



Run for Patients by Patients



Matt Long joins us again this month to talk about Hypnotherapy. Over the last two months Matt has covered:-

- How our brain processes pain
- The effects of pain on the body and mind
- Stress and its effects on the body and mind
- The stress hormone cortisol
- Do pain killers actually work?
- What is hypnosis
- How it works
- Group Hypnosis taster

You can find Matt on www.mlmindandbody.co.uk

www.facebook.com/mattlongmindandbody

The meeting is being held on Thursday 19th March at 2pm. Come along and see if Matt can help you.

Support groups can be invaluable to people experiencing a variety of conditions. Having that connection can be a powerful tool as can social interaction with likeminded people. Living with a long term condition can be isolating and lonely so reaching out to others and sharing your story is one small step in going forward.

By coming to CPSG we give you the opportunity to engage in positive conversation, be accepted as you are and welcome you into a warm, comfortable and supportive atmosphere.

CPSG offers social interaction, Inspiration and encouragement and welcome all age ranges (18+) and genders. Carers, partners and guest visitors.

Visitors are welcome at any one of the meetings throughout the year to be able to give themselves the chance to see what we are about and what we have to offer suits them. Feeling comfortable with others and in the surroundings is important.

Positively Crafty

Valentine /Birthday Cards were achieved in the February session. All very individual designs to suit the occasions and for the people destined to receive. The red heart



and the sentiments on mounts were all die cuts. Three different coloured and textured card was used, finished off with embellishments. The group start of with one design to work from if they wish to however once they have gathered all their pieces together they can then bring their own design, they have in mind, to life. Taking a few moments before you start is worthwhile although some build the card as they go along. The sessions are fun, light hearted and everyone helps each other.

The March session will be a tutored one and making tissue boxes will be the theme.

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

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

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