

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



CPSG hold out a hand of friendship and support to people living in long term pain however it is not something we dwell on when we come together. Seeing the person is our main focus, not their condition although saying that there are opportunities at meetings to reach out to others in similar positions, to engage in positive conversation and to be accepted as you are. Social interaction plays an important role and we have many a laugh together.

Speakers are varied and in May a dance facilitator joined us with the ethos of looking at ways to help ourselves feel better more often. Bringing the focus to the breath and with music aiming to encourage subtle shifts away from our heads and overthinking, and more towards feeling settled and relaxed in our bodies. Movement with structure and routine to encourage presence and focus (being danced, seated or standing), and in contrast also something more, free-flowing and creative for the soul!

Using an eclectic mix of music and dance styles as a starting point with a good amount of social interaction and fun throughout the session. Also being encouraged to work at our own level and in our own comfort. To bring the session to an end we did a sequence using rhythm sticks. All members participated in this creative style of movement to music in their own way and it was really joyful. Having someone with their own struggles with pain and fatigue who feels great admiration for what we do and always enjoys meeting everyone when facilitating for our group is truly special and very welcome.



Positively Crafty

Silk painting was achieved in the May session, as you can see from the photos many designs were available to

choose from. We always find when doing this members are totally absorbed in creating a colourful palette and concentration is key to maintaining clean lines. Father's Day falls in June so card making is the



theme for that session and in July we



will be creating flowers with velum.

The next session takes place on Thursday 6th June from 1pm-4pm. Refreshments included.

The next CPSG meeting takes place on Thursday 20th June from 2pm-4pm and the speaker will be a charitable organisation, one that provides a very important service to people and one to support.

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

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

www.chronicpainsupportgroup.co.uk