



Have you ever woken up in so much pain and felt so alone, that you think you cannot cope? Your family and friends understand as much as they can, but you know that if they are not in pain, it is difficult for both them and you. It is possible that you don't want to "burden" them with how much pain you are in, or how difficult it is for you to cope sometimes.

What if there was a group of people in the same situation as you? There is! In Bury St. Edmunds Chronic Pain Support Group, made up of people who are also in pain and go through the same feelings as you.

Everyone gets something different from the group, for some, it is the monthly meetings with a variety of speakers. It could be about managing your pain one month, another month it could be about trying Yoga which is aimed at helping you. For those of us who are into Craft, there is a monthly Crafty session which is a lot of fun, they make beautiful greetings cards. My favourite is our monthly coffee mornings when we all meet up for a chat. There is something for everyone and you only need to go to take part in the things you want. Some people are only able to go for the coffee mornings, and that is fine.

During lockdown, we made crafts, we laughed a lot and we learnt a lot. Some ladies still continue to craft. When we ran out of challenges, we had Saturday coffee mornings on zoom, which some of us still enjoy now.

You will never be asked questions; it is up to you to decide if you want to talk about your problems. We don't sit around talking about being ill, we laugh a lot and have some fun. But, if you are having a bad time, then you are around the best people who will listen and understand.

New members are always welcome, be it male or female, we always enjoy meeting new people and it is always good to know that you have overcome the first step to get help. We know how difficult it is to reach out, we have all gone through it at some stage. I was terrified, but I was made to feel very welcome, just as welcome as you will be made to feel.

Why not join us for a coffee morning? The most you can lose is a morning out, you can always leave if you feel you need to, but somehow, I think you will stay.

### **Dairy Dates**

**Positively Crafty**—Thursday 5th October from 1.30pm-4pm at Southgate

**Coffee Morning**—Monday 9th October from 10.30am at Dobbies

**CPSG Speaker Meeting**—Thursday 19th October from 2pm-4pm at Southgate

**Zoom Meetings**—Art on Wednesdays/Coffee on Saturdays. Both from 10am.

**Gentle Chair Yoga**—Tuesday 11.30am-12.30am at Southgate Community Centre