



There is nothing more debilitating than pain and joining the Chronic Pain Support Group helps me to cope. Meeting people who understand that when you are having a bad day, a kind word of understanding goes a long way. That is only one part of the help the group gives me. So, when the Covid Virus took over all our lives, keeping in touch with each other became imperative, that is why the Challenge site was started. To make sure that we could stay in contact with each other and we could keep busy, learning new skills and helping each other in the process. For my part, I keep busy thinking of new challenges and making sure that they are doable. I must admit that when we started, no one expected it to go on for so long, but luckily there are so many new crafts to learn and so far we still manage to find new ones.



The challenges have ranged from embroidery to making a clay pot and a macramé holder to hang in the garden. Everyone has embraced the new skills and I have enjoyed learning them as well. Some people have picked up new crafts that they love doing. One lady had never embroidered before, now she does it daily and she has done a few while still carrying on with the new challenges. Others will also carry on with some of their new hobbies. There is no pressure to join in and no time limit. Some people might not fancy one of the challenges, so they do something else. As long as we are keeping busy and talking to each other on a daily basis via social media, we can support each other and we laugh a lot. New people are made to feel welcome and are welcome to join in if they wish to. Some just join in the chat and that is great. I think that all members have been terrific, trying and succeeding in so many new skills. It doesn't matter if a pot looks dreadful, it is still a success because we have had a go.

The Challenge Group has helped me so much. It has kept me busy and made me laugh and helped me to cope with the situation we now find ourselves. I know that my friends are there when I have a bad day. We look after each other because we understand. (in her own words, the initiator of the challenge group)

At this time of uncertainty and the ever changing guidance please see the CPSG website for meeting details. [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)