

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



C.P.S.G

Due to all the festive activities, family commitments and the time of the month the meeting falls, there is no formal meeting held in December.

Speakers for the new year are now being set in place with a few more to find to fill the calendar.



Jenny Gibbs, whom we welcomed in November talked further on an English woman's life in a mountain village in rural Turkey. Jenny is a lovely lady, very expressive and passionate. A very popular speaker too. We first met her two years ago when she came and gave a presentation on the arrival in her village, a culture so different from her own. Jenny became an integral part of a close knit community and her stories are full of surprises and humour. Jenny brings a lot of joy to our meetings and also brings with her some lovely hand made crafts from Turkey to display and purchase.

The first meeting of the new year will be held on Thursday 16th January from 2pm to 4pm. The speaker presentation will be on Birds of Prey.

This is an ideal time for new members to join the group as subscriptions for the year are due for renewal. Our group is designed to encompass all needs for all age ranges (18+) and genders. We have a very relaxed attitude – it's all about feeling comfortable with others and sharing time together. People gain a considerable amount from being able to meet other people in similar circumstances. Why not drop in to see what we are all about. You will receive a warm welcome.

POSITIVELY CRAFTY

In the November session calendars for 2020 were achieved.



Coloured card of various shades and patterned coloured papers were used with embellishments to enhance the finished product. Members quickly became absorbed with measuring the template once the card choice was chosen. Once measured and trimmed bringing the calendar to life soon began. Each one being so different and showcasing individual design. Achievement is what the sessions are all about, no matter how much is going on something good comes out of them.

The last session of this year is on Thursday 5th December from 1pm to 4pm. This session will be tutor led and a different type of craft is planned.

The first session of the new year is on Thursday 2nd January.

Both meetings are held in the small hall of Southgate Community Centre.

Wishing you all a very Merry Christmas and a Happy New year.



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

www.chronicpainsupportgroup.co.uk