

## *C.P.S.G.*

The support group welcomes anyone living with pain and those who support them. The group was set up and run by those who have pain.

We are a friendly, informal group offering support and education to our members in many pain related areas with the aim of bringing people in pain together.

We are a self-financing community group and rely heavily on our own fundraising which we encourage our members to get involved in.

### *Pain affects:-*

Over 14 million people of all ages (1 in 7) in the UK

Accounts for 4-5 million GP appointments per year

Stops people doing their usual activities (inc work) on at least 14 days in a 3 month period.

Conditions associated with pain can have a significant impact on the quality of life of the individual and their families.

*Come along find out more about chronic pain related topics, self-management and how we can help you to help yourself on a daily basis.*

## *Are you living with chronic pain?*

*If so, you're not alone*

*Come along to....*

- *meet other people in pain in a safe environment*
- *share experiences*
- *find mutual support*
- *make new friends*
- *feel less isolated*
- *participate in funding projects*
- *discover up-to-date information on pain*
- *learn self-managing skills*
- *learn how to lead an active life in spite of your pain*

*We provide*

- *regular meetings*
- *refreshments*
- *guest speakers*
- *newsletter*
- *website*
- *Facebook and twitter*

*We offer:*

- *A focus on what members want*
- *6 meetings per annum with speakers*
- *Monthly coffee mornings*
- *Workshops*
- *Annual evening events*
- *Fund raising projects*
- *Awareness in the community*
- *Local publicity and presentations*
- *On-line community*
- *Signposting to other organisations*
- *Crafting group*

*Speakers*

Since we started we have welcomed a number of very interesting speakers from a wide range of disciplines and have many others lined up for the future.

Each presentation is followed by an opportunity to ask questions and to chat with people over refreshments.

We are always looking for health care professionals or other professionals who help those in pain to join us as a speaker. Please contact us if you are interested.

People who experience pain have the opportunity to meet in a 'safe' environment at

The Education Centre  
West Suffolk Hospital NHS Trust  
Hardwick Lane  
Bury St Edmunds  
Suffolk IP33 2QZ

On a Friday from 2—4 pm  
(please refer to website for dates).  
Meetings include speakers,  
presentations and refreshments.

If you are not already a member or  
are a lapsed member then why not  
come along and meet us we would  
love to see you.

If you wish to discuss the group in  
more detail please see  
contact information  
shown overleaf.



Join Us!



*For further information  
please:*

Call us  
on  
07719 497 989  
or  
Email

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

or visit our website  
[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

Find us on Facebook and Twitter



Associate Member of Pain UK

With special thanks to Rotary Club  
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funding of this leaflet



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West Suffolk   
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Run for  
patients  
by  
patients



Bringing  
people in pain  
together