefully. Give yourself permission to believe in yourself, to be kinder to yourself and only allow in what truly serves you and let go of all things that no longer do. No life is without its setbacks so don't be too hard on yourself. Focus on what is worth cherishing and what you can achieve this year such as becoming engaged in an activity, finding support, positive thinking, doing something you enjoy, keeping a journal, opening yourself to crying and many more. Many powerful tools are on hand to help you, you only have to reach out for them.

Think about joining a support group who can give you support, who understand, who accept you as you are and who can give you much needed friendship. Give thought to joining and come and see if it is for you.

Carers and Partners are welcome too.

For more details contact: 07724 187774 or email

info@chronicpainsupportgroup.co.uk

Find us on Facebook or visit

www.chronicpainsupportgroup.co.uk

Positively Crafty

In the December session a bouncer card was made, as you can see. Materials used were white card, coloured patterned card with border, acetate for the bounce, card topper, sentiments and embellishments + insert/envelope



Dates for your diary

PC—1st session Thursday 2nd February from 1.30pm-4pm.

Coffee Morning at Dobbies on Monday 9th January from 10.30am

CPSG—Thursday 19th January from 2pm-4pm (AGM + Subscriptions)

Meetings are held at Southgate Community Centre in Bury.

Zoom art on Wednesdays and virtual coffee mornings on Saturdays. Both from 10am.

Speakers vary from being pain related to non-pain related to being interactive, light hearted and fun. If you would like to be a speaker at one of our meetings, please contact.