

Welcome to our Summer Newsletter



News from the Committee

Summer—the warmer half of the year traditionally associated with long spells of hot or warm weather. Summer comes from the old English word for season ‘sumor’ reportedly from 20 Jun 2024 – 22 Sept 2024.

Coffee Mornings—please let Sherrill know in advance if you are coming to coffee so that she can inform The Folk Café of expected numbers on the day. The table is reserved however is not available until 10.30am. If you arrive early you may find the table is in use and you have to wait around. The time is limited up to 2 hours.

Meetings—please place entrance fee in the tin provided as you sign in your name. Monies have been less than the amount of members attending. This applies to members/visitors and guests. Raffle and Coffee is optional however if you partake please contribute.

If you do have a hot drink please make your choice clear to Joan when she asks you. ‘What would you like’. If you are talking you may not realise your response and finish up with a drink you did not ask for. At future meetings sugar will be placed on the table, sweeteners are not provided so please bring your own.

ZOOM by Janet—Saturday coffee mornings are still happening. It works well for us who are not out and about much. Everyone is welcome to come along and say hello. We talk about everything and we have a good laugh. Zoom helped us through lockdown and is still helping some of us. Why not come and say hello? Most of you have the info for the coffee mornings and the art, but if you are new to the group and want to get involved please email me janetoreilly31@gmail.com

Easyfundraising—there are now 18 supporters. Total monies to date raised is £465.09.

Meeting on 20th June—Anna Wilson from VOICE will be coming to this meeting at 3pm to talk about this new Orthopaedic Centre at Colchester. The latest update on this was sent to all members via email recently. Joan Smith will also be giving a talk on PACT (People for Animal Care Trust) at 2pm.

Group Meetings—at 3.30pm specific group matters will be discussed with members. It will also be an opportunity for members to share information (in brief) that they think will be of benefit to others. Not all information shared may be of benefit to all members however there has to be give and take on information given. This is also a chance to have your say on matters of relevance only.

Attachments—Jo Nichols Dance suggested links and other information. Music in Our Bones sessions dates/times and contacts information.

Outing—enquiries have been made to the 2 outlets suggested for afternoon tea, sadly they are not easily accessible to all members. Further suggestions are needed.

Meeting Reminders— go out 7—10 days prior to a meeting and the Facebook reminder is now being posted on the site one clear week in advance. Responding to these reminders is vital to ensure the meetings run smoothly and provisions provided sufficiently.

Positively Crafty— if someone new comes to the group they can only attend the craft sessions if they join the group and become a member, to be covered by the group insurance. If they are not a member they are not covered and participate at their own risk.

Sincerely Yours Paper Craft Show is on 4th August from 10am to 3pm at Breckland Leisure Centre, Croxton Road, Thetford, IP24 1JD. Only one this year in this area. Set yourself a budget before you go as you could be tempted to purchase more than you think you need.

There is **NO** CPSG speaker meeting in August. PC and Coffee will still go ahead.



Bringing likeminded people together

Run for Patients by Patients

Positively Crafty—a gallery of crafts achieved in 2024 + Facebook & Zoom



Craft sessions are fun and light hearted. You always go home with a sense of achievement.

Facebook by Sherrill

The group has a Facebook page which is only open to members and potential members. All new members have to be approved before they can see what is on the site making it a safe place. It is used to make members aware of forthcoming meetings and also for you to let us know if you are able to come/not come to that particular meeting. Numbers are important for us to know so that rooms to can be set up and catering provisions sought in advance, to tell you what we are making in crafty and if you need to bring anything. In the case of the coffee morning, inform the Folk Cafe of expected numbers so they can allocate the best table for us and them.

The page is also available for members to use. Your posts can be informative i.e. something you may have found out that will help other members (an accessible venue), or highlighting something like the recent proposed change to PIP. These should be factual but NOT political views. It can also be used to make us laugh or something that is uplifting, but not offensive.

Currently I am the only one that deals with the admin. The Facebook Page is for everyone to participate in. It would be nice to see more people using it. It is a window to potential members. If you want to use Facebook but are not sure how to go about it, please ask me as I am the one that will be able to help you set it up and show you how to use it.

Please be reassured it is for all members. It is a private group and it is safe. We look forward to seeing more participation. People from outside the immediate area will not be accepted.



Zoom Art by Janet O Reilly—the ladies of the CPSG art club have been working very hard. When we started we were just learning to draw. Now we can work in pencil, coloured pencils or watercolour. I am very proud of the hard work our artists are doing. They have been drawing some wonderful portraits. Every Wednesday we have our zoom hour of art, with demos, which sometimes can be unintentionally funny. Art with no pressure. If anyone new or old to the group is interested, you are very welcome to join us and see what we are doing. It is never too late to have a go. I sincerely believe everyone can draw. More importantly drawing can be fun and relaxing.

HAPPY SUMMER!



Cockfield Summer Fair is being held on Sunday 21st July 2024 from 12 noon-4pm on the Great Green in Cockfield. IP30 0HQ. Free entry. There will be stalls, activities to join in, BBQ, refreshments, dog show and much, much more to enjoy. Joan Smith and Sherrill are having a stall each, selling their own crafts. CPSG are having one selling crafts, gifts and more to raise funds for the group.

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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Next meeting 20 June
Southgate Com Centre