



Friendship should be shared and should thrive. Friendships can have a major impact on your health and wellbeing.

September signals the end of summer, the beginning of autumn, and the start of a new school year. Where has the time gone? Looking forward this month group resumes after the summer break and a group outing takes place in rural Suffolk.

Chronic pain is a condition in its own right. It can be very isolating and lonely, you lose so much of yourself. Chronic pain can impact on your day in so many ways i.e. activities, sleeping, taking care of yourself and others, social life and working, which can make your pain worse. This response creates a cycle that's difficult to break. Self-management and joining a support group play an important role. Chronic Pain has recently hit the headlines highlighting the everyday struggles people face in getting a diagnosis and finding a way to cope in spite of their pain.

If you are having a tough time the trick is to only think about the moment you are in, and make sure you enjoy it. So much in life isn't important so let it fall away. Try not to look too far down the road, there's no need to know what's around the corner until you actually get there so forget what's raining down on you, throw yourself into making today count instead. You might even have fun when you thought it was impossible. Enjoy every day, small things count more than big ones, they will get you through and once you know they work its amazing how many you can pack into a day. It's a bit like a game, the better you get at playing the more your mood lifts.

Dairy Dates

Positively Crafty—Thursday 5th September from 1.30pm-4pm

Coffee Morning—Monday 9th September from 10.30am at The Folk Café

CPSG Speaker Meeting—Thursday 19th September from 2pm-4pm

Both meetings held at Southgate Community Centre

Zoom—Art on Wednesdays and Virtual Coffee Mornings on Saturdays. Both from 10am

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