



For further information please:

Call us on

07724 187774

or email

info@chronicpainsupportgroup.co.uk

or visit our website

www.chronicpainsupportgroup.co.uk



**BRINGING PEOPLE
TOGETHER**

Welcome to *Positively Crafty*

A self-financing community group for people living in pain that provides:-

A supportive, socially engaging atmosphere in a friendly, relaxed 'safe' environment giving you the opportunity to learn new skills, meet like minded people, be creative and participate in funding projects.

Using your hands has been proven to be therapeutic and can have a positive effect on health and wellbeing. Enhance your wellness by coming along and be actively creative, bringing your own project and have fun enjoying the many rewards of crafting.

Crafting can also raise self esteem and reduce anxieties thus creating a lifeline for those who want to feel part of a close knit family group and widen their circle of friends.

Tuition will be welcomed so if you have a skill you would like to share with us please contact us.

Positively Crafty is linked to the West Suffolk Hospital Pain Clinic but is primarily run by the members of [Chronic Pain Support Group](#).

(The name encompasses the positive aspect of the group and relates to different crafts that can be done)

Positively Crafty offers you:-

- A circle of new friends
- Social interaction
- A craft to suit you
- A sense of achievement
- A change of focus
- Renewed confidence
- Distraction/reduction in pain
- A chance to unwind your mind
- Improved memory & concentration

Positively Crafty meets at

Southgate Community Centre

Caie Walk, Nowton Estate

Bury St Edmunds IP33 2PJ

On the first Thursday of each month from 1pm-4pm

£3.00 per session including refreshments

Carers concession 50p

Disabled Access—**Free** parking—on a **Bus** Route

Join Us!