

Welcome to our Winter Newsletter



News from the Committee

In September we held the AGM and the committee once again are familiar faces. When the group originated it was suggested, at that time, that committee members evolve from year to year i.e. all members take a turn, sadly this has not been the case. New blood is needed on the committee to ensure that the group moves forward and flourishes and does not become stagnant because new ideas are not forthcoming. The current committee are working together to keep the group motivated and evolving but if there is any of you out there who feel you could contribute please make yourself known.

The dates for 2018 are within this newsletter and you will see we have a few speakers booked and are on the look out for more. Please come forward if you have any ideas.

The subscription remains at £12 for another year—£1 for a visitor. If anyone joins part way through the year the fee will be on a pro rata basis.

Positively Crafty remains at £3 per session-50p carer. To be reviewed if the hall fee rises in 2018.

The group outing will be reviewed again at the next committee meeting in January. In the meantime please come forward with any ideas of where you may like to go. The most popular suggestion this year was the boat trip. The trip cost will be subsidised.

Only 6 membership application forms were completed and returned. Each year when the subscriptions are renewed these forms will need to be reviewed and if there is ever an occasion where a first responder is called, it would be helpful for us to know any conditions that you may have that would be vital for them to know about so they can treat you appropriately and immediately. We are not looking to invade your privacy only to help you at the time. Hopefully this may not happen but we have to be prepared just in case.

Any first aid needed during our meetings at the hall will be administered by the Secretary Jackie Tooley.

CPSG has been invited once again to have a stand at their Lymphoedema Awareness Day in March 2018 from 2pm to 5pm at Moreton Hall Community Centre.

CPSG articles have been published monthly in the Moreton Hall and Southgate Directories since March 2017. The topics to date have been varied however any contributions would be welcomed from members so if you are an avid reader of this publication in Bury and feel we need to be more diverse or appeal to our audience differently, please let me know.

CPSG had an article in the Bury St Edmunds Flyer this month raising awareness of the group. Sadly no enquiries were forthcoming.

We would like to say a special thank you to our unsung heroes of 2017. The ones who help out with the baking, the refreshments, the washing up, taking the money, the tuition and guidance. Areas that need a volunteer and done willingly without us even having to ask. The help they gave did not go unnoticed and was rewarded. We will be on the lookout for more unsung heroes in 2018—could one of them be you!

We look forward to seeing you in January 2018-Take good care!



Thursday 21st September 2017—poetry and song by Eammon Harvey



Now a semi-retired gardener and mini bus driver Eammon came along and delivered a mini presentation about his life and how he came into song writing and poetry. His poems inspired by lost love and beautiful places.

After a succession of jobs, in the late 1980's he left behind a career and headed off to Tuscany in Italy where he wrote songs and fell in love. Two albums transpired from his song writing in the peace and quiet. A lovely experience and being so enchanted by what he was doing the poetry started:-

Will you will you walk with me or will I will I walk alone/sing softly, sing a song of sad farewell.

Two opening lines of two poems featured in a collection of poetry by Eammon that can be found in the book (Ballyheige in May) left with us from his visit. The book will be on display at meetings if anyone would like to have a look at it.

Thursday 19th October 2017—Jenny Gibbs Talk on Turkey



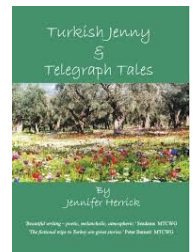
A presentation full of humour, descriptive and surprising stories of a culture so different to our own. Embarking on a new life and adventure, meeting the man of her dreams, Jenny talks about her arrival in her village from 1994 to the present day. Buying an old farmhouse in need of restoration, in a mountainous region of inland Turkey, Jenny became integrated in a close knit community where time seemed to stand still. She arrived before the age old culture changed. Jenny still lives in the farmhouse spending only a few months a year in England. Jenny discovered the joys of rural unspoilt life and the ancient glories of a hidden corner of Turkey and shares her

enthusiasm passion for her adopted home and her extraordinary life with other groups and on the radio.

Jenny brought along some handmade items from Turkey for sale:- Silk shawls, fine hand woven cotton/silk table linen-all hand woven and scarves.

Jenny has also written a book.

Jenny's talk was very informative, hilarious and full of humour and we look forward to her returning soon to enlighten us further on her life in Turkey.



Thursday 23rd November 2017—Gill Simon Integrated Services

Q. What do CPMS expect us CPSG to offer as a support group?

Answer: To be engaging

An opportunity to be with/meet likeminded people

To be enthusiastic

Help others to develop coping skills

Share experiences

Give support when someone wobbles

After finishing with CPMS and having their help and support can be a tough time for people. They are about to start a new journey of their own and have to give thought to the best way forward. Feeling alone and isolated is a daunting prospect so knowing there is a support group at hand that is welcoming and friendly can be a real comfort.

Two services coming/working together as one and to be called: **Integrated Pain Management Service**

Looking to deliver management for people in pain

Two departments-medical/non-medical

Triaged and directed to appropriate department

Referral by medical professional

Gill talked to members and ironed out any concerns they had over the new system

No indication of when the new system starts was given

CPMS will continue to support/promote CPSG

Gill suggested members of CPSG look at British Pain Society website for help and support www.britishpainsociety.org

Positively Crafty

On behalf of Positively Crafty I would like to wish you all a Merry Christmas.

In November we made calendar cards designed by Beryl Burroughs (see photo) many thanks to Beryl and Tricia for a really enjoyable afternoon of card making and thank you to Lorraine for the wonderful cake made and enjoyed by all.



The committee recently met and it was agreed that I could discuss with the members of Positively Crafty how they want to take Crafty forward in 2018. Tricia and myself have tracked down some craft tutors that offer something completely different to anything we have ever done before as a group. We feel that by bringing in outside crafters it gives you all the opportunity to try new things and it gives us, the organisers, an occasional break. The downside being there may be additional cost. All will become clear at the forthcoming session and your feedback will be most welcome.

Provisionally in 2018 we are looking at Wet Felting, Origami Jewellery, Candle making and for those of you who did the original Silk Painting class will I am sure remember Marianne Billet, who would be only too happy to come and do another class for us.

In the meantime if you have any ideas you would like to share with the group we would be pleased to hear them.

On December 7th we will be doing Christmas Baubles so please bring along imagination and anything you would like to put in or on your baubles.

Hopefully we will see each other again at Positively Crafty or at the Christmas Meal on Monday 11th December that will take place at 12.30pm at the Moreton Hall Pub, Lawson Place in Bury. Celebrate the festive season with a traditional Christmas meal or pick from the variety of menus on offer.

Please contact Debby if you would like to go as soon as possible by messenger or call her any day between 12pm & 7pm. We have a provisional booking and there is a £5 per person non refundable deposit.

CPSG Christmas celebration ideas for 2018 will be asked for at the AGM in September and subsidising any costs may also be considered dependant upon funds at the time.



Unfortunately coffee morning on Monday 11th December will now not take place however we have since learnt that Marlows coffee shop are holding Breakfast with Santa for the little ones.



Fibromyalgia Support Group

A new support group has been set up in Bury for people suffering with Fibromyalgia by Brett Robertson. He is trying to raise awareness of the condition and set up a group initially on Facebook (Bury St Edmunds Fibromyalgia)

Following the Facebook groups success he hopes to hold monthly meetings with refreshments whereby people with the condition can come together and share ideas, concerns, empathy and help each other. If the group meetings take off he has ideas of how he would like to see it go forward with the input of those who attend. Media coverage has increased his followers so if you would like to know more details please join the group on Facebook. James Sheen of 'We love Bury St Edmunds' posted an article by Brett on Facebook recently so if you are a member of that you may have seen it.

The film 'Unrest' about ME, Fibromyalgia and Chronic Fatigue Syndrome is to be screened on 12th December at Abbeygate Cinema. Booking may be required. Again you would have to find out more from Brett on Facebook.

CPSG wishes Brett every success with his new support group.



Run for Patients by Patients

Meeting Dates for 2018

Coffee morning – Monday following Crafty at Marlows, Hollow Road in Bury from 10.30am

Positively Crafty – 1st Thursday 1.00 – 4.00pm at Southgate Community Centre

CPSG – 3rd Thursday 2.00 – 4.00pm at Southgate Community Centre (small hall)

Coffee morning	Positively Crafty	CPSG
8 January	No meeting	18 January British Legion
5 February	1 February	15 February
5 March	1 March	15 March Update on Opioids
9 April	No meeting	19 April Jo Nichols Dance
7 May	3 May	17 May
11 June	7 June	21 June
9 July	5 July	19 July
6 August	2 August	16 August Joan Smith—Fans
10 September	6 September	20 September
8 October	4 October	18 October
5 November	1 November	15 November
10 December	6 December	No meeting

Wishing you a very Merry Christmas and a Happy New Year



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 18 Jan
Southgate Com Centre