



**Everybody needs friends**, having good hearted friends with a little compassion can boost mental and physical health. Over the years it has become abundantly clear how bringing like minded people together and meeting on a regular basis can create belonging and how close knit relationships can develop. You begin to notice the little things that slowly grow and become established into a pattern over time. You also become to realise how heart-warming being amongst these people really is. CPSG welcomes all genders and ages (18+), whoever you are never be afraid to come in and join us to see what we are all about. Coming together can build into a meaningful relationship. It is what you get out of it that matters as when you become long term ill you certainly know who your friends are. Friends are essential and loneliness can be bad for your health. Be open to communication and connecting with others. Having people that understand your pain and that are there for you when you need it, is vital. Just a listening ear can make all the difference. Looking after ourselves is vital for our health and happiness and that means starting with yourself.

**Crafting** is a creative activity you can lose yourself in, especially when your pain dominates your day and you feel fatigued all the time. Engaging in this can positively impact on health and wellbeing. Positivity can affect mood, reduce anxiety, improve memory and concentration, raising self-esteem. Crafting with friends can be uplifting, you feel part of something and after quiet nurturing you learn to trust and share with the people who care. Come and join in and see.

### **Dairy Dates**

Positively Crafty—Thursday 5th February from 1.30pm to 4pm

Coffee Morning—Monday 9th February from 10.30am at The Dragonfly Hotel

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

Both meetings are held at Southgate Community Centre

Zoom—Virtual Coffee Morning Saturday from 10am

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