

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Are you living with chronic Pain?

If so, you're not alone

Come along to....

- Meet other people in pain in a safe environment
- Share experiences
- Find mutual support
- Make new friends
- Participate in funding projects
- Discover up-to-date information on pain
- Learn self-managing skills
- Learn how to lead an active life in spite of your pain

We provide

- Regular monthly meetings
- Refreshments
- Guest speakers
- Quarterly newsletter
- Website

Since we started we have welcomed a number of very interesting and interactive speakers from a wide range of disciplines and are always looking for healthcare professionals or other professionals who help those in pain to join us as a speaker. Now we have monthly meetings we try to balance this out by having a variety of topical speakers as well as the pain related ones.

Positively Crafty are looking for willing volunteers who have time on their hands and with crafting knowledge to give a tutorial on their particular craft skill to a friendly, informal crafting group who like to try all sorts of different types of crafts.

Using your hands has been proven to be therapeutic and crafting brings many beneficial rewards to people in pain.

As we are a self-funding group we are unable to seek professional tutors.

We have various crafting materials that may assist in a tutorial.

Our crafting sessions are held monthly on the first Thursday from 1pm-4pm at Southgate Community Centre in Bury St Edmunds.



If you have a skill you would like to share with us or if you would be interested in giving a speaker presentation please call **07724 187774** for more information.