

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



**Chronic Pain Support Group** is a support group giving valuable guidance and support to people with persistent pain and arranging information sessions.

New starts can be a little daunting as you step into the unknown but can be surprisingly refreshing so if resolutions are not for you but doing something more positive for yourself is and you feel managing that is far easier, why not pop in and see if what we have to offer suits you. Take that first step and engage in uplifting conversation surrounded by positive people.

Managing positivity when you are consumed with pain that effects everything you do can be achievable if you embrace it with small steps. Believing in yourself, forgiving your mistakes and learning to let go is a good start. Think of it as an opportunity you in charge of and take control in accomplishing the small things, telling yourself you will do your best in creating a successful reality. Reach out to others in your position who can share and understand the highs and lows. Knowing that you are not alone will help you to fulfil your goal.

As individuals and all have differing views your approach, by nature, may be variable as it is all about finding what works for you.

January saw the start of the new year for the group and the renewal of membership. There is a minimal joining fee which entitles you to attend monthly meetings with speaker presentations, quarterly newsletters to keep you connected, maintaining the group website, publicity and ongoing activities. A visitor's fee is payable if you come on the odd occasion which you are quite welcome to do.

The speakers, who take up the first hour, for this year vary from being formal to being interactive, light hearted and fun. The second hour is more social where we bring members together as one over coffee and cake with, at times, the odd quiz.

***Positively Crafty*** hold monthly crafting sessions and cover a wide variety of crafts throughout the year. There is a small monthly session fee payable which includes refreshments and the provision of some crafting tools/materials in which you can use. If you do have some of your own crafting tools you are welcome to bring them along to use if you prefer. Also if you do not wish to join in with the ongoing activity you are welcome to bring your own craft to do and still join in with the light hearted banter.

This year we are holding some workshops where a fee is required for materials which are provided by the tutor.

No matter what craft you create at crafty you always go home with the proof of what you have achieved which is what we aim for.

In March we will be doing a tutor led session on wet felting, a fun and versatile activity suitable for all ages and abilities. We will be making a felted picture which can then be taken home and framed.

Coming out and meeting like minded people is a vital part of seeking enjoyment to alleviate the constant pressures of debilitating pain. Members coming together on a regular basis helps prevent isolation and loneliness especially when the bond of friendship formed in a group is so strong.

For more details about the group please call on 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk) or visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk).

In January we welcomed ladies from the Royal British Legion Women's section who gave a very interesting insight into all the help and support the Legion provides. The highlight being the Standard and learning about what all the colours and parts of it meant.

In February we will be welcoming a dignitary at the meeting on the 15th.

We look forward to seeing you there!