



Welcome to our Autumn Newsletter



News from the Committee

AGM

The meeting on 19th September will include the AGM which will take place during refreshments from 3.15pm. A speaker is scheduled in from 2pm. All the notices have been served on all members giving a deadline for responses. If you do not wish to stand as a committee member please complete the survey and return in the SAE provided. The forthcoming year plan will stem from your replies so please give this some thought. Investing in the members is the aim as always.

Outings

Sadly the Felixstowe trip has been cancelled due to insufficient interest. An afternoon tea/cream tea is being considered if members would like one to be arranged. If not please come forward and say where you would like to go and what you would like to do. An outing can only be arranged if members participate. Last year a very successful one was achieved and we would like one this year to be too.

The Guildhall Tour took place on Tuesday 20th August lasting up to an hour and a half. Catherine gave an informative, factual tour through the rooms and round the gardens. Very enjoyable. Thank you to all who came along.

Fundraising

CPSG are having a stall at the Cockfield Flower, Fruit, Produce and Craft Show which is being held in the village hall on Sunday 8th September with public admission from 12 noon.

CPSG may also have an opportunity to have a stall at this year's Christmas Fayre in November. Details will be circulated as soon as they are known.

Dates for 2020

The dates have been agreed, the speakers are yet to be arranged. The format continues in the same way as it is now unless anything comes up in the surveys that require this to be reviewed. The venues also remain the same.

Members

We would like to hear your views on the group itself and what you as a member get out of it. Several of you we do not see nor hear from month to month and it would be nice to hear from you to help us understand why. Funds that are raised are being swallowed up in admin costs/fees/publicity and speakers yet it is the members the group is all about and why it was set up in the beginning. Help us to invest in you by suggesting in what way we can improve so that we can see you in group, more often throughout the year.

Although numbers have slightly increased this year we would like to see a few more new faces in 2020.



Bringing likeminded people together

Run for Patients by Patients

Lark in the Park Mildenhall—Saturday 13th July from 11am to 4pm



A highly successful event come together created by Bark in the Park dog show, vintage cars, Morris dancers Slack Ma Girdle in their colourful costumes, Birds of Prey, climbing wall, reptiles, funfair and charitable causes and more..

Lymphoedema Support Suffolk invited CPSG to share their gazebo at this event where there was something for everyone to participate in.

Wandering around you may have met or come across this character on the left, if you attended the event.

Many visitors came to chat drawn in by encouragement from the ladies assisting on the stall and support was given to both causes. Raising awareness and a few funds was the aim of the occasion and both causes did well.

Several CPSG packs were handed out to those visiting/passing by.

Thank you to the volunteers who helped on the day, for the contributions and a special thank you to Lymphoedema for the invitation and for all their help too. A very enjoyable day .

Funds raised: £58.00



Just a few photos of what can be achieved at Positively Crafty:- vellum flowers, mosaic cards and silk painting.



Now we are into Autumn Christmas cards and calendars will be the focus.



Speaker Presentations

In July we welcomed Enid from St John Ambulance who gave a very informative talk on first aid and a thorough demonstration of how to administer CPR on adults, children and infants. She talked at length about this procedure and also showed us a defibrillator that was used for training purposes. St John Ambulance are called out to many events and public gatherings, crucially supporting other services too. Enid's message instilled confidence in us and with her extensive knowledge and years of experience we learned a lot about her role in such a renowned organisation. Her presentation, which is to be continued, was well received.

In August we welcomed Joan who gave a humorous talk about cats and her love for them therein. More importantly an informative account on Bury's Stray Cat Fund whereby she is very much involved in the charitable cause and the good works that they do. Joan also talked about fostering cats which she herself does too.

Both causes were given a donation by CPSG as a token of our thanks for coming along and giving a presentation.



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

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Tel: 07724 18 777 4
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Web: www.chronicpainsupportgroup.co.uk

Next meeting 19 Sept
Southgate Com Centre