



Welcome to our Summer Newsletter



News from the Committee

The period since the Spring newsletter has been a very challenging time for us all and we have had to adapt to a different way of normality. Meetings had to be postponed and may not be forthcoming for a while. Speakers have also had to be postponed and we hope to reschedule those that can accommodate us in the new year. We are being guided by the government and although some of the lockdown is easing in certain areas not all are which includes gatherings within a closed space. We may have to accept changes and adapt to them if and when we do come together.

The Way Forward

As members you have the opportunity to voice your thoughts on how you feel about going forward and when you would feel confident to leave your home and attend a meeting. Although indoor gatherings are not yet taking place your comments are vital in helping us plan the way ahead with the group. The review may now take place in July once we know what the terms of the government guidelines will be after the 4th. In the meantime can you give this some thought and let us know by email or telephone. (bottom Page 2)It may be a little early but honesty is what is needed as this is not to be taken lightly and health and safety is a priority for us all.

Southgate have yet to respond to the question of going forward, when we do get confirmation you will be informed.

Subscriptions

On the basis meetings have not been able to go ahead since February and at this moment in time we do not know when they will be able to, subscriptions in the new year will be adjusted to reflect this.

The Challenge Group

If you have been reading the last two directory articles you will get an idea of what this small group is all about. Crafting is the connection as well as support, encouragement and a helping hand or word of comfort in times of need. Being there for each other and listening has been vital to each others wellbeing also being urged to keep going when times have been really tough. This has been a lifeline and having someone to turn to when you are at your lowest ebb can be a real saviour in this time of crisis.

Easyfundraising

We've been paid by #easyfundraising! Thanks to everyone who's raised. If you're not supporting Chronic Pain Support Group (Bury St Edmunds), please sign up now. It takes 2 minutes & 4,100 shops will donate to us for free every time you shop with them!

Visit: <https://www.easyfundraising.org.uk/causes/chronicpainsupportgroup/payments/62/>

Funds received: £15.30 a BIG thank you to all who have placed orders via this cause for benefit of the group.



Bringing likeminded people together

Run for Patients by Patients

Directory article for June 2020



Crafting is still being achieved in the challenge group and new skills are being nurtured. New talent has been gently uncovered which gives us ideas for going forward with Positively Crafty. Members have still been keeping in touch and encouraging each other with the weekly tasks set, like a small close knit family. As you can see needle felting, ways with wool, cards and embroidery have been ongoing and with new people joining in may mean new interests to try. This has been really helpful for those who are alone and feel isolated.



A lot of things that were crucial in our lives and that we are now being deprived of is having a profound effect on our mental wellbeing. This uncertainty can cause many feelings to rise to the surface and invade our every day calm. If your mind is working against you, you



may feel more drawn to doing things that create more negativity than positivity. Distraction is one small way to help overcome this and learning to focus on what you can control rather than what you cannot. Taking care of your physical health, keeping in touch with others close to you and using relaxation techniques can help too. Solace can be found in sharing your feelings with others in a similar position. Seek out and create moments of joy in your day, set your intention and make choices that bring happiness and make you feel good. Minimise the things that do not serve you well especially if they have become a habit. Being deprived of other human contact has been such a loss to those who rely on regular social interaction so a chat date or a video call where you can see another person and their facial expressions can be of real value. This is a really tough time and it is vital to stay connected and become adept at the same time making the best of each day in the best way you can.



Your senses help to focus on the present and help you find calm in the moment and it is these moments that can bring you joy. Touch, hear, smell, taste, see, listen and breathe can help you find a way to activate relaxation as can reconnecting with nature which is a great advantage to our mental wellbeing.

The articles that are publicised in the Moreton Hall and Southgate Directories have now been uploaded onto the CPSG website and can be found under the heading 'Publications' on the menu bar. The website has been updated in other areas too.



This is a finished version of the tissue box we were doing in a Positively Crafty session with Joan Smith. As you can see from the bottom picture, which is the one Joan made, it is not finished with the same finesse. Through lockdown we missed out on Joan's second session of how to finish off the design and sew the five sides together. Hopefully we can reschedule when crafty resumes. There are mistakes although you cannot easily see them. It is all made with multicoloured double knit wool. If you recall Joan was the lady who did the presentations to the group on Fans and Bury Stray Cats Fund.



Joan has since become a member of the group.

Heartfelt wishes to all members, their families and friends. Sincere condolences to all who have loved and lost. Until we can meet again keep safe and as well as you can. Take good care and enjoy the benefits of the sunshine



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 likeminded people together



Tel: 07724 187774
Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting TBC
Southgate Com Centre