



Come and find us at Cockfield Summer Fair on the village green on Sunday 21st July 2024 from 12noon-4pm. A fun afternoon for all the family.

A **true friend** isn't always the person you've known the longest. A true friend is the person who walks into your life and says 'I'm here for you'. They are a shining bright star in the darkest times. They are the ones who laugh with you, cry with you and stick around through the highs, the lows and the difficult times. They see you at your best, they see you at your worst and they are the ones who see pain behind your smile and stay to wipe your tears away.

Friendships are vitally important if you find yourself being isolated from living in long term pain, some can be forged within a support group setting, as many have since CPSG came together.

A place where friends are there for you, no matter what.

Positively Crafty—In the June session we finished off the flowers we started in May. Spoilt for choice with the many designs that could be made in different textures and in an abundance of colours. A really enjoyable and enthusiastic session. In July we will be making flowerpot cards.



Zoom Art by Janet—the ladies of the CPSG art club have been working very hard. When we started we were just learning to draw. Now we can work in pencil, coloured pencils or watercolour. I am very proud of the hard work our artists are doing. They have been drawing some wonderful portraits. Every Wednesday we have our zoom hour of art, with demos, which sometimes can be unintentionally funny. Art with no pressure. Whatever age you are it is never too late to have a go. I sincerely believe everyone can draw. More importantly drawing can be fun and relaxing.

Dairy Dates

Positively Crafty—Thursday 4th July from 1.30pm-4pm at Southgate

Coffee Morning—Monday 8th July from 10.30am at The Folk Café

CPSG Speaker Meeting—Thursday 18th July from 2pm-4pm at Southgate

Zoom—Art on Wednesday and Virtual Coffee Morning on Saturday. Both from 10am.

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

Visit www.chronicpainsupportgroup.co.uk