



Welcome to our Autumn Newsletter



News from the Committee

Southgate

The community centre has tentatively reopened in a slow cautious way with hirers coming back at different times. They have a detailed plan in place for secure guidelines for users, social distancing, cleaning and good hygiene requirements and a comprehensive risk assessment. The centre has undergone maintenance and a refreshing redecoration programme during lockdown so you may see some changes on your next visit.

CPSG has had to draft guidelines for all group members to adhere to when attending group meetings. Some of these are what Southgate drew up themselves and some we have pieced together from official community centre sources. All members will receive a copy of these guidelines and as you will see there is more responsibility on our shoulders to enable meetings to go ahead. A group risk assessment will be on display at each meeting along side Southgate’s own one related to the hall. All the time the virus is in circulation and depending on government/local guidance at the time of the meetings, over time these guidelines may change accordingly.

As you come into the hall hand sanitiser will be in place for use on entry and exit. If the small hall is in use the entry is via the corridor and exit via the fire door so you come in one door and out the other.

As a member it is in your interest to bring your own personal items such as hand sanitiser, face covering, gloves, tissues, wipes and drinks. You are advised not to bring food into the hall unless for medical purposes.

The kitchen will not be in use so refreshments will not be served during meetings. You will see all this in the guidelines as well as social distancing of the layout in the hall.

This all may seem harsh however for CPSG to succeed we must adhere as best as we can so that we can all stay safe and well.

First Meeting and Speaker

The majority of group members voted to recommence meetings in the autumn so the first meeting, all being well, will be held on Thursday 15th October 2020 at 2pm. The speaker is Jenny Gibbs who has confirmed attendance and her talk will be all about running a B&B in Turkey. Jenny will bring with her some items for sale.

First Aider

It is the responsibility of CPSG to appoint a first aider and advisable for one to be in attendance at the meetings. If anyone is qualified in this field and would like to help out as and when necessary please come forward. If not, if any member is willing to be trained as a first aider this would be covered by group funds. CPSG has recently updated the first aid kit and this will be available to members at each meeting.



Bringing likeminded people together

Run for Patients by Patients

Positively Crafty

Due to the current circumstances and all the craft materials and tools that will need to be sanitised before and after a session, it has been decided that Positively Crafty will not meet until the new year. I know for some of our members this will be hard to accept however it gives us an opportunity to see how successful the two meetings in October and November will be under this new regime.

It may be, in time, that members purchase and bring their own set of tools for their personal use and if they do they will be responsible for looking after them whilst crafting and keeping them clean.

It is not easy keeping tabs on all the different items used during a crafty session and quite often some items do go missing.

The themes for the sessions throughout 2021 will be varied to include:- calendar making, occasion card making, learning to crochet, making a lavender bag, finishing off the tissue boxes and macramé to name but a few.

Janet has come up with many inspiring ideas to keep everyone connected and occupied throughout. She has gone above and beyond with all her help, advice giving on how to make items, what to use and where to order from, sending gifts to get people going, just being there for everyone and keeping them focused and supported through all the laughter, the tears, the good days and the bad. Sending encouraging words, caring and sharing even through her worst days. Her husband has also helped by sending out patterns and surprise gifts to those involved. Janet has been a shining light through all this and thank you just does not seem enough for any of it. Janet deserves so much more however for now highlighting the gift of friendship and recognition for all Janet has given over these last few  months, we give you 'Three Cheers'!

The Challenge Group

Sharing everyday experiences and the ups and downs of the day-to-day continues to be a lifeline of reassurances for those who have been struggling to cope with the isolation and length of time of being in lockdown. Emotions as well as tensions have run high and when you are also in chronic pain it becomes extremely tough. To know there is someone there for you in the darkest of times and scariest of moments can be invaluable. Support is what the group is all about and within this challenge group, at this time, support has been the number one priority no matter what you need it for and no matter what the hour of the day. There is also laughter, fun and light hearted banter to encourage you to get on, even a suggestion of parachuting caused great humour. The bond of friendship is now even stronger through all this. These creative challenges have had a real positive effect and actually benefited lives. Having a purpose and being stimulated gives a sense of satisfaction and fulfilment. Besides the crafting having someone there to confide in and hold out a hand of comfort has been invaluable. In times of heightened awareness as well as knowing you are not alone relaxation techniques can help to calm the body down. Anxiety can manifest in the form of muscle tension in many areas and negative thoughts can so easily cloud the mind and lead to emotional sadness. At times like this turning to breathing techniques can have a huge impact on our health and help control those feelings.

Lockdown has now eased and has been a time of rest and recuperation for many of us however it has also helped so much to have someone to talk to who has been through real life experiences and hearing about it. It helps you to feel your not the only one going through it. When you cannot get out and about it really makes a difference and it helps you to feel less isolated and more connected. You are gaining friendship as well as talking about it to someone who has been through the same experience.

Items made—clay pots in macramé holders, origami, needle felting, painting by numbers, embroidery, cards, bucket lists, scrapbooks, short stories, bracelet designing, pressing flowers, vegetable faces, paper mâché.

Janet has not been short of creative ideas and these have been well received and attempted.

'If only I had a brain' came 3rd in a village scarecrow competition of 74 entries—Well deserved Shelby!

Shelby is a very talented young lady and has an artistic approach to crafting. Shelby is good at tutoring and is very patient and caring. Shelby's achievements deserve recognition.



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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Next meeting 15 Oct
Southgate Com Centre