



Welcome to our Winter Newsletter



News from the Committee

Easyfundraising

Throughout this period many members have supported this opportunity but one lady in particular we give special thanks to from us all, for her ongoing support. She has done so much for so many and has held us together in good times and bad despite her own health concerns. Her contributions make up a high proportion of this donation. Janet you deserve the recognition and we applaud you.



£25.88 has been raised up to 30th September

This is the note that came with the cheque:-

We've been paid by #easyfundraising! A big thank you 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 & 4,300+ shops will donate to us for free every time you shop with them!
Visit: <https://www.easyfundraising.org.uk/causes/chronicpainsupportgroup/payments/64/>

You can access Easyfundraising via the group website just by clicking on the logo at the bottom of the home page.

Surprise Gift

In these surreal times and with little opportunity to get together a little something to brighten the day brings a smile to the face and we hope that this Christmas treat does just that.

Meetings remain on hold now until after Easter and even then any decision as to whether they go ahead will be dependent on the government guidance at the time. We truly hope the news will be more positive. Meeting dates for 2021 will be confirmed when we know it will be safe to go ahead. Members will be informed. This applies to both CPSG and Positively Crafty.

Annual Subscription

Subscriptions are usually due for renewal in January of each year. As things are, this is unlikely to happen in 2021. It may be that discussions with members will take place once meetings are scheduled to go ahead. For now it is not a concern so please do not send any monies as they will only be returned. All members, if they wish to continue to be a member, will have the opportunity to renew their subscription in due course. We cannot foresee at this time how things will be in the future. Whatever happens members will be informed in writing, by post.

If you have a story to tell or would like to share what you have been up to in lockdown to keep yourself occupied/how you have coped, please email Lorraine. Group publicity is still being featured monthly, in the directories in Bury.

Heartfelt wishes to all whose lives have been touched by loss this year.



Wishing you all a very Merry Christmas



Bringing likeminded people together



Run for Patients by Patients

In Janet's own words—October 2020 article for MHD and Southgate Directory

There is nothing more debilitating than pain and joining the Chronic Pain Support Group helps me to cope. Meeting people who understand that when you are having a bad day, a kind word of understanding goes a long way. That is only one part of the help the group gives me. So, when the Covid Virus took over all our lives, keeping in touch with each other became imperative, that is why the Challenge site was started. To make sure that we could stay in contact with each other and we could keep busy, learning new skills and helping each other in the process. For my part, I keep busy thinking of new challenges and making sure that they are doable. I must admit that when we started, no one expected it to go on for so long, but luckily there are so many new crafts to learn and so far we still manage to find new ones.

The challenges have ranged from embroidery to making a clay pot and a macramé holder to hang in the garden. Everyone has embraced the new skills and I have enjoyed learning them as well. Some people have picked up new crafts that they love doing. One lady had never embroidered before, now she does it daily and she has done a few while still carrying on with the new challenges. Others will also carry on with some of their new hobbies. There is no pressure to join in and no time limit. Some people might not fancy one of the challenges, so they do something else. As long as we are keeping busy and talking to each other on a daily basis via social media, we can support each other and we laugh a lot. New people are made to feel welcome and are welcome to join in if they wish to. Some just join in the chat and that is great. I think that all members have been terrific, trying and succeeding in so many new skills. It doesn't matter if a pot looks dreadful, it is still a success because we have had a go. The Challenge Group has helped me so much. It has kept me busy and made me laugh and helped me to cope with the situation we now find ourselves. I know that my friends are there when I have a bad day. We look after each other because we understand.

Saturday mornings we now get together and meet on Zoom for a coffee morning catch up or a quiz from 10am. Seeing each other has been a real boost. The interaction throughout these unprecedented times has been vital. If you would like to join in, even if you would just like to chat with other members, you will be more than welcome.



Shelby is training to be a Florist and the above are

some of her designs she has been creating at college



Once upon a Time ...

Stories to help you snooze

In recent times sleep patterns and broken sleep from worrying has taken its toll on our sleep. Many of us will remember how bedtime stories lulled us to sleep as children and now there is a growing movement that this could do the same for sleep deprived adults. This may not be new but is certainly on the increase with many adults everywhere having access to modern technology can drift off via an app, Smartphone app—Calm, sleepwithmepodcast, YouTube, audiobook or a specifically written story and recorded in a relaxing and hypnotic way, like a guided meditation. By doing it this way helps to reduce anxieties thus relaxing the adult and lulling them to sleep. Many celebrities lend their voice to story telling. Adults take a lot longer to stop thinking about their worries and get into their imaginations. Connecting to their senses can help them get into a story. The format of listening to a story is conducive to sleep and switching off the light to just listen also means melatonin, our hormone that responds to light, can kick in to make us feel sleepy. Doing something calming before bed such as listening to a sleep story is designed to help us let go. A story can help you turn the volume down on your worries from the day and switch off any nagging earworms.

Audiobook Bedtime Stories for Stressed out Adults by Lucy Mangan/Sleepy podcast. apple.com

WE LOOK FORWARD WITH HOPE AND TO SEEING YOU ALL IN 2021



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 April 2021
Southgate Com Centre