



*Run for Patients by Patients*



You know the funny thing about loneliness is that you're not alone. You may look happy on the outside but it is what is on the inside that you find hard to talk about to others, even friends and family, who may have their own problems. People tend to back off which makes you feel hopeless and more isolated. Being brave and acknowledging it, by talking about it, you are halfway there. The issue here is how you feel about yourself which could be the start of a new beginning. Start looking at yourself but with compassion. Find out about yourself and engage with it allowing no time to feel uncomfortable. Accept how you feel and connect with it. See your worth and find out what brings you joy. Tell yourself it is ok to feel the way you do then make new connections through your own interests. Take it slowly and do not compare yourself with others. If the people around you make you feel lonely remember you are you and not anyone else, you have your own choices as to whom you mix with and what you do.

By doing those things you will feel part of something again and find enjoyment.

Belonging to a support group is one way of meeting new people and making a connection. Building friendships is another.

Take a step forward and reach out to others in your position and be accepted as you are.

### **POSITIVELY CRAFTY**



Vellum flowers made in the July session have now been decoratively placed on a card in the August session. They command a presence in situ with little else needed to compliment them. In September's session Christmas cards will be the theme.

The monthly sessions are held on the first Thursday of each month from 1pm-4pm with refreshments included.

CPSG is held on the third Thursday of each month from 2pm-4pm with refreshments included. The next meeting being on 19th September.

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

CPSG is a friendly, sociable and welcoming group of likeminded people. You are welcome to drop into any one of our meetings to see what we are all about.

**For more details contact 07724 187774**

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