

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Pain can suppress the immune system which plays a critical role in maintaining many debilitating conditions. Chronic pain can have a devastating impact on our immune system so if yours isn't working as it should, your defences can become lowered and you become vulnerable to infection. Wellbeing is a necessity and only you know what is right for you and in these uncertain times taking extra care is vital. Consider redressing the balance and create a sense of calm and a wellbeing haven. At times like this we are all vulnerable and it is for us to decide what is right for us and what choices/decisions we make in this ever changing situation. Keeping safe is a priority as is reaching out to others and staying connected, to help maintain a lifeline and a positive mental attitude.

In February Matt Long Mind & Body talked at length about the many aspects of pain, dealing with questions throughout. In March he was welcomed back to talk about Hypnotherapy and offered a taster experience. Matt is a highly trained professional and very knowledgeable in his disciplines. You can follow him on www.facebook.com/mattlongmindandbody or visit www.mlmindandbody.co.uk

In light of the latest guidelines all CPSG meetings in April, May and June have been postponed. This also applies to Positively Crafty and the coffee mornings.

Positively crafty



In the March session members made a start on a tissue box cover. Materials

needed were plastic embroidery canvas (cut to shape), a tapestry needle and 2 shades of double knitting wool. There were 5 sections in all and to begin with all the edges had to be sewn in a double cross stitch, either in the session or finished off at home. In the next session these may continue to be worked on, moving on to the next stage, of infilling the sections but this time sewn in tent stitch. As you can see the completed design is what is being aimed for. Crafting has a calming effect. The focus and repetition can reduce anxiety and help you to become relaxed.

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