

Welcome to our Winter Newsletter**News from the Committee**

After much consideration it is with regret that we have to increase fees in the new year. We do hope we provide a supportive service to members and that their attendance at all meetings is an enjoyable experience. We are always open to new ideas and meeting days are the ideal times to share them with all members.

Annual Subscription will increase in 2024 to £20, the £1 entry fee and 50p for the refreshments remains the same. Payment to be made on or before 18th January 2024 either by cash or cheque (payable to Chronic Pain Support Group)

Positively Crafty session fee will increase in 2024 to £5.

Speakers are being booked for 2024 so if there is one that you know of that you feel would be of interest to members, please pass the details to a committee member. We must all be mindful that some speakers do charge a fee or request a donation for their time. Also if they have time restraints we must honour them by starting on time.

Notifications relating to group matters are currently being emailed or posted out to members. If you are not receiving yours, please let Lorraine know.

It is imperative that you let us know if you are coming/not coming to meetings. Also if you are on your way and get held up for any reason please can you let someone know so that we do not delay the start for too long or can start without you.

Easyfundraising—£28.19 received for confirmed donations that supporters have raised up to 31.10.23. Thank you to all who participate in raising funds for the group.

Meetings—it has been noticed that many of you bring handbags and bags to group and that they are stowed under/beside chairs at refreshment time. This can be a safety hazard if a trip occurred by yourself or someone handing out hot drinks. Please be considerate to others and place them somewhere out of harms way i.e. on a table provided nearby.

Christmas Gift—as no Christmas lunch was organised it was felt that a small token, that would have been the subsidy for the meal, was given to all members.

AGM—will take place at the January meeting in the first hour and subscriptions dealt with in the second hour.

Coffee Mornings—now take place at the Folk Café, Fornham Business Court, The Drift, Fornham St Martin IP31 1SL.

Without you the member the group would not succeed. For all your help, your contributions to the raffle and table sale and for all your continued support throughout the year we would like to say a 'One Big Thank You'. We are continuing to thrive and looking ahead to the new year, hope to see this continue.

Stay safe, try to be positive, keep warm and take good care during the festive period. **Merry Christmas to you all**

*Bringing likeminded people together*

Run for Patients by Patients

You Are Never Alone by Janet O Reilly

Have you ever woken up in so much pain and felt so alone, that you think you cannot cope? Your family and friends understand as much as they can, but you know that if they are not in pain, it is difficult for both them and you. It is possible that you don't want to "burden" them with how much pain you are in, or how difficult it is for you to cope sometimes.

What if there was a group of people in the same situation as you? There is! In Bury St. Edmunds Chronic Pain Support Group, made up of people who are also in pain and go through the same feelings as you.

Everyone gets something different from the group, for some, it is the monthly meetings with a variety of speakers. It could be about managing your pain one month, another month it could be about trying Yoga which is aimed at helping you. For those of us who are into Craft, there is a monthly Crafty session which is a lot of fun, they make beautiful greetings cards. My favourite is our monthly coffee mornings when we all meet up for a chat. There is something for everyone and you only need to go to take part in the things you want. Some people are only able to go for the coffee mornings, and that is fine.

During lockdown, we did everything from making a garden pot with a Macramé holder, which we also made. We laughed a lot and we learnt a lot. Some ladies still make more of the things we learnt. When we ran out of challenges, we had Saturday Coffee mornings on zoom, which some of us still enjoy.

You will never be asked questions; it is up to you to decide if you want to talk about your problems. We don't sit around talking about being ill, we laugh a lot and have some fun. But, if you are having a bad time, then you are around the best people who will listen and understand.

New members are always welcome, be it male or female, we always enjoy meeting new people and it is always good to know that you have overcome the first step to get help. We know how difficult it is to reach out, we have all gone through it at some stage. I was terrified, but I was made to feel very welcome, just as welcome as you will be made to feel.

Why not join us for a coffee morning? The most you can lose is a morning out, you can always leave if you feel you need to, but somehow, I think you will stay. [Featured in the October edition of the Directory](#)



A Thank You from Magpas for the Monies Raised at the Meeting on 19th October 2023



Thank you so very much for the kind donation of £50.00, which was given to Paul Firman (our most amazing volunteer) after he gave your group a talk. Please note with sales of merchandise the total raised was £120.00 and we are incredibly grateful.

It is only with supporters' help that we have been able to save and change the lives of 70,000 people across the East of England over the last 50 years. We are incredibly proud of our heritage and excited about how we can save even more lives in the future.

Thank you again for this fantastic donation. Magpas Air Ambulance is powered by people such as you all and we just couldn't do it without you. With you, we save lives!



A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website www.chronicpainsupportgroup.co.uk

Bringing likeminded people together



Tel: 07724 18 777 4
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Web: www.chronicpainsupportgroup.co.uk

Next meeting 18Jan
West Suffolk Hospital