

# CHRONIC PAIN SUPPORT GROUP

Issue 2

*Run for Patients by Patients*

Summer 2011



Maddie the dog with Lynda

## Welcome to our summer newsletter

I can't believe that it's been 18 months since our group started – in those early days we were so unsure about where we intended to go with it all! We had a vision of being able to support fellow sufferers so that we could enable each other to share our worries but we also recognised the importance of learning about the many different ways of coping – often it's through talking to other people about what works for us that we can find out some very useful tips! Isn't it a relief to know that we are not alone – locked in our own world of chronic pain which the outside world does not understand? I think that's where our group

has really been successful. People have found friendships, they have found they have skills which the group has been quick to recognise and use, people have said they feel valued and one person in particular has been able to start up his own business because he found hope and encouragement through our support group. So between us we have formed a very viable and successful self-help group that has been recognised as strong and flourishing – the only one of its kind in Suffolk and indeed, one of a few in the whole of the UK.

Over the last few months, a small team of dedicated patients have worked exceedingly hard to make this group what it is. It is because of them we have gone from strength to strength – difficult when we are in constant pain though! We have gained much needed funding from Suffolk County Council Locality Budgets, the green token scheme at Waitrose in Sudbury. In May I was interviewed on BBC Radio Suffolk who featured a whole story on chronic pain. Did you tune in? Earlier in the year I did a presentation to the Rotary Club of Sudbury and was encouraged by their interest in what we are achieving. Over the last year or so we have had a number of excellent speakers address the group on a wide range of subjects ranging from mental health to physiotherapy – always something for someone.

We have had various experts keen to help, by way of designing a professional logo for the group and hosting our web site – all donated, so no cost to us! The money we have been awarded by Suffolk County Council is being used towards a re-print of our leaflet – now we have a smart image it's important to show it off! We are even obtaining matching posters which will be very useful to put up and around the various doctors' surgeries. We recently invested in a banner with our logo on it as we intend to use that when we run a stall at some of the county's shows and fairs (the next one being Bellevue Park, Sudbury in July).

We hope you are encouraged by being a member of the group. We are working hard to promote the group as we are sure there are many people out there who have yet to find out that there is a chronic pain support group. We always need help though and if you are able to find some time to give us a hand, even if it's distributing our new leaflets to your health professionals where you live, then please do let us know - self promotion is the most effective way of explaining who and why we are, however, we should not lose sight of why we exist – as a support group for patients, first and foremost, but if we can influence the medical profession and government then indeed that would be a great step forward. We are only a small group but as they say "from little acorns....."!

Lynda Sebbage (Chair)

PS. Please tell us what you think about our web site?

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

Supported by  
West Suffolk Hospital   
NHS Trust

*Bringing People Together*

8th April 2011  
Action on Pain



Ian Semmons

Norfolk based charity Action on Pain (AOP) formed in 1998 with the clear objectives of helping people affected by chronic pain. With just a chair and a computer in a bedroom a journey started that now sees the charity established as the leading general pain charity in the UK. During that journey AOP has introduced PainLine—a dedicated telephone helpline 0845 602 1539 which has taken nearly 40000 calls, developed 8 informative booklets with over 800000 circulated and has the only Mobile Information Unit dedicated to pain in the world! We now stretch beyond the UK being well known across Europe and further afield. With the majority of our volunteers affected by chronic pain we are able to understand the needs of people who use our services. Our simple philosophy is that we aim to reach out to as many people affected by chronic pain as possible through our various routes. In 2010 we had contact with over 13000 people either via our PainLine, email or the Mobile Information Unit.

[www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)



27th May 2011

Primary Care  
Mental Health  
Linkworker.

Caroline Woodger

Every GP practice has a link worker in Mental Health. The key role is to provide support, education and problem solving for the primary health care team. This entails helping GPs with assessments and management of common problems and act as a signpost for patients to other services that might benefit them. Caroline covers Sudbury, Glemsford, Long Melford and Lavenham and works with adults aged 17 and over. Caroline used subject headings and started with the who, where, what and why followed by Pathways to Care, Pain & Depression, Treatments and Current Projects.

She then went on to explain where her work fits in with primary care and other services.

Caroline's presentation allowed for interaction within the group throughout and was very informative.

[www.smhp.nhs.uk](http://www.smhp.nhs.uk)

[Get.gg](http://Get.gg) (CBT self-help resource)

[www.lltff.com](http://www.lltff.com) (helping you to help yourself)



Maurice Krexa

Micro Data  
Computers  
IT Solutions

#### WE'RE HERE TO KEEP IT WORKING

Maurice has been coming to the group since its launch at a time when he was in and out of hospital, in pain and on various medications. Meeting like minded people and listening to how they deal with their pain. Attending pain programmes and learning to change his mind set, he is not only back at work, but has set up his own business. Maurice runs a small IT business in Brandon and helps the public with their PC problems. Maurice feels the group has made a difference in his life and feels privileged to have been asked to play a supporting role in maintaining the web site. He also appreciates all the efforts and hard work put in by the members in making the group a success.

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#### Forthcoming FUNDRAISING AND AWARENESS event:

PARTY IN THE PARK at Bellevue Park, Sudbury on Sunday 24th July 2011 from 11am—5pm.

At this event we will be promoting the groups awareness via our newly redesigned leaflets and posters plus raising funds through children's activities and crafts.



A warm welcome to the new members that joined in April and May. Here are some of the new faces.



Andrew & Dawn



Lynda



Barbara



A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

*Bringing People Together*



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Next meeting 22nd July

West Suffolk Hospital