



Setting Goals

Take time to think, be specific, set simple realistic ones, use your imagination and be positive, however on good days you may find you do more which can set you back and bad days less, heightening your pain and forcing you to rest more.

If you go in with no expectations, you might come away the same way, but you might discover something worthy of thought. Adjust your settings as you go along until you find a way that works for you. Never be afraid to ask for help.

Start each day with no expectations, one step at a time as you are in no rush, you take it as you find it and be patient with yourself. Taking regular breaks throughout the day.



Monthly coffee mornings take place on a Monday from 10.30 am onwards meeting at a local, easily accessible, venue in Bury for a catch up over a cuppa. Members, (current or lapsed) their partners and carers are all welcome. The next meet up is on Monday **7th February** at Dobbies Garden Centre.

Positively Crafty

Calendars were achieved in the January session, as you can see from the picture.



Finding something to focus on and become absorbed in can help you to cope and let the darkness retreat enough to allow some sunshine to pour in. It is not about the end result it is about the process. Engaging in something creative can improve mental health and ease psychological distress. It can foster a sense of community, improve resilience and increase confidence. Getting creative can bring joy, although not a cure all it can help you find your way through that darkness into the light. Doing whatever brings you joy can work wonders! In craft sessions you can craft and laugh in a community setting and still go home with a sense of achievement.

The next session will be on Thursday 3rd February from 1.30-4pm and the craft will be a Window Card.

The next **CPSG** meeting will be on Thursday 17th February from 2-4pm at Southgate Community Centre.