

## C.P.S.G.

Is a warm, welcoming and friendly group who give support; being supported is what we are all about. Seeing the person is our main focus, not their condition. The atmosphere created is a warm hearted sociable blend to encourage positive feelings and for you to know you are not alone.

CPSG is a face-to-face, non-judgmental group. Meetings are relaxed and informal for both those living in pain and their loved ones.

Our members are there for each other and we do our best to ensure meetings run smoothly and are enjoyable to attend. Members coming together on a regular basis helps prevent isolation, loneliness and improves quality of life.

By joining the group you become a member which gives you entitlement to be involved throughout, a vested interest and participation in all group activities.

Speakers vary from being pain related to non pain related to being interactive, light hearted and fun. Our quarterly newsletter keeps all members connected, up-to-date and informed.

We are a self-financing community group and rely on our own fundraising and community support by engaging with people in the local community and attending events in and around the Bury St Edmunds area.

## We offer:

- Regular get togethers
- A warm welcome, comfort and support
- Friendship with like minded people
- Social interaction
- A change of focus
- A craft to suit you
- A sense of achievement
- Inspiration and encouragement
- A quarterly newsletter
- Participation in funding projects
- A good support network
- Online support

## We give you an opportunity to:

- Take a step forward
- Take charge and control
- Reach out to others in your position
- Focus on the positive
- Be accepted as you are
- Smile and laugh together
- Build meaningful relationships
- Create belonging
- Engage in positive conversation
- Keep in touch during the bad times
- Be empowered
- Make informed decisions
- Improve your wellbeing

## We welcome:

- All age ranges (18+) and genders
- Carers, partners and guest visitors
- New members

## Craft for Wellbeing

Turn the negativity of pain into positivity by crafting at our Positively Crafty sessions.

A wide variety of crafts are created and some crafting tools are provided although you can bring your own if preferred.

The sessions are fun, everyone helps each other and has a laugh. Engaging in a creative activity absorbs your mind and body and helps you to feel more relaxed thus creating a distraction from your pain.

Expressing yourself freely is inspiring and encourages positive feelings and enhances wellbeing.

New friends, new crafts, new skills are achievable each month.

By coming to crafty you are immediately enveloped in warmth, encompassed in emotional support and given something to look forward to and at the end of each session, to go home with a sense of achievement.

Being actively creative you can enjoy many rewards so why not come along and join us taking a little time out for yourself.

Tuition is always welcomed so if you have a skill you would like to share please call.

Bringing

Likeminded People

Together

People who experience pain have the opportunity to meet in a 'safe' environment in the small hall at Southgate Community Centre  
Caie Walk Nowton Estate  
Bury St Edmunds  
Suffolk  
IP33 2PJ

### CPSG

meetings are held on the third Thursday of each month from 2–4 pm and include speakers, presentations and refreshments (annual subscription)

### Positively Crafty

sessions are held on the first Thursday of each month from 1pm-4pm including a tea break (nominal fees apply)

### Coffee Mornings

are held on the Monday following crafty from 10.30am at an outlet in Bury

See website for more details

**Join Us!**

No referral necessary!

*For further information  
please:*

Call us  
On

07724 187774

or

Email

[info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

or visit our website

[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)



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