

# CHRONIC PAIN SUPPORT GROUP

Issue 11

## Run for Patients by Patients

Autumn 2013

### Welcome to our Autumn Newsletter

News from the Chair – Linda Reid



A big welcome to old and new members alike – I hope you've all had a good summer? As a group we've had an eventful and successful summer.

It started with our first collaborative event with the West Suffolk Hospital Pain Clinic on 18th June, an evening dedicated to: What is Chronic Pain? Finding out more about pain, medications and how hypnosis and LifePsychol can help you. Along with stalls from: Suffolk Independent Living, Suffolk Carers, LifePsychol and Action on Pain. If you'd like to see the full YouTube clip that Dr Schofield showed you can find it at: <http://www.youtube.com/watch?v=4b8oB757DKc> a really interesting clip and helpful for those living in pain, friends, family and colleagues.

It was so lovely to see so many members there and also to be so well supported by everyone coming along for the first time; it had a great relaxed, friendly atmosphere with everyone swapping thoughts and ideas.

Since the event, we have been contacted by the British Pain Society, St Thomas's Hospital in London and Ipswich Hospital to find out more, as well as good feedback from those who attended including GPs, Physios and Patients Liaisons from Ipswich Hospital. So in light of this we intend to run another event next year on Self Management – with speakers, stalls and break out areas so you can try different self management techniques, for example – Thai Chi or reflexology etc. So I want to extend a big thank you to all members and West Suffolk Hospital Staff who helped make this event such a huge success, so very appreciated. We do appreciate you putting up with the heat however unfortunately it was out of our control.

Many new members joined our mailing list as a result of this event and we look forward to seeing you at our future meetings and events.

Take a look at the CCG information attached and see when the stall will be at your local market and take the opportunity to chat or put your questions to them. Also see attached the Suffolk Carers feel good – pamper event aimed for carers – please pass this on so they can enjoy this well deserved treat.

Watch out for our new website as it will be launching soon, as well as us having a new facebook page!



### **ROTARY CLUB OF SUDBURY - 8TH JULY 2013 at THE MILL HOTEL SUDBURY**

We were invited to talk to the Rotary Club in Sudbury, focusing on chronic pain and how it affects people's lives and about the group. They have kindly nominated us as their charity this year, so will present us with a cheque at the end of the year – thanks to Lynda Sebbage becoming their first female president and championing our cause – Congratulations and thanks Lynda! Our group logo and a link to our website can be found on their website [www.rotary-ribi.org/fundraising](http://www.rotary-ribi.org/fundraising). Some of their activities will be devoted to our worthy cause.

Also we have been invited to talk to the Bury St Edmunds Rotary Club in September, who have already given us £300, before even talking to them and may give us more support in the future. We appreciate their generosity and support.



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West Suffolk NHS  
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## **BIG SUPPORT FOR PAIN CLINIC AND SUPPORT GROUP'S MEETING**

The West Suffolk Hospital Pain Clinic and Chronic Pain Support Group, the only patient led group in Suffolk since 2009, have held "what is chronic pain... want to know more?" at the hospital's education centre, in Bury St Edmunds.

They were joined by speakers in their field, Dr Schofield, Dr Jeynes, Mr Coveney and Dr Bindemann, who spoke on chronic pain, how it affects people physically and psychology and what new treatments are available.

There were stalls from Suffolk Independent Living, Suffolk Carers, Lifepsychol and Action on Pain providing information and giving details of the support they offer.



The event was well attended (93) with participants having an opportunity to meet other like-minded people living with pain as well as have being able to talk to the speakers before and after their presentations.

The Chronic Pain Support Group aims to provide a safe and comfortable environment to share ideas, build a support network, make friends and learn about the latest information on pain and self-management. They hold regular meetings with speakers, along with informal coffee mornings and newsletters.

Following on from the success of the evening the next collaborative event focus will be on "self-management—what is it and what are the benefits?"

**Article from The Mercury**

**Wednesday 3rd July**



### **A big thank you for donations**

I would like to thank everyone who kindly donated items to both the **June awareness evening and the Sudbury stall**. We had some amazing gifts donated for both the raffle and the sale table.

I would like to also offer a huge thank you on behalf of the group to the retailers listed below. They kindly donated some exceptional gifts to help the group raise funds.

Waterstones, Nandos, Paperchase, L'occatain, Halcyon Days, Camps, B&Q, Sainsbury, Greene King, Adnams, Beehive hairdressers, Jeyes.

We are always collecting raffle prizes and sale table goods so please get in contact if you wish to donate. Alternatively you can bring items to group meetings and coffee morning.

Thank you again for your kindness and generosity.

**CHERYL—secretary**



**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)

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Next meeting 27 Sept  
West Suffolk Hospital

## PARTY IN THE PARK BELLE VUE PARK SUDBURY SUNDAY 21ST JULY 2013

Now in its fifth year Party in the Park has become a hugely popular and successful event. Once again the weather was kind to us and the atmosphere amazing which helped to make a wonderful day out for the thousands of people who attended. The whole day ran smoothly and without any incidents, safety of the public being a key priority.

There were many attractions to join in, watch and listen to with many side stalls offering a variety of wares and demonstrations. We had a great day, enjoyed the amazing atmosphere and events and it was a glorious sunny day. We even had a photograph taken with the current Mayor of Sudbury.

Next year's event is on Sunday 20th July—our pitch already reserved.



**Funds raised: £245.59 INCREDIBLE!** The group's best ever event for fund raising to date! A very big thank you to all of you who supported us on the day and donated so generously and to Julia, Sallie and Graham for helping us on the stall.

Our next public fundraising event is likely to be in November in time for the Christmas celebrations. Please continue with your generosity with any donations for the Christmas stall. You can bring your items to the meetings/coffee mornings or we will arrange collection. We will also be looking for volunteers to help out on the day. We will keep you posted of the details.



**5 OF THE BEST RAPID PAIN RELIEF PRODUCTS** chosen by **Dr Rajesh Munglani**, consultant in pain medicine at the **WSH**. As written in the Daily Mail on p.44 on 30/7/13 with professional advice given by Dr Munglani towards it.

**PainGone pen**—£29.94 plus £3.95 p&p paingone.co.uk; Delivers tiny electric shocks—not powerful enough to be felt, but big enough to make the body think the skin has been injured and causes the release of natural pain relieving endorphins. Just three one minute treatments seem to keep pain at bay. Works best on musculoskeletal pain.



**Solpadeine Plus** - available at pharmacists—approval needed to buy; Contains codeine, paracetamol and caffeine—and can improve symptoms almost instantly. The combination of all 3 drugs works more swiftly than ibuprofen or aspirin. However, don't take this too often: studies suggest that using on a daily basis can actually trigger headaches called rebound headaches.



**HoMedics Compact Percussion Massager with Heat** £34.99 chemistdirect.co.uk and amazon; This lightweight massager combines heat and vibration to relieve pain—and is particularly effective at relaxing muscles that have gone into spasm. Works well for cramp and back pain, which is often caused by muscles tensing and going into spasm.



**Lidocaine Patch** - prescription only; A local anaesthetic used for minor operations or dental procedures. These patches are used to treat nerve pain such as shingles, lower back pain and some sports injuries, in my experience, they work quickly and effectively, and work for up to 12 hours. Must be used with caution and as directed by your doctor.



**Going for a run or doing any exercise** - be it a run, walk or cycle -triggers a surge in endorphins, the body's natural pain-relieving molecules. Swimming seems to be particularly effective, but even a 30-minute walk will cause a significant decrease in pain within half an hour. Studies suggest exercise is particularly good for headache and spinal pain.



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

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## Members Corner

### Skills

If you feel you have any skills that could be useful within the group please come forward and let one of the committee know i.e. insurance/first aid/accounts/health & safety.

### July Meeting

**Income:** Raffle: £13    Table top sale: £21.68    Donation: £1    **Expenditure:** Speaker expenses £40

### Awareness in WSH Foyer

Our presence in the foyer has raised our profile resulting in many new people joining our group, we have met some very interesting people and consultants have even taken the time to introduce themselves .

### CAR PARKING AT WSH

Since July OCS have been appointed as the new car park contractor. Parking fees have been reviewed and are currently £3.30 up to 2hrs, £4.80 2-4hrs, £7.60 over 4hrs. Automatic number plate recognition barriers will be installed this year on the access roads to and from the rear off the site. These will be programmed with details so they can open automatically for staff and regular users. Other users will collect a chip coin on passing through and pay at a machine before leaving. Disabled drivers entitled to free parking (blue badge) will be able to get their chip coin validated so that they can leave without charge. If you are coming to the group meetings and are not a blue badge holder please park in the car park at the front of the hospital. The new contractors are making more regular patrols and are more vigilant than the previous ones.

### Coffee Mornings

A very warm welcome to all the new faces who have joined us at the coffee mornings. Why not come along and join us, would be lovely to see you there. Due to the continued success of them the next one is at Bury Garden Centre on 9th September at 10.30am.



talkhealth is one of the UK's leading online social health communities, providing **FREE** interactive support and information on a wide range of health conditions. It's a platform to 'have your say' on current health issues and a place to find in-depth and trusted information on varying chronic ailments and health concerns. talkhealth allows you the opportunity to take control in decisions concerning your health and wellbeing in positive way. Take a look on [www.talkhealthpartnership.com](http://www.talkhealthpartnership.com) in partnership with **NHS Choices**.

**Your contributions and feedback throughout the year are important to us and are always welcomed—THANK YOU.**



**Remembering Joan**  
A lovely lady who made lovely cakes sadly no longer with us.



Take a look at the **new** Pain Toolkit on [www.pain toolkit.org](http://www.pain toolkit.org)  
Useful links: [www.painconcern.org](http://www.painconcern.org); [www.backcare.org.uk](http://www.backcare.org.uk);  
[www.depressionalliance.org](http://www.depressionalliance.org); [www.sheffieldpersistentpain.com](http://www.sheffieldpersistentpain.com)



A tangerine and russet cascade  
Of kaleidoscopic leaves  
Creates a tapestry of autumn magic  
Upon the emerald carpet of fading summer.  
The golden memories of sunsets and twilight  
Hovers in the backdrop of peek-a-boo patch of silver skylight.



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)

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