



The Challenge Group, as you can see, are still continuing to be actively creative. Many crafts have been completed including painting by numbers, flower pressing and card making, clay pots within macramé, more embroidery, wreaths and a scarecrow figure for a village display. These creative challenges have had a real positive effect and actually benefited lives. Having a purpose and being stimulated gives a sense of satisfaction and fulfilment. Besides the crafting having someone there to confide in and hold out a hand of comfort has



been invaluable. In times of heightened awareness as well as knowing you are not alone relaxation techniques can help to calm the body down. Anxiety can manifest in the form of muscle tension in many areas and negative thoughts can so easily cloud the mind and lead to emotional sadness. At times like this turning to breathing techniques can have a huge impact on our health and help control those feelings.

Lockdown has now eased and has been a time of rest and recuperation for many of us however it has also helped so much to have someone to talk to who has been through real life experiences and hearing about it. It helps you to feel your not the only one going through it. When you cannot get out and about it really makes a difference and it helps you to feel less isolated and more connected. You are gaining friendship as well as talking about it to someone who has been through the same experience.

We are now coming into the autumn season and although circumstances are still somewhat a little precarious in many areas CPSG is planning to come together. This will all be dependent on the government and any local guidance in place at the time. In the hope that we can meet CPSG's next meeting is being held on Thursday 15th October at 2pm at Southgate Community Centre. The talk will be on running a B&B in Turkey by renowned speaker Jenny Gibbs [Contact 07724 187774 or email info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk) for more details