



Be your own Best Friend

Welcome to the new year and to one we can look forward to with hope, with less challenges and welcoming new faces. Speaker meetings commence this month and a variety of disciplines will be presented throughout the coming year.

Positively Crafty

In the December session wreath making was achieved. As you can see by the pictures many different ones too. A thoroughly enjoyable afternoon of constructing an artificial creation to adorn a door or wall with many a laugh and a lot of patience.



The next session is on January 6th, the craft being calendars.

Coffee Morning get together will be on Monday 10th January from 10.30am at Bury St Edmunds Golf Club, Tut Hill. All are welcome.

Zoom meetings will continue on a Wednesday for art and Saturdays for a virtual coffee morning, both from 10am. A lifeline much needed.

For more details call 07724 187774 or email

info@chronicpainsupportgroup.co.uk

Find us on Facebook or visit

www.chronicpainsupportgroup.co.uk

Living with chronic pain can be extremely tough on mental health, relationships, emotions and those close to you. Stress can trigger pain, intensify the experiences and make it harder to live with. There are ways of coping that can be effective for reducing pain.

Seeking out techniques that aid relaxation can be helpful, even keeping active helps increase strength, improve blood flow and release 'feel good' chemicals in the brain to reduce pain and boost wellbeing. Living with pain can be traumatic and isolating so pacing yourself and having coping strategies in place are vital. Setting your own goals, taking time for yourself, being kind to yourself as over achieving can set you back

Joining a support group is one way of helping yourself. Being in a safe space with like minded people who know exactly how you feel, are non-judgmental and accept you as you are is invaluable. Take that one step forward and feel part of something. The group is about the people and it is the people who make the group what it is today. Come along and be enveloped in the warmth of friendship and know that you are not alone. No referral necessary. Carers, partners and guest visitors are welcome.

CPSG next meeting, with a speaker, is on Thursday 20th January from 2pm at Southgate Community Centre.