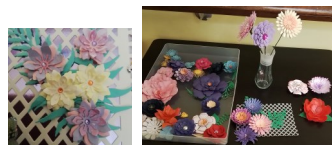


A **support group** is a supportive network where you can share personal experiences and offer one another emotional comfort and moral support. Somewhere you can feel less lonely, isolated and judged, giving you a sense of empowerment and control. A place where you can talk openly and honestly about your feelings, developing a clearer understanding, improving your coping skills and sense of adjustment. Take a step forward to improve your wellbeing and come along and join us to see what we are all about. Make friends with people in a similar position as you. Think about what you would like to achieve from becoming a member of the group and the type of support needed.

The warmth and the long sunny, lighter days are most welcome and all too soon the Summer Solstice will be upon us marking the longest day. Enjoy being uplifted, take pleasure in the beauty of colour in abundance, dip your toes in opportunities, always being mindful of your own abilities and daily regimes.

Speakers welcomed this year have been interesting, fun, interactive, factual and informative. Our programme is always a variable mix so if you have something you feel would be of interest please get in contact.



Positively Crafty—In the May session we had our first lesson in making flowers. These can be made from paper of different strengths and double sided, foam or velum. Cut the petals, colour the edges (optional) curl the edges, glue together positioning them into place, finish off with an embellishment if needed. Reposition if necessary. The photo shows a card although you can adorn other craft projects with them



Dairy Dates

- Positively Crafty—Thursday 6th June from 1.30pm-4pm at Southgate (flowers)
- Coffee Morning—Monday 10th June from 10.30am at The Folk Café
- CPSG Speaker Meeting—Thursday 20th June from 2pm-4pm at Southgate. (PACT)
- Zoom— Wednesday Art and Saturday Virtual Coffee Morning. Both from 10am.

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