



*Bringing people together* affected by chronic pain and providing support, activities and advice is the purpose of our group as is raising the profile of chronic pain within East Anglia.

Having a specific purpose allows us to build and create things together as a group. People from different backgrounds with different needs gives them the opportunity to connect, helps them to get to know each other and helps them to decide for themselves to what extent they want to participate. Not everyone wants to share with everyone else nor feel pressurised to do so until they feel they are ready. Identifying peoples needs and investing time and effort into developing relationships and friendships is vitally important.

People like to express themselves without being judged and real listening and sharing views helps to evolve the process.

We like to think our member's can share their relevant experiences and benefit from participating in a group, also gaining and achieving something from taking part. Members have a voice and their needs and opinions are respected. Acknowledging what they share helps us to decide how to react to it.

Coming together on a regular basis helps people to focus on the positive, stay in touch and feel better in themselves.

To encourage growth within a group flexibility, adaptability and accepting change is needed for that to flourish.

Coming up for **CPSG:-**

In September we held our AGM so we now look forward to shaping the future of the group and planning our programme for the new year. Booking speakers is top of our agenda.

In October we hope to welcome a speaker who will relay tales of rural life in a Turkish village. Full of humour and stories of a culture so different from our own.

In November we hope to learn all about the history of Lavenham.

With all the activities and festivities of the season to distract us there will be no meeting in December.

Coming up for *Positively Crafty:-*

In October and November the theme will be all about Christmas.

Decoupage on the bottles and jars is still to be completed or if that is not a craft that suits you, you can bring your own project and still be able to join in with the fun and laughter that crafting creates apart from the sense of achievement.

For more details about the group please call on 07724 187774

or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

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

We look forward to welcoming you!