

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



**CPSG** will be holding its first meeting since February 2020 on Thursday 16th September 2021 in the small hall at Southgate Community Centre from 2pm-4pm. An open group discussion will take place to give members the opportunity to put forward their thoughts on the way they wish the group to go forward and what they would like to see happen at future meetings. Members all have a vested interest in group matters and are involved throughout, without this support it would not succeed. Planning ahead is vital and ensures all meetings run smoothly and are enjoyable to attend.

**Speakers** vary from being pain related to non pain related to being interactive, light hearted and fun so if you have an interest you would like to share with us, please get in contact.

**Positively Crafty** sessions are held on the first Thursday of each month from 1pm-4pm including a tea break. (nominal fees apply)

Session are fun, everyone helps each other and has a laugh. Engaging in a creative activity absorbs your mind and body and helps you to feel more relaxed thus creating a distraction from your pain.

By coming to crafty you are immediately enveloped in warmth, encompassed in emotional support and given something to look forward to and at each session, to go home with a sense of achievement .

Why not come along on **Thursday 7th October 2021** and join us, taking a little time out for yourself!

For more details call 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

Visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)