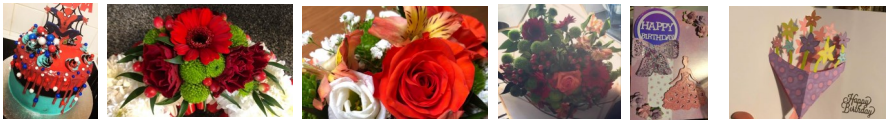




Crafting is about sharing something, that makes you happy, with others and spending time together. Each session you are doing something different and are active physically and mentally. Something to take your mind off what you have been through or still going through each day. You can just chat away to each other or stay quietly absorbed whilst being creative. A chance to leave behind your worries, just for a little while.

If you have made something, however small, misshapen, uneven, wonky, you're the beholder of its uniqueness and If you think it is beautiful, it is your beautiful. Creativity is fun, you are challenging yourself to be positive even if you cannot manage it everyday and it may not be perfect, you will get there one step at a time. Be inspired to give it a go like one member whose talent and artistic eye, has hit on something special with her creativity as you can see from the pictures.



In the March session of **Positively Crafty** a card using the stamping method was achieved. A little messy with the ink pads, a few smears and smudges and inky fingers later something did come out of the process, as you can see. It is all about learning and finding ways that work for you, even if you do have to finish it off at home, it is you who have achieved it and that's what makes it all worthwhile. The next session is on Thursday 7th April from 1.30-4pm we will be making an easter flower basket.

CPSG coffee morning is on Monday 11th April at Dobbies from 10.30am. Members, lapsed members, challenge group members, guests, partners and carers are all welcome.

CPSG next meeting at Southgate Community Centre is on Thursday 21st April from 2pm and the presentation is about the Alexander Technique. Find us on Facebook under the group name and join in on Zoom on a Wednesday for art and Saturday for a virtual coffee morning, both from 10am.

For more details Tel: 07724 187774/ Email: info@chronicpainsupportgroup.co.uk visit www.chronicpainsupportgroup.co.uk