



Over the course of time we have welcomed many interesting speakers from a variety of disciplines.

Speaker presentations play an important role in our monthly meetings. Members are drawn in by them, like to interact with them, question them and like to take something away from them, that may help them day-to-day. So it is to our members that we look to for suggestions and try our utmost to accommodate them.

Our monthly meetings are alternated throughout the year— every other one is for a speaker that is a health care professional or other professional who help those in pain. Those in-between are for a speaker of a topical nature and non- pain related.

What our members look for is that the speaker can:-

- Interact well and be entertaining
- Hold their attention
- Be informative
- Be easy to understand
- Have a good personality
- Relate to them
- Give encouragement
- Be someone who understands their problems

Members expect to gain knowledge and relevant information from each presentation delivered.

Each one is followed by an opportunity to ask questions and to chat with people over refreshments.

We are looking for speakers in interesting and informative subjects; our members have expressed an interest in the following topics:-

Emergency services

Flower arranging

Gardening

History of Bury St Edmunds

Mindfulness

Palliative care

Reflexology

Training assisted dogs

The 1960's

WW2

If you are someone or know of someone that is knowledgeable in any of these topics or if you are someone who has a specialist subject you would like to share with us please contact us on 07724 187774 or email info@chronicpainsupportgroup.co.uk

Our next meeting on Thursday 20th July is all about dance and the fun ways in which you can enjoy it and relate to it, even when in pain. The facilitator leading the session is someone who is likeminded to ourselves so fully understands how we feel and how it can affect our lives day-to-day.

You are welcome to come along and join in at 2pm at Southgate Community Centre in Bury.

We look forward to seeing you there!