



Self help to ease your pain isn't a one size fits all technique that works for everyone. The key is to finding something that works for you that you find calming rather than something that causes you more stress than its releasing. Stress alone can trigger pain signals, flaring up existing pain and also causing new pain and inflammation. Movement and relaxation are the healthiest ways to cope with stress. By moving more you burn up the stress hormones that worsen pain as it triggers the release of the body's natural painkillers, endorphins and feel good hormones such as dopamine. Strengthening muscles help protect and heal, start low, go slow and build up gently. Simple stretches can ultimately lessen pain. Calming down and relaxing, mind/body therapies may also be worth considering as is joining in a group session whereby you receive the necessary support and are with other likeminded people.

Jo Nichols has come to CPSG on many occasion and members of the group, in their own time and in their own way, have participated in these sessions. Being a pain sufferer herself Jo is fully supportive and her sessions are always fun, always to music and always to suit people's needs.

Always do what is right for you, if you are not sure seek advice first before committing yourself.



Risby Fun Dance

A relaxed & friendly, dance-exercise class for adults

Help keep body & mind active with easy-to-learn routines in a variety of dance styles aimed to lift the spirits! Classes held in accordance with Covid safety guidance: limited numbers, social distancing, in a large ventilated hall

- Venue: Risby Village Hall, IP28 6RT
 - Time: Fridays 10 am - 11 am
 - Dates: Next block: 11th, 18th, 25th June, 2nd & 9th July 2021
 - Cost: £5 per class for X5 week-block paid in advance / £6.50 per class pay-as-you-go
- Term Time Only
Please contact Jo for future dates

Dance, Laugh, Stretch & Tone for Fun, Friendship & Fitness

People are encouraged to work at their own levels, ideal for those new or returning to exercise. Low impact & gentle. No partner required.

Newcomers always welcome - Booking Essential
First class FREE!!!

Contact: Jo - 0774 64 70 774 jonicholdance@gmail.com

SIT FIT & Dancel



NEW CLASS
Chair-based
exercise with
just a hint of
dance style!

SIT FIT & Dancel is a friendly **seated class** open to anyone who may benefit from a gentle pace, within a relaxed and social environment.

This class is suitable for stroke survivors, people living with chronic illness or anyone who wishes to work on their mobility, balance and strength in a gradual and inclusive way.

Come and join your **first class FREE!** Carers are welcome to assist with movement. Wheelchair accessible venue. Plenty of free parking.

Classes to be held in accordance with Covid safety guidance: limited numbers, social distancing, in a large ventilated hall.

Newcomers always welcome

- Venue: Risby Village Hall, IP28 6RT
- Time: Fridays 11.15 am - 12 noon
- Dates: Next block: 11th, 18th, 25th June, 2nd & 9th July 2021
- Cost: £2 per class for X5 week-block paid in advance or £5 per class pay-as-you-go

Term Time Only Please contact Jo for future dates

To book please contact: Jo - 0774 64 70 774
jonicholdance@gmail.com

CPSG remain positive that meetings can resume in September. Currently venues for coffee morning are being researched.

Visit the group website for all the details. www.chronicpainsupportgroup.co.uk or email any queries to info@chronicpainsupportgroup.co.uk

Meanwhile stay safe, stay positive, keep talking and keep being kind to yourself!