



If you have a moment

We all have our moments, sometimes, it is in those moments that we find the strength to keep going. Getting older teaches you to live in the moment, every minute is worth a hundred. Pain makes you live in the moment so you mustn't waste a moment doing things that don't please. Embrace life with both hands and breathe it in.

Living in pain teaches you to not think too far ahead nor overthink. We learn to navigate and negotiate, be ready for setbacks and become experts in our field embracing a new identity and accepting a new normal. Overcome the challenges, be open to suggestions, learn a multi disciplinary approach, above all else have a meaningful life. By giving ourselves time and presence of mind, we reap the benefits.

Connecting with others is vitally important to all of us, whoever or wherever we are. It enhances quality of life and reduces loneliness and isolation.

Joining a support group of likeminded people helps alleviate that, boosting mental well-being. It enhances physical health by increasing self-esteem, and provides a sense of purpose, strengthening immune function.

As CPSG we welcome all ages (18+) and genders to our meetings. If you would like to see what we are all about and meet some of the members pop into one or two of our meetings and see for yourself if it is right for you.

Positively Crafty Crafting at home improves mental health by acting as a form of mindfulness, reduces stress and lowers anxiety. Focusing on repetitive motions acts as a form of meditation and can help with negative feelings. Crafting requires hand-eye coordination that can improve mental sharpness. Its gives you a sense of purpose and once completed a sense of achievement. After an unforeseen start to the year sessions resume in March. Coming together is so important for all of us.

Dairy Dates

Positively Crafty—Thursday 5th March from 1.30pm-4pm (Flowers)

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

Speaker Meetings—Thursday 19th March 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 or visit www.chronicpainsupportgroup.co.uk