

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Bringing people together creates a positivity that you end up sharing with everyone, whether you know them or not. Likeminded people have a strong common bond-its like meeting a family. Being in pain can be challenging however opening your mind to positive possibilities will lift your energy so that you feel more able to cope. Being positive can help increase self-confidence and has a calming effect. Recognising negativity also helps in knowing how to deal with it. Being a can do person is refreshing and facing up to your fears can help us to realistically achieve, even if they are small things with baby steps. Small changes can have a revitalising effect on our lives as does our attitude on what you want to happen. Rising above the negativity by developing a few skills can be rejuvenating. By becoming a member of CPSG you can be attracted to positive experiences by being enveloped in the welcoming warmth and reassurance of support during some of those challenging moments. Achieving the enjoyment we all seek does make a big difference.



Come along and join us on the third Thursday of each month at Southgate Community Centre from 2pm-4pm. These meetings are very much communal and sociable and need to flourish to continue to keep going in the longer term. If you feel you would like to be part of something come and give us a look.



In August we welcomed a lady who brought along a fascinating mixture of styles, designs and colours and gave a presentation to the group on the 'History of Fans'. Some truly wonderful delicate pieces to treasure were show cased and her presentation very informative.

Although fans nowadays are not a must have accessory they continue to be made.



On 18th October we will be welcoming a speaker who will present on the History of the Cathedral Tower. If this peaks your interest into knowing more about how it all came together you are more than welcome to come along and listen with us.



Sadly Positively Crafty's session in September had to be cancelled due to lack of attendance so please accept our sincere apologies if you did come along to find no one there. For the sessions to continue we need more people to join us so if you would like to learn how to be creative just drop into one of the sessions or if you have a skill to share we would love to hear from you.

Hopefully the sessions in the run up to Christmas will be fulfilled without any further disappointments. The sessions are held on the first Thursday of each month from 1pm-4pm, the next one being on 4th October.

For more details please call on 07724 187774 or email info@chronicpainsupportgroup.co.uk.

Visit www.chronicpainsupportgroup.co.uk