



Handmade Cards by Sherrill – My Story

18 months ago, I joined the group having several medical conditions and some of them cause long term pain. I was getting very depressed due to these conditions and had to take early retirement, causing further depression. The group met up 3 times a month for Positively Crafty, for Coffee Morning and a speaker led meeting. My first meeting they had Birds of Prey including the wonderful Owl. They made me very welcome at this meeting.

One of the reasons I joined the group was for the Craft Sessions. I've always been artistic but never had an outlet for it. I can't draw nor paint. I also don't like crafts where I have to follow instructions. I wanted to add a bit of me in whatever I did. I used to do a few instore shop displays in my early career which I loved. And I loved decorating Christmas trees.

The November session was making a Christmas Card which was run by two of the members of the group. I was amazed at how good I felt making the card, much more relaxed than usual and the session flew by. At the end of the session everyone said they loved my cards (I had made 2 as I was so happy doing them) I went home buzzing. I decided then that I was going to make my own Christmas cards that year. Had I gone mad, I was actually going to make something and give it to family and friends and not throw it in the bin. That's a first for me. Even though I had no equipment I ordered some card making bits and made 25 cards in around 3 weeks. That was it, I was hooked. I had lovely comments about my cards. It made me feel so good. " I am actually good at something."

Here I am now with a stall in a craft fair selling my cards and taking Special Orders for bespoke cards and I am proud of what I am doing. It's a very strange feeling as it is a feeling that I have never felt before.

As you can see Positively Crafty worked for me. My Mental Health and Self Confidence has improved and I am enjoying myself. I still go to group and I now help others to make cards. I also go to see the speakers. They are sometimes informative and can help us cope with our pain, sometimes they are informative and funny, and sometimes just really interesting like the Birds of Prey speaker. Why not Contact the group to find out more, it could change your life, dramatic you say, it has changed mine and I have made some lovely new friends who I know who will make you feel very welcome too, as well as understand what chronic pain is like to live with.

Dairy Dates: **Positively Crafty** 7th September from 1.30pm-4pm. **Coffee Morning** at Dobbies from 10.30am on 11th September. **CPSG** 21st September from 2pm-4pm. Meetings are held at Southgate Community Centre.

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