



A Happy New Year to you all. A year to be inspired and empowered.

Pain isn't something you choose, it just comes and pushes you into someone you do not recognise. You change not because you want to. You learn to carry on and keep going despite everything. It can be a solitary journey. Chronic pain is so debilitating and affects many aspects of life. Chronic pain unleashes emotions and mental health issues. Constant pain has the ability to rule your life and you feel you are forever fighting it. How can something so powerful be so controlling that it defeats you and you have to surrender to it. You are so desperate for a break from it all.

You have to find a way not to fight against it and be kind to yourself. Give your body some respect and do what's best for you. When pain shouts you listen. A smile can hide so much and being disabled doesn't have a specific look. Nobody knows what a person is dealing with and it is so easy to feel judged. Try to keep smiling, you should never feel ashamed or demoralised. Help and support not judgment is much needed. Focus solely on you and know that you are not alone.

A support group is a valued addition and one part of your wellness. It may not meet all your needs but can certainly enhance part of them. Bringing people together in pain is the purpose of this group. Coming together on a regular basis helps people to focus on the positives, stay in touch, feel better in themselves helping to prevent isolation and loneliness. We are here waiting for you, why not come and say hello and be with people who understand exactly what you are going through.

Positively Crafty—working together and helping each other is what crafty is all about. Creativity is one area that can bring many benefits to your health, your mood and social life. Indulging in your creative side, no matter what skills you have, has the ability to bring profound happiness and joy in abundance. Enhance your wellbeing and put a smile on your face by coming to join us and going home with a sense of achievement.

Dairy Dates

Positively Crafty—no session in January. Join us on 6th February

Coffee Morning—Monday 6th January from 10.30am at The Dragonfly Hotel

CPSG meeting—Thursday 16th January from 2pm-4pm (AGM & Subs)

Both meetings are held at Southgate Community Centre

Zoom—Art on Wednesday/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