

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



This opportunity allows us to reach out to you in the community and welcome you into our group whereby you can come along and join in with likeminded people and make new friends.

Chronic pain can interfere with your ability to get about, your social life and your emotional wellbeing. Pain is invisible, can dominate, be limiting and create negativity. Turning this around can be a major hurdle.

Sharing your journey with others who understand exactly how you feel can help you feel less pain, boost your wellbeing and your social network.

New friendships have been formed within the support group and being accepted, in any new situation, as you are and not how you used to be, helps immensely. Friendship brings kindness and support, which is what we offer. Gaining confidence and feeling needed within a friendly environment can give you a real boost.

Our situation of need is still ongoing and we are looking for people who have the knowledge and ability to work together, giving support to members and building on what the group have achieved to date, taking it forward and establishing growth.

We are a friendly group with a relaxed attitude-its all about feeling comfortable with others and sharing time together.

We welcome all ages over 18 and genders so we look forward to meeting you very soon!

[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

Our **CPSG** meeting in July was an interactive session on dance movement 'an energy shower' to help invigorate and boost energy levels. Led by a lovely young lady who herself has experienced constant pain and found a way to overcome many challenges to be where she is today.

The focus was being on the positive and recognising what you can do and what you are able to express through movement. Seated dance, exercise and simple stretches to music. Something for everyone to get involved in whilst having a laugh and mixing together as a group.

Our next **CPSG** meeting is on Thursday 21st September at 2pm at Southgate Community Centre in Bury. We will be holding our annual AGM and to follow we hope to welcome a speaker who will give us an update on medications that we are familiar with and the affect of integrated services.

Positively Crafty is held on the first Thursday of each month from 1pm to 4pm at Southgate Community Centre. Crafting brings many rewards including social interaction, new friends, a sense of achievement, a chance to unwind your mind and a craft to suit you.

Deco patch and felting crafts are currently being enjoyed.

If you would like to learn more then come along and join us or call on **07724 187774**.

