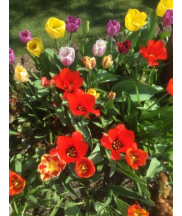


**Welcome to our Summer Newsletter**

News from the Committee



**Group Outing**

Enquiries are under way with regard to organising a boat trip for group members to go on most probably in September. We will keep all members informed of any decisions that will be taken forward. In the meantime please confirm your interest to the committee at any of the CPSG meetings so that a list can be compiled. We hope to be able to confirm the outcome of early enquiries after 4th June.

**Group Leaflets**

New publicity representing the group is currently being designed and once printed will be immediately cascaded out to local GPs and those in a 15 mile radius of Bury, WSH, CPMS, and Bury Library. Further outlets will be considered thereafter.

This is your group and we are always looking for input and feedback from you as members and in this instance we are asking if there is anything you feel should be included in the new design. Please email your comments to [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk) or call 07724 187774

**Refreshments at Meetings**

Hot and cold drinks will continue to be provided to members at meetings however we are looking to members to volunteer to bring in the cakes (home made or bought). If cakes or ingredients are purchased monies will be reimbursed on the day if a receipt is given. Cakes will be provided at the June meeting and we will discuss this with you at that time and if members are willing to give this a go a rota can be drawn up.

Dates for 2019 will be confirmed in the Autumn Newsletter.

As a committee we cannot emphasise enough how important it is for you to let us know in advance if you are coming to the meetings. This helps us to plan ahead with preparations and catering requirements. It is also in the interest of the speakers we ask, especially those who have to travel to the venue. Please keep in touch if you are able just so we know how you are or if there is something preventing you from coming.

The speaker for the forthcoming meeting on Thursday 21st June will be presenting on Marie Curie. Care and support for people living with any terminal illness and their families.



### Positively Crafty Update from Debby



Positively Crafty got off to a slow start this year, we had already decided last year that we would start the group back in February as Christmas and New Year can take its toll on some of our members and we were also aware there would be others whose grand-parenting skills would be called on as schools were still on Christmas break.

In February Crafty we made Fairy Tea Light Jars which as you can see were very effective. In March we had a lady called Lizzie Brown scheduled to come to show us how to do Wet Felting. We were all quite excited as none of us had ever done Wet Felting before and were not entirely sure what to expect but the Crafty Girls are always keen to experience new things so it was with utter disbelief that I sat listening to the weather forecast a few days before only to hear the words severe weather warnings, heavy snowfalls, freezing conditions so to stay indoors was our only option. It was with a heavy heart we had to contact Lizzie to postpone the class for March but luckily Lizzie was free for our May Crafty date so thankfully May came along and so did Lizzie.

We all enjoyed the class as it was something completely different to anything we have ever done before, simple to pick-up and choosing colours as an idea starts to form of how you want your picture to look. The idea being that you build your picture by laying out the different coloured wool in fine strands onto a square of white Murano sheep wool felt was so relaxing. It was exciting to see everyone's ideas coming to life then when you were satisfied with your picture you soak it with mild soapy water then sandwiched it between 2 pieces of bubble wrap. You rub using more water and a small piece of olive soap to bind the picture strands to the background square. Lizzie had to help some of us at this stage and so did the girls who were able to. We always work together and help each other out and as you can see by the photographs we made some lovely pictures and gained a real sense of achievement at what we had created.

Lizzie has said she would be happy to come back again so that the girls who were unable to make it this time get the chance to have a go.

What do we have lined-up for the next 3 months:-

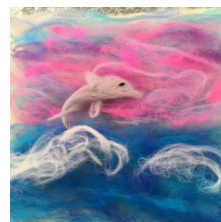
June 7th we have a tutor called Marianne Billitt making a return visit to Positively Crafty to do one of her workshops. Last time she did Silk Painting with us which we enjoyed so much we purchased the materials needed to do the silk painting ourselves and subsequently have done silk painting as a group with thanks to the confidence Marianne left us with. This time she has planned something a little different. She will be doing tissue landscape collage and has titled the workshop as - our 'Promised Land'.

Marianne has said she would like you to bring along any magazines or holiday brochures you may have at home with landscape pictures in. It can be any landscape, fields, seascapes, mountains. I am so looking forward to that in June. Marianne loves what she does and has a way of getting you as enthusiastic about what you're doing as she is.

In July a request for fairy tea light lanterns again as they proved very popular last time but we are going to expand the subject matter this time to mermaids, castles, Cinderella, carriages. Please bring along a glass jar with a lid, a large coffee jar or you can buy hurricane jars in lots of shops now which are ideal. You will also need some silk flowers for decoration and lights which can be battery tea-lights or a small string of lights, the choice is yours.

In August/September we are doing Card Craft but exactly what, will be decided nearer the time.

Until next time I wish you warm summer days and enough wet nights to avoid a hosepipe ban.



## Arthritis Action for people living with arthritis

The next three meeting dates we have booked in **Bury St Edmunds** are as follows:

**Tuesday 5<sup>th</sup> June, 18**

**2pm – 4pm**

Room: **West Hall**

Speaker: Tom Osborn, Engagement Team Coordinator OneLife Suffolk

Subject: Walking for Health Programme

**Tuesday 24<sup>th</sup> July, 18**

**2pm – 4pm**

Room: **West Hall**

Speaker: TBC

**Tuesday 11<sup>th</sup> September, 18**

**2pm – 4pm**

Room: **West Hall**

Speaker: TBC



The meeting address details are as follows:

**The Centre, St Johns Street, Bury St Edmunds, Suffolk IP33 1SN**



## Volunteering

Giving back to other people can improve lives and be so fulfilling. You can gain so much from it whether it be a friendship, a new skill or a reason to get up in the morning. As later life approaches along with retirement some can be at a loss as to know how to fill that void. Volunteering can give you a purpose, improve your wellbeing, utilise skills and experience, be stimulating and raise self-esteem. Meeting new people and being socially connected can help reduce loneliness in later life. Life can be at a pace to suit you and you can give as much or as little time as you like. There are many opportunities available so as one door closes .....

Within the CPSG there is an opportunity to volunteer. Valuable skills can be utilised and someone who has had previous experience of groups and the running thereof would be of great benefit. A Fresh eye is always a bonus when a little rut needs smoothing out. CPSG has seen growth and has flourished through the years but sadly it seems to be losing support. It has not gone unnoticed that more specific condition groups are popping up and understandably may offer the type of support that people need more.

This is your group and you are entitled to have a voice. A facilitated open meeting could be held whereby members views can be aired and any ideas or suggestions they have can be put forward, resulting in a structured way forward being achieved. If you feel this would be worthwhile please let us know.

It would be a very sad day if the group folded.

## Take a moment ....

Sunshine can have a powerful effect on health, boosting your immune system, lifting your mood, improving overall wellbeing and sleeping patterns.

Going for a walk in a green space also benefits your physical and mental wellbeing.

Acts of generosity help mental wellbeing.

Social networks and healthy relationships can help stave off mental health issues and keep your mind as healthy as your body.

Looking out for new-borns, meandering by a river, wandering among nature, stringing a daisy chain, hugging a tree, having a cuppa in the garden, gazing at the moon and wondering at the stars that are visible. The movement and flow of water and listening to birdsong.

Long summer evenings provide the perfect opportunity to immerse oneself in one of nature's most colourful and romantic sights-admiring the setting sun. A kaleidoscope of brilliant, intense, deep and amazing sight to absorb at the end of a day.

Nature and the climate evolve as do our daily lives and some of us need a daily dose.

Savour those moments.



## **Lymphoedema Service**

The West Suffolk Alliance Lymphoedema Service run by West Suffolk NHS Foundation Trust and Suffolk GP Federation was launched in March to coincide with Lymphoedema Awareness Day, which is run by Lymphoedema Support Suffolk. The service is based at Drovers House in Bury and supports people with the condition. It is led by nurse consultant Diane Cheevers who is supported by 2 lymphoedema practitioners and 1 healthcare practitioner.

CPSG had a stall at this event on March 19th and raised funds of £27.20.



We are now looking ahead to plan the 2019 programme. If any member has any suggestion with regard to a speaker please come forward with the details. Our aim is to provide a variety of topics throughout the year if members wish to continue meetings being held on a monthly basis. If members feel we should be providing more than we already are please make these known to the committee.

With the year progressing our thoughts will soon be turning to the AGM. Please consider whether you have skills to offer within the running of the group and could take on a committee role. A minimum of 4 people is required.

If anyone has any concerns about the running of the group please make them known. In the meantime enjoy

**Summer!**

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



Chronic Pain Support Group  
Tel: 07724 187774  
Email: [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

Next meeting 21 June  
Southgate Com Centre