



Coming together on ZOOM

Since the pandemic started, we have used various methods, to make sure the group remained in contact with each other, ready to support each other through the difficult times. One method was Zoom, our Zoom Saturday coffee mornings, which helped to fill in the weekends with some laughter and an occasional attempt to put the world to rights. Knowing you would see each other, helped those moments when we felt alone, moments when we needed the support of each other. We occasionally have a quiz, which can be fun. We even tried Bingo a couple of times, then, last year we played a murder game, which we thoroughly enjoyed, the difficulty lies in making a date, when everyone can join in. We will have a go at anything, well almost anything! We also use Zoom, to meet up for some art on Wednesdays. These started as a "bit of fun," but have resulted in a few very determined and capable artists. We are now able to see live demonstrations on zoom, in both watercolour and drawing.

We have continued to use Zoom, since the world has almost gone back to normal.

Some of the group are still shielding, making it a very important tool to help keep in touch with the each other, as well as finding out about meetings and any news. It is important that everyone still feels part of the Chronic Pain Support Group, knowing that eventually everyone will be able to meet up again, and life will return to a new "normal".

I like to think that Zoom has helped to make us an even tighter group of close friends. Here for each other, even now when most people are leading busy lives again, they still join in Zoom, when they can.

At this point in time, Zoom will carry on every Wednesday and Saturday, and will do so for the forthcoming months.

Diary Dates

Positively Crafty—Thursday 6th August 1.30pm-4pm at Southgate Community Centre

Coffee Morning—Monday 10th July from 10.30am at an outlet in Bury

CPSG Speaker Meeting—Thursday 20th July from 2pm-4pm at Southgate Community Centre

Speakers

are needed for dates in 2024. If you have a pain related/non-pain related topic or interactive skill that you would like to share, we would like to hear from you.

For more details call 07724 187774 or email info@chronicpainsupportgroup.co.uk

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