

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



CPSG

In 2020 the group's aim is to maintain:-

The friendships within and hold out a hand to invite new friends to join us.

Support is a vital and an integral part with which needs nurturing.

Growth to prevent loss of a necessity in times of loneliness and isolation.

The next meeting is on Thursday 16th January from 2pm—4pm with refreshments included.



Birds and Beyond Falconry are the first speaker presentation of the year. A mother and daughter team based in Bury who enjoy falconry with a passion and sharing their knowledge and experience with all ages. A wide range of activities and interactive sessions with the birds are available and even being encouraged to get close and handle these majestic animals.

The programme this year, of which there are 11 meetings, sees a variety of speakers. A mixture of pain related to alternative therapies to movement to music and other interests.

We are a warm and welcoming friendly group of likeminded people and encompass all needs, age ranges (18+) and gender. The atmosphere created is a warm hearted sociable blend to encourage positive feelings and for you to know you are not alone. A face-to-face non-judgmental group. Meetings are relaxed and informal for both those in pain and their loved ones.

Positively Crafty

In December the theme was all about Christmas and an embroidery plastic canvas was achieved. This was a tutor led session by a lady with a dry sense of humour, we had a good laugh with her. A new craft experience for us all and certainly a challenge until we got into the rhythm of counting along



the rows and the turning at each end. Items used were the plastic canvas cut into shape, a tapestry needle, wool, ribbon and decorative motif. A box and a star were given to each member to



complete, sadly time was against us in the session so they were completed at home. As you can see they are very effective and as the picture shows, many designs can come together as gifts.



The next crafty session is on 2nd January and the theme will be a stepper card, another new challenge.

Sessions are held on the first Thursday of each month from 1pm to 4pm with refreshments included. A variety of themes will be planned for throughout the year to maintain interest. Crafting has been proven to be beneficial for wellbeing and we certainly appreciate time together in a light hearted, socially engaging atmosphere whereby we help each other, have a good laugh and go home with a sense of achievement.

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

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