

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



The sunshine, at this time, has been a blessing with the added bonus of the longer, lighter days. A time when you need to keep spirits up and hands and minds busy. CPSG is not currently holding any meetings therefore members of the group are not coming together in person however a few members have come together via a media platform and keep in regular contact not only by conversing but by being interactive through crafting. Crafting has been a saving grace and by challenging everyone to learn lots of different skills and crafting techniques with banter mixed in that gives you something to smile about has been a recipe for success. Members have found that although they are missing each other life has been made a little easier to bear by keeping busy, being there for each other, encouraging each other with helpful suggestions and being inspired. The challenges are not to be taken too seriously nor are competitive as members work at different paces to each other. They range from needle felting, cross stitch, clay animals, embroidery, face masks, toilet roll animals, jewellery, sewing, art work, cards, button bats and decorative hair slide.



Being in pain, having physical limitations, feeling incapable and feelings of isolation can be physically taxing, emotionally and mentally. At times you feel you are being denied of support. Finding a balance for your own physical pain and needs is vitally important as is having somewhere to take time out and reset. Be compassionate with yourself and try to maintain perspective. Elevating stress levels with frustration and anxiety may exacerbate pain levels doing more harm and making you miss out on the joy of every day life. Do the best that you can given the circumstances and remain calm, keep to routine, be constructive and productive at the same time be sociable, stay connected and communicate with friends and family. It is alright to have moments at times so do not beat yourself up, let those emotions free themselves. Allow yourself to feel, we are all human, all individual and we all experience negative periods dealing with them all in different ways. CPSG are a supportive, caring, encouraging, group of people there to give you a helping hand and at times like this very much needed.

Look after yourselves, protect yourselves, stay safe and as well as you can taking the appropriate precautions where needed and we hope to see you come together socially and safely sometime soon.



Enjoy the warmer, lighter days and do something positive each day that brings a smile to your face.

