

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



When you join a group as a member you are showing your commitment to what it is about, like ours, by bringing like minded people in the community together.

The more the members the more the building blocks for the group to grow now and in the future.

By being a member of a group can entitle you to become more involved and participate in all the activities as well as any subsidies that can apply during the year.

CPSG is trying to increase the membership of the group and by reaching out to you feel sure this can be achieved.

Meeting others in a similar position can be comforting like old friends. They can become sounding boards and comparing notes with others can be reassuring as can seeing them more regularly. Also knowing you are not alone can be therapeutic, even if no conversation takes place.

CPSG is a warm, welcoming friendly group who give support and being supported is what we are all about. Seeing the person is our main focus not their condition. The atmosphere is a wonderful mixture to encourage positive feelings and to make you feel good.

Why not come along and see for yourself!

CPSG's next meeting is on Thursday 21st February at 2pm. A speaker presentation occupies the first hour followed by a social get together over refreshments.

Speakers vary from being pain/non pain related to being interactive, light hearted and fun.

Turn the negativity of pain into positivity by crafting at our **Positively Crafty** sessions. A wide variety of crafts are created and some crafting tools are provided although you can bring your own if preferred.

The sessions are fun, everyone helps each other and has a laugh. Engaging in a creative activity absorbs your mind and body and helps you to feel more relaxed thus creating a distraction from your pain.

By coming you are immediately enveloped in warmth, encompassed in emotional support and given something to look forward to and at the end of each session, to go home with a sense of achievement.

Why not take a little time out for yourself and enhance your wellbeing.

The next session is on Thursday 7th February from 1pm to 4pm. Refreshments included.



Meetings are held in the small hall of Southgate Community Centre in Bury St Edmunds.

For more details please call 07724 187774 or email info@chronicpainsupportgroup.co.uk or visit our website www.chronicpainsupportgroup.co.uk