



Run for Patients by Patients



CPSG is made up of a variety of people who are experiencing pain for a number of reasons. We are a friendly, welcoming group and have a very relaxed attitude-it is all about feeling comfortable with others, being supportive and sharing time together. Many have said how our group has helped them to feel less isolated and more able to cope with their condition. We understand the difficulties of living in pain and the lack of support once formal treatment has finished. People gain a considerable amount from being able to meet others in similar circumstances.

CPSG meets on a monthly basis on the third Thursday from 2pm-4pm at Southgate Community Centre. Parking is free and limited to 3 hours. Meetings include speakers, presentations and refreshments and is designed to encompass all needs for all age ranges (18+).

Apart from these meetings we offer a monthly coffee morning on a Monday from 10.30am at a local, easily accessible venue in Bury for a catch up over a cuppa. We also run a monthly craft session on the first Thursday from 1pm to 4pm. Session fees apply and include refreshments. You always go home with a sense of achievement.

You do not need a referral to join us, just drop into one of our meetings and see if it for you.

CPSG hope to be able to resume meetings on Thursday 16th September 2021 from 2pm (guidance dependent). The aim of this meeting is to hold an open group discussion for members to be involved in planning the way forward. If you would like to join us to see what we are all about you will receive a warm welcome. Positively Crafty sessions and Coffee Mornings will resume in October.

All meeting details can be found on our website

www.chronicpainsupportgroup.co.uk

All enquiries please email info@chronicpainsupportgroup.co.uk