



Activities are a gateway to friendship, interests and opportunities.

A real mix of people from different backgrounds. A lovely thing that people make friends as part of a group and then meet up outside. It's a real springboard for new friendships. Many a friend has been made at CPSG.

Its easy to get stuck in the humdrum of doing the same things week in week out. Bring laughter into your days and step outside. It's important to have something to look forward to. It gives back companionship. You can come along and receive a warm welcome straight away at CPSG.

Taking that first step to attend a support group can be very daunting. You may get to the place and feel too anxious to step across the threshold let alone go into a room full of people you have never met before. Before you turn around to go home take a deep breath and give it a go, unless you do you may never know how that one step feels and how much of a warm welcome you will receive once you enter that room. At CPSG you will immediately be enveloped in the warm, comfortable and friendly atmosphere and be accepted as you are.

### Positively Crafty

As you can see from the pictures, the flower theme continued. This time by using coloured, patterned paper and adorning a coloured card finished off with a silver/bronze patterned edging and centre of choice. The heart shaped made by using 3



hearts, die cut. One for the base, one for the top and one for connecting the two together. White card was used for the base and a contrasting coloured card adorned the top with a patterned edging to fit, also die cut, inside the heart. A card for any occasion.

### Dairy Dates

PC—Thursday 3rd October from 1.30pm-4pm

Coffee Morning—Monday 7th October at The Folk Café from 10.30am

CPSG Speaker Meeting—Thursday 17th October from 2pm-4pm

Both meetings are held at Southgate Community Centre

Zoom—Art on Wednesday/Virtual Coffee Mornings on Saturdays. Both from 10am.

For more details call 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk) or visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)