

CHRONIC PAIN SUPPORT GROUP

Issue 9

Run for Patients by Patients

Spring 2013

Welcome to our Spring Newsletter



Welcome to our first newsletter of 2013!

I am keeping my fingers crossed this mild and sunny weather stays with us. I hope you've had a chance to enjoy it?



ITS SPRING

Rabbits skip the meadows
And lambs bleat on the hills
Woods and leafy by ways
Flood with daffodils.
In the distance cuckoos call
And swifts and swallows fly
Whilst overhead white fluffy clouds
Float in azure sky.
Graceful weeping willows
Trail their fingers on the lake
As regal swans glide gently by
With signets in their wake.
Speckled thrush and blackbird
High in the treetops sing
Heralding the wonders of
Another brand new SPRING



I want to keep you informed of what's been happening since the end of last year and what's coming up this year for the group.

We have started holding informal coffee mornings at the Bury Garden Centre, between meetings on Mondays, which I know from those who have come along they have enjoyed catching up over a cuppa. So please take a look and see if any of the upcoming dates suit you, we would love to see you.

Lorraine and I have attended some Networking Events at Suffolk Independent Living/ Suffolk Coalition/HealthWatch recently to talk to likeminded support groups and see if anyone we meet would be interesting in speaking but also to gain information we can pass on to you via the resource table/newsletter/website. We also talked to the BBC who wishes to see if any of you have an opinion about the changes to the benefit system, how it affects you and whether you are prepared to voice your thoughts and be filmed as part of a documentary. Poster included and has been emailed out also. There is no definite deadline or expectation, so you can come along to our 5th March meeting on Benefit Changes first to learn more before deciding if you'd like to take part. If you do, please contact the BBC directly (details on poster).

We've recently attended a church coffee morning in Beck Row, and have been invited back to talk to them about the group. Which got us thinking, maybe you know of other local church coffee mornings that would like to hear about us—please let us know. We'd be happy to go along and talk to them, have our banner on display and/or chat to any interesting parties.

In **June** we are holding, in partnership with the Pain Clinic, an evening meeting which is open to all members, their partners, friends and families, to help gain a better understanding of what is chronic pain, how it affects you and those around you and how they can help support you, latest ideas in pain management/medications to name a few topics. Speakers will be professionals including Dr Schofield from the Pain Clinic. It is

taking place at the Education Centre on **Tuesday June 18th** starting time to be confirmed but likely to be around 6.45. Do come –it is free event and refreshments/nibbles will be provided. If you are interested you'll be able to book your place by calling a booking number, see more details on page 4.

For our next meeting on **Tuesday 5th March** we are **not** in the Education Centre but in the **main hospital** building in the Committee Room. Lorraine has kindly said she will stand in the lobby of the hospital and direct you to the room. So look out for Lorraine if you are in any doubt as to where to go. The speaker is Chris Baker who will be talking about the changes in the benefit system i.e. DLA

I would like to apologise to those who had their names down to attend Pete's Pain Toolkit Workshop, which we had to postpone to later this year, due to lack of take up. We will co-ordinate with Pete to fix up a new date and let you know. Don't forget we welcome your feedback, please let us know what you'd like us to be organising in way of speakers, events and general ideas. We only know if we are fulfilling your needs if you tell us! Come and chat to us at the meeting or drop us an email.

Bringing People Together



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Mr Eammon Coveney from the Department of General Surgery gave a presentation to the group on 25/1/13 on the Use of Hypnosis for Managing Pain. Mr Coveney captivated his audience by engaging with them as well using slides in a factual, interesting and humorous way. He explained what it is, how it effects people, how they respond, types of conditions that can benefit, how it can be used in surgery and patient experiences.



Marion Venable's Experience of Using Hypnosis for Pain Relief



Hypnosis can help you achieve relief from pain by teaching you to use your mind to lower the amount of pain you perceive. It can create pain relief through a variety of methods such as metaphor, scaling and dissociation. Also helps you to train your mind so that you are able to switch on your pain relief skills. It uses your subconscious mind to help you change unconscious beliefs.

Dissociation hypnosis automatically dissociates and puts the conscious mind to sleep.

Hypnosis happens when the unconscious mind becomes as (or more) engaged than the conscious mind.

Mr Coveney at the West Suffolk Hospital uses hypnosis for patients to undergo surgical operations. Studies have shown that when hypnosis is used for anaesthesia that there can be total removal of pain. The pain signals are still generated at the nerve endings but they are not actually acted upon by the brain. Or in other words the brain supply ignores the pain signals.

I personally have just completed 4 sessions of Hypnotherapy with Mary Grieve at the West Suffolk Hospital who is part of Mr Coveney's team. I was able to hear and understand exactly what was being said and could open my eyes to end the session if felt uncomfortable at any time. She could not make me do something that I would not do in my normal life.

One of my sessions was counting down the steps getting lower and lower going down and becoming much deeper in the relaxation. I was then thinking of a favourite place like a beautiful sunny beach with crystal clear waters. I walked along the seafront dipping my toes in the lovely clean cool water. It was so very inviting that eventually I went further in. The water was so refreshing as it cooled my body down. And at that moment in time of deep relaxation I felt free from all the pain in my back and hip.

Then in another session once again counting down the steps to get into the deeper relaxed state of mind but this time I was imagining my hand being placed into a huge ball of snow. How soon my hand went cold and had become completely numb with no feeling at all. I was to now place this cold hand onto my hip and over the painful area. My hand was now recovering but my hip area was still so cold but in no pain anymore.

I found the experience rather like being in a daydream very pleasant and helpful in controlling the level of pain whilst in a deep relaxation.

The CD recording of the sessions is useful to play at home as and when required.

It is like having a switch that you can have some control with turning on. Relaxation is so very important when dealing with chronic pain.

Hypnosis can be used for many things such as:-

- Smoking
- Fears and Phobias
- Stress
- Panic Attacks
- Sleep Problems



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

Bringing People Together



Lorraine Ayling
Tel: 01284 701652
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Next meeting 5 March
West Suffolk Hospital

TREASURER'S REPORT 2012

Income

Raffle	£120.50
Fund Raising	£1144.34
Donations	£328.28
Misc	£6.75
Hire	£5.00

Expenditure

Postage	£136.80
Printing	£158.94
Stationary	£5.29
Misc exp	£17.97

Community Scheme Income

Asda	£200.00
Waitrose	£666.00

Community Scheme Expenditure

Equipment	£238.15
Insurance	£189.60

CURRENT BALANCES

CASH AT BANK = £2546.40

CASH IN HAND = £594.06



RISBY INDOOR SALES INCOME

December	£52.00
January	Cancelled
February	£39.35

Sales at Meetings Income

January	£23.55
February	£15.93

Useful Links

PALS

The Patient Advice and Liaison Service 01284 712555
9am to 5pm M—F

SUFFOLK WELLBEING SERVICE

Learn new ways to cope with emotions and improve wellbeing

0300 123 1781*

www.readytochange.org.uk

SUFFOLK CIRCLE

for people over 50

0800 112 3446

www.suffolkcircle.org.uk

BIG WHITE WALL

The support network

www.bigwhitewall.com

SUFFOLK AT HOME LIBRARY SERVICE—a free service to people who have difficulty getting to a library

01473 744619

www.suffolklibraries.co.uk

VOICE ABILITY

Having trouble getting yourself heard? Advocacy Service

01473 329671

www.voiceability.org

HEALTHWATCH SUFFOLK

01449 613298 every voice counts

Healthwatchpathfinder.onesuffolk.net

GINGER CAKE RECIPE

225g self-raising flour
1 tsp. bicarbonate of soda
1 tbsp. ground ginger
1 tsp. ground cinnamon
1 tsp. ground mix spice
115g unsalted butter
115g black treacle
115g golden syrup
115g dark muscovado sugar
250ml milk
85g stem ginger drained and finely chopped
1 egg
150g icing sugar
Zest and juice of a lemon



1. Preheat the oven to 180 degrees C. Butter and line a 2lb loaf tin with greaseproof or parchment paper.
2. Place the flour, bicarbonate of soda and all the spices into a large mixing bowl. Add the butter and rub into the flour with your fingertips until the mixture resembles breadcrumbs.
3. Place the sugar, treacle, syrup and milk in a medium saucepan and heat gently stirring, until the sugar has dissolved. Turn up the heat and bring the mixture to just below boiling point. Leave to cool.
4. Add the stem ginger to the flour mixture, then pour in the treacle mixture, stirring with a wooden spoon as you go. Beat in the egg until everything is combined and it resembles a thick pancake batter. Pour into the prepared tin and bake for 50-60 minutes, until a skewer pushed into the centre of the cake comes out fairly clean. Leave to cool completely in the tin before turning out.
5. For the topping—mix together the icing sugar and lemon zest, then gradually add the lemon juice until you have a smooth, slightly runny icing, adding more juice, if needed.
6. Pour icing over the cake.



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COFFEE MORNING AT THE BURY GARDEN CENTRE

14/1/13



11/2/13



A very welcome cuppa on two snowy days!

Come along and join us, we look forward to seeing you there on Mondays at 10.30am on:-

18th March, 15th April, 20th May.

CANCELLED EVENTS



Regrettably the half day workshop hosted by Pete Moore on 28/2/13 had to be cancelled due to lack of uptake.



Nowton Park Bury St. Edmunds

Tourist Information confirm that the Event in June will **not** be taking place this year.



CONFIRMED SPEAKERS FOR 2013

5th March—Benefit Changes Chris Baker (especially forthcoming changes to DLA)

3rd May—Heather from the Pain Clinic talking about Medications/Opioids

27th September—Emo Pain

22nd November—Russell from Voice Ability and Veronica from Suffolk Wellbeing.



Evening Event—Tuesday 18th June 2013 at the Education Centre, WSH. Room 16A&B starting around 6.45pm

The aim of this event is to improve everyone's understanding of living with pain on a day to day basis and update you with the latest treatments. It is a fee event and open to all people with chronic pain their families, partners and friends with speakers from the Pain Clinic and other fields connected with chronic pain, improved self-management and how families and partners can help those living with this condition.

If you would like to come along please reserve your place by ringing **Melanie** on the following number **01284 712970**. This number will be available from **1/3/13 up to 4/6/13**. At the time of calling please confirm your name and contact details (email or phone in case we need to contact you), how many places you wish reserved including yourself, if you are a member of CPSG or patient of the clinic or other, if you have a mobility requirement i.e. wheelchair space (plan access and room layout).

We will keep you updated with any further details prior to the event.

AWARENESS SESSIONS HELD IN THE FOYER AT WSH

Friday mornings only on the day of the meeting between 10am—12 noon (May, July, Sept, Nov)

If you would like to help raise our profile at any of the sessions please let us know.



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PARTY IN THE PARK 21/7/13

Bellevue Park in Sudbury from 11am to 5pm.

C.P.S.G. will be having a stall once again at this popular annual family event of arena displays, live music, refreshments and other attractions including charity stalls.

We aim to raise much needed funds and promote awareness of the group as well. We are looking for volunteers to help on the stall during the day and contributions i.e. lucky dip prizes, children's books or games, unwanted gifts, homemade crafts/cakes etc. if you can help, even for a short while, we would very much appreciate it. Please be reassured all members are covered by the group insurance. Donations will be accepted at the meeting in May at WSH or at the coffee mornings prior to the event. Please contact Lorraine by phone 01284 701652 or email.



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