



CPSG is a support group where personal experiences can be shared with one another. Emotional comfort and moral support is on hand if needed. You can talk openly and honestly about your feelings developing understanding. By joining you may feel less lonely, less isolated and seek help without judgment. You feel part of something, are listened to and able to make friends. As one member says “ Just getting together and knowing that people are all in the same boat, who have struggled to be heard, not believed or just dismissed, by the professionals. To be able to talk about things that don’t have anything to do with pain but by being surrounded by people who understand makes the anxiety and pain bearable”.

Finding a sense of purpose in everyday life can get things into perspective and be uplifting and benefit mental health. Focusing on something positive and using distractions to avoid dwelling on the negative, strengthens positive thinking. Balancing the bad with more focus on the good helps alleviate feelings of anxiety and low mood allowing you to enjoy the here and now and feel more happier with life. Be a yes you can person and take control of what you can.

The group is not here to give false hope or meet all expectations. Also we must emphasise we cannot give medical advice nor are authorised to do so.

Positive Crafty—the session in July did not go ahead so the scheduled craft for that session will now be achieved in August. It is with a heavy heart, at times, certain decisions have to be made and on this occasion we had little choice. These sessions have a positive outcome, they are fun, light hearted, always supportive and you go home with a sense of achievement. No matter what the craft we all give it a go and the finished products all turn out differently. It is all about taking part, being together and helping each other.

Zoom meetings continue on Wednesdays for art (drawing/painting) and Saturdays for virtual coffee mornings giving the opportunity to catch up with one another, have a quiz or play a game of bingo— both starting from 10am.

Diary Dates: **Positively Crafty** Thursday 4th August 1.30pm-4pm at Southgate.

Coffee Morning Monday 8th August from 10.30am at Dobbies whereby members, lapsed members, spouses, partners and carers can join in.

CPSG Speaker Meeting Thursday 18th August 2pm-4pm at Southgate

For more details call 07724 187774/email info@chronicpainsupportgroup.co.uk

Find us on Facebook or visit www.chronicpainsupportgroup.co.uk