



A time to seek out a support group and share your struggles and frustrations with some one who understands what you are going through.

Are you looking for a way to escape, to quieten the mind and to find a non-medicinal way to make yourself feel good, build your self-esteem and confidence then crafting is your go to boost. Crafting is a natural anti-depressant to anxiety, depression and chronic pain. Any level of chronic pain symptoms can be reduced by introducing crafting into your life. You can alleviate symptoms by allowing yourself to forget about your condition for a while and focus on the positive things. Being wholly focused can have an affect like meditation. Repetitive motion can activate the parasympathetic nervous system which quietens the 'fight & flight' response giving a sense of peace and happiness.

Crafting gives you something to do, gives new meaning, is fun, is immensely satisfying, requires concentration, attention to detail and hand-eye coordination. You can craft in your own time and focus on what you can do and not what you cant. Creativity is a powerful thing and is accessible. Exercising several parts of the brain by expressing yourself, taking negative thoughts and replacing them with positive thoughts and boosting your cognitive skills. Silence your internal critic, choose a craft to suit you or try something new. Either way you will feel a little more like your old self. Ideas can be turned into something real and tangible being a healthy, positive thing to do. Enjoy the moment being in the now, calm the nerves, slow down, focus and boost your good hormones. As we get older it is super important to keep dexterous and connect to a large community.

Why not come and share your craft with us. A social group who are there for each other and craft at a pace to suit you. Go home with a sense of achievement and feel proud you have taken that step forward in helping yourself.

### Dairy Dates

**Positively Crafty**—Thursday 1st February from 1.30pm-4pm. Nominal fees apply

**Monthly Coffee Morning**—Monday 5th February at the Folk Café from 10.30am-12.30pm. Open to all members, lapsed ones, friends, partners and carers.

**CPSG Speaker Meeting**—Thursday 15th February from 2pm-4pm. Fees apply Both meetings are held in the small hall, Southgate Community Centre

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

**For more details call 07724 187774/Email:[info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)**

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