

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



CPSG welcomes you to come and join us and see for yourself who we are and what we are about. We have been a support group for many years and have seen many members, with all types of painful conditions, come and go. We have also found that over time, between our members, staying connected and communicating on a regular basis is a lifeline thus creating tight bonds and strong friendships.

Sadly the numbers are slowly diminishing and our AGM proved that we need some fresh faces to revitalise the group going forward.

Responsibility and commitment cannot always be met when you live in pain day-to-day. Helping in small ways is more achievable than taking on a specific role in its entirety, leaving the core tasks sadly not always achieved. Inspiration and enthusiasm at times is lacking as life has a habit of knocking us back and it is hard to pick oneself back up again. Ingesting new life into an ailing group is very much needed to bring back continuity and to maintain stability.

CPSG members are very welcoming and friendly. It is truly amazing what can be achieved so why not come along and see for yourself.

In October we welcomed a speaker who gave a very interesting, factually detailed account of how the Cathedral Tower came to be and was constructed. A follow up on the vaulted ceiling will take place in the new year.

CPSG's next meeting is on Thursday 15th November and is all about dance.

CPSG do not hold a meeting in December due to Christmas commitments therefore the first meeting in the new year will be on Thursday 17th January.

Positively Crafty's next session will be held on Thursday 6th December from 1pm to 4pm and this may be a tutored session.



Tea light jars were finally achieved in October and are really effective especially in the evening when the light is fading. Crafty sessions are informal, light hearted and fun so if you are in the area you are more than welcome to pop in anytime.

Meetings are held at Southgate Community Centre.

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