



It was a doctor in the Pain Clinic who suggested that I join the Chronic Pain Support Group in Bury St Edmunds. I can clearly remember how nervous I was about joining as I had never joined any sort of group before, and this was a group who all new each other.

Five years ago, I went along to the garden centre where they held their monthly coffee mornings. This was my first time, and I was very nervous, I had almost decided to go only that once to just say I had given it a chance.

There I met one of the organisers who made me feel very welcome and one by one the group arrived and they too made me feel welcome. I thought I would never become part of the group as I could only meet them once a month in the mornings but how wrong was I, the group soon became my second family. I soon learnt that you can be involved as much or as little as you are able to, it is your choice. Nobody pushes you in any form at all.

I know that when coffee mornings are able to resume again, new members will be treated in the same way as I was on that first morning. All are welcome and unless you need support and wish to share your concerns, which you are welcome to when you are ready to do so, it is a morning to forget about your pain.

For now, coffee mornings are being held virtually on zoom every Saturday. Once a month quiz/once a month bingo. Nothing is too serious, but we laugh a lot. On Wednesday's art lessons.

If you are hesitant about joining you do not have to give it another thought. You will be made to feel very welcome and given support when you need it. You will be amongst people who understand. (a CPSG member's own words)

For more details email: info@chronicpainsupportgroup.co.uk