

Welcome to our **Autumn** Newsletter



News from the outgoing Chair—Linda Reid

As outgoing Chair at the AGM, I didn't get a chance to thank everyone who has supported us, at events and meetings we simply couldn't do it without you. Looking back over the last two years we have achieved a lot as a group;

Coffee mornings – which are going from strength to strength

Evening events – July's event was really well received, excellent speakers and interesting stall holders, raised over £200 for the group and raised our profile in the community

Launched our new website – with areas to contact us directly

Designed and used our banner at meetings and events

Designed a new group leaflet and business card—launched in July

Designed a 'group of people' colour logo to enhance the group name logo



Become a member of Pain UK – umbrella organisation for those living with pain

Continued to talk to Charities & GPs to raise awareness about Pain and the importance of the CPSG

Have an online community on Face book and Twitter to keep in touch with each other between meetings

Raised awareness for government initiatives such as self-care weeks

Had our awareness stalls in foyers especially WSH foyer

Finally the Positively Crafty group to bring together those in pain and have a love of all things handicraft to help.

Thank you for your support and friendship during this time. I hope the incoming Chair and new committee enjoy their time as part of this group as much as I have!

Wishing Linda every success in her new ventures.



Rotary Club of Sudbury

Thank you to Lynda for nominating CPSG as her chosen charity during her year as president and to all the members who gave their support each week throughout the year.



Lynda presenting the cheque to Lorraine for £415.05 on 21st July.



New law on driving having taken certain drugs July 2014

Key messages

- A new law on driving after taking certain drugs (including some medicines – see below) is coming into force in March 2015
- This law states that it is an offence to drive with certain drugs above specified levels in the body, whether your driving is impaired or not
- If you are taking these medicines as directed and your driving is not impaired, then you are not breaking the law
- Keep taking your medicines as prescribed
- Check the leaflet that comes with your medicines for information on how your medicines may affect your driving ability
- Do not drive after taking your medicines until you know how they affect you
- Do not drive if you feel drowsy, dizzy, unable to concentrate or make decisions, or if you have blurred or double vision
- If your driving is impaired then you are guilty of breaking the law

What is the issue?

A new law on driving with certain drugs above specified limits in the body is expected to come into force on 2nd March 2015.¹The list of drugs includes certain medicines that are sometimes abused, such as medicines used to treat:

¹ Dependent upon the approval date of the regulations by Parliament

- extreme pain (morphine, diamorphine, ketamine)
- anxiety or inability to sleep (diazepam, clonazepam, lorazepam, oxazepam, temazepam)
- drug addiction (methadone)
- attention deficit hyperactivity disorder, also known as ADHD (amphetamine)
- multiple sclerosis (nabiximols)

If you are found to be driving with any of these medicines above the limits in your body, you could be guilty of breaking the law. But if you are taking the medicines according to the advice of your prescriber or leaflet in the package, and your driving is not impaired, then you are not guilty of breaking this law.

What will happen if I'm stopped by the police?

The police may use a roadside test to see if you have taken any of the drugs. If the test detects any relevant drugs, the type and level of the drugs in your body can be confirmed by a blood test taken at the police station. The law provides you with a "medical defence". This states that you are not guilty if:

- the medicine was prescribed, supplied, or sold to you to treat a medical or dental problem, and
- you took the medicine according to the instructions given by the prescriber or the information provided with the medicine.

But if your driving is impaired, you are guilty of breaking the law.

What should I do if I need to take any of the specified medicines?

Keep taking your medicine as prescribed. Check the leaflet that comes with your medicine for information on how your medicine may affect your driving ability. Do not drive while taking your medicine until you know how it affects you. Do not drive if you feel drowsy, dizzy, unable to concentrate or make decisions, or if you have blurred or double vision.

For further information on this new law, go to:

www.gov.uk/government/collections/drug-driving



Thank you to Linda Reid for sharing this with us all

Help raise funds for the group through:-

easyfundraising
.org.uk

Easyfundraising.org.uk is the easiest way to raise money for Chronic Pain Support Group (Bury St Edmunds). Shop with any of over 2,700 retailers and a percentage of what you spend is donated to Chronic Pain Support Group (Bury St Edmunds) at no additional cost to you. Retailers include Amazon, John Lewis, eBay, Tesco and many more.

Please register to support us today - <http://www.easyfundraising.org.uk/causes/chronicpainsupportgroup>

Join as a Supporter and start raising free donations now!



Improving the Services offered in West Suffolk for People in Pain

Easing the pain for people in West Suffolk

Chronic pain sufferers in West Suffolk are set to benefit from a new NHS community pain service which will help patients better deal with their condition.

A community pain management service, commissioned by NHS West Suffolk Clinical Commissioning Group (CCG), is expected to operate from March 2015.

Dr Rakesh Raja, a GP in Sudbury who is leading the introduction of this service for the CCG, said: "Chronic pain is a long-term condition that can have a significant impact on a person's life, such as not being able to carry out everyday tasks or staying in employment. "A major focus of the new service will be shared decision making, which will enable patients to make their own choices on how they should be treated. It means that patients have more involvement in the treatment they receive and are able to better manage their own condition. It will aim to give people the treatment, help and advice so they can live with their condition. Another really important addition is looking at the psychological needs of those patients with a new holistic support service."

The community pain management service will also support health professionals in managing those patients who could develop chronic pain. By ensuring those patients know how they can help themselves to prevent chronic pain developing and by providing medical intervention where necessary, the CCG aims to reduce the number of people in west Suffolk with the condition.

The new service has been developed by working with the West Suffolk Chronic Pain Group and health professionals at West Suffolk and Ipswich hospitals, Norfolk and Suffolk NHS Foundation Trust and Public Health Suffolk. This forum enabled plans for the new service to be developed and make sure it works effectively for the benefit of chronic pain sufferers in West Suffolk.

With special thanks to Claire Jay for this article— 01284 758032 www.westsuffolkccg.nhs.uk



integrated working

CCG Patient Revolution Event—Topic: Early Recognition of Mental Health

How do GPs train to recognise mental health issues?

Early diagnosis is essential

Need better signposting and directions to support groups

Important to have a GP who knows you

Medicine is becoming holistic

Knew nothing of Abbeycroft Leisure referral

A lot of GPs fail to promote, even in own surgeries

GPs seen as first point of call

Mental health should not have to be a long road to go down

Primary care staff need education

Mental health must be de-stigmatised

Services must be accessible

Attitudes developed and skills learnt during adolescence

Need safe environment and enduring relationships

Can ultimately lead to homelessness

Time to access bereavement service is ridiculous/GP should recommend Cruse not Wellbeing

11.6.14 at The Apex in Bury

An interactive and engaging event where people present raised their own concerns as they set an agenda with topics.

This is just one topic raised by a member of CPSG at this annual event.

As you can see by the list under the heading (in the blue bar) people have come forward with their own views which are all taken into consideration.

Over 40 topics were taken forward which CCG will use/ look to implement what can go forward to help shape local health and care services going forward in West Suffolk.



Run for Patients by Patients

Raising awareness articles



Carole Baker has offered the group Yoga for Pain Management—see poster attached.

If you all recall we ran an article in the Spring Newsletter this year. It is being run again as a final reminder to see if any members are interested in taking up the offer. If you are please contact Lorraine on 01284 701652 or email lorraine@aylingonline.com.



<http://www.selfcareforum.org/resources/patient-portal/>

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations. The theme this year is '**Self Care for Life—be healthy this winter**'. Empowering individuals to self care has many benefits for their short/long term health.

Self Care is about taking control of your own health and wellbeing. Be prepared this winter and take care of those winter ailments. Be in control!



Positively Crafty What a great result for a first session!

A very friendly and creative group of people came together on 7th August at Southgate Community Centre in Bury. Everyone was willing to learn different skills from the choices available, making new friends too. As a result we have welcomed new members to the group.

Sessions: 2nd October, 13th November, 4th December from 1pm-4pm.

Going home having made something new gives you a real sense of achievement so please come along and join us, in a safe and friendly atmosphere, having fun crafting— We look forward to seeing you!



Coffee Morning

Everyone Welcome



The next Coffee morning get together is on Monday 6th October at 10.30am at Bury Garden Centre. We look forward to seeing you there to catch up over a cuppa!

Everyone welcome—a very interactive, social, friendly, fun session!

2015 Coffee morning dates will be announced in the Winter newsletter.

(please note: the name of the **Garden Centre** may soon change back to **Wyevale**)

WSH CPSG Meeting dates for 2015



Fridays from 2pm-4pm

**16th January, 20th March, 15th May,
10th July, 18th September,
20th November.**

featured in meeting reminder letter

Soldiers Charity Craft Fair Bury St Edmunds Eleventh Annual Christmas Fayre

Date: Saturday 29th November 2014

CPSG will be having a stall at

Venue: Cornhill Walk Shopping Centre

this event selling homemade/

Time: 9am to 5.30pm

handmade produce and crafts.

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
Email: lorraine@aylingonline.com

Next meeting 21 Nov
West Suffolk Hospital

Run for Patients by Patients

Party in the Park, Belle Vue Park, Sudbury—Sunday 20th July 2014



Funds raised: £112.55

Families armed with picnics came for a day out making this another successful event for the Organisers.



For the first time CPSG was sited in the garden.



A quieter area of the park away from the main arena of stalls and activities.



Thank you to all the members who contributed to the stall and to those who came along and supported us on the day.

The loom bands were particularly popular and sold out!

A special thank you to Sallie for helping on the day.

Next year's event is being held on **Sunday 19th July**.



Great Barton Car Boot Sale on Sunday 14th September
Funds raised for the group: £48.50



Woolpit Complementary Open Day—Saturday 9th August 2014



Thank you to Michaela and Emma for the invitation to their Open Day which was a resounding success.

CPSG raised £82.28 and also welcomed many interested visitors to the stall.

Thank you to the members who helped on the day and for all the contributions received, especially the lovely cakes.



There were a variety of stalls, refreshments and entertainment. The therapy taster sessions on offer in the centre proved very popular too.

Another similar event may be held next year.



Bringing People Together



Next meeting 21 Nov
West Suffolk Hospital

Self-Management Event Synopsis by Linda Reid

On the evening 3rd July 2014, the West Suffolk Hospital Pain Clinic and Chronic Pain Support Group held their second collaborative event on "Self-Managing your pain- want to know more?". We were delighted to be joined by eminent speakers in their field Pete Moore (author of Pain Tool-kit and pain champion 2014) talking about principles of self-management, highlighting the benefits and importance of being better self-managers. Veronica Deri (Suffolk Well-being) who explained sleep cycles, what stops us from sleeping and how to get a better night's sleep. Carole Baker (owner and experienced yoga teacher at The-Self-Centre) explained and demonstrated the importance of exercise, nutrition and stretches. She also got us all involved with some fantastic chair yoga! To set us up for going home! Our thanks go out to them for being such wonderful and engaging speakers for our evening.

We sincerely thank all those who held stalls from The Self Centre (Yoga), Woolpit Complementary (Acupuncture), Balancing Footprints (Reflexology), Park Farm Practice (Alexander technique), Anita4Bowen (Bowen Technique), West Suffolk Hospital (Physiotherapy, Occupational therapy and Nutrition departments) A head 4 work (Mindfulness), Neal's Yard (Herbalist & Clinical Massage Therapist), Suffolk Wellbeing (emotional support), West Suffolk Clinical Commissioning Group. Who talked informally to attendees about how their service(s) could help those living in pain and signposted attendees to services that could be of help. Who engaged with us all and talked enthusiastically about their areas of expertise and to those who have kindly offered to come and be speakers for us in the future meetings.

Along with the Clinical Commissioning group who helped promote awareness of the group's services within the pain arena and their plans to support those living in pain in West Suffolk. If you came along or are interested in finding out more about the speakers and stall holders visit our website and go to the archive and/or links page and click on the link next to that service.

Emopain also spoke about their interesting projects and the need for volunteers to come forward and take part in their work trying to determine effects of motion on pain. To find out more or volunteer please visit <http://www.emo-pain.ac.uk/>

The door, raffle and donations raised a fantastic £202.31 for the group funds. Opening the event gave me the opportunity to promote our upcoming events and especially our Positively Crafty group.

The event again was really well attended, with the participants having an opportunity to firstly meet the stall holders, along with other like-minded people living with pain over a buffet during the break, as well have being able to talk to the speakers before and after their presentations. Many of the attendees expressed interest in coming along to future group meetings, gave very positive feedback of the whole event. Some went in very sceptical about the effects of self-management and its effects but came out smiling and enthusiastic! What more can we ask.

Next year the potential event could be on why pain affects us psychologically and how we can help minimise its effects.

Bringing People Together



Run for Patients by Patients

We've received some amazing feedback, some of it listed below:

Great and positive event!

Great event yesterday!

Extremely engaging!

A pleasure to attend a very professional event!

A triumph and congratulations for another excellent programme of speakers, whose variety of content made a very good balance and I liked the practical session at the end!

Fantastic and well organised informative event –well done!

Congratulations for second successful event in a row!

We both thought it was a great success, and I particularly like the Yoga speaker. Very engaging, and good info



Thank you so much to everyone who helped make this evening the fantastic success it was! We couldn't have done it without you.

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



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