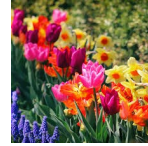


Welcome to our Spring Newsletter



News from the Committee

Spring, a season of longer, lighter days, new growth and fresh possibilities. A time for renewal and to focus on wellbeing. Spring is a time of change, hope and new beginnings. An opportunity to reconnect with ourselves and others. Embracing the outdoors and being in nature is restorative, boosts mood, reduces anxiety and enhances overall wellbeing.

Easyfundraising

CPSG now has 20 supporters. If you have signed up to support the group please take the opportunity to show your support. A cheque for £24.41 was received in February. Last year, nearly 2,000 people raised a food shop donation every day through easyfundraising? Food shops are a fantastic way for us to receive regular donations!

Whenever you're doing a food shop online, please use #easyfundraising! You can raise regular donations for Chronic Pain Support Group (Bury St Edmunds) with popular supermarkets including Tesco, Morrisons, ASDA, Sainsbury's, Waitrose, Iceland and Ocado - at no extra cost to yourself! If you're not supporting us on easyfundraising yet, please sign up here: <https://join.easyfundraising.org.uk/chronicpainsupportgroup/1VA1AM/c2s/618TPvFU/CE024/facebook/>

ARE WE DOING ENOUGH?

Although members have agreed that the monthly format continues there is always a concern that a fresh approach may be needed. As members, if you feel we should be doing more, please speak up.

MEMBERSHIP

Currently 18 members have renewed their membership leaving one yet to renew and in March we maybe welcoming back a lapsed member who has asked to rejoin.

POSITIVELY CRAFTY

A member has generously donated monies to crafty that will be treated as restricted monies. PC struggles to support itself at times due to low numbers attending the sessions. This donation is very much welcomed and will be utilised with care and guidance from the donor. A thank you card has been sent.

We would like to take this opportunity to thank Carol for her time, patience and guidance teaching us to learn new crafting skills. Also for generously donating materials and the use of her tools. Carol gave so much and we had a lot of fun working with her.

Stocktaking of stored craft materials/tools at the centre will take place during March.

To make way for storing catering supplies we need to evaluate any materials that are no longer used. These may be offered to crafty members.

SUPPLIES

Refreshment supplies will no longer be stored in the cupboard under the sink in the small hall. 3 beverage items were taken from the box (clearly labelled in the group name) by others using the hall and have not been replaced. We have been advised to store items in the locked cupboard or bring them to each meeting and take them home again. This is not the first instance however it will be the last.

Coffee Morning

Meeting at the Dragonfly Hotel has been a success and we hope it may continue. For the time being this is our go to place for the monthly coffee meet ups.

Bringing likeminded people together



Run for Patients by Patients

VOICE

VOICE NEWS

VOICE are looking for patients to tell them their experiences by recording a patient story with them. This helps them to learn and improve the services that are being provided. If any member is willing to be involved please let Lorraine know.

Voice also need feedback and communication from organisations too with responses and ideas or compliments and complaints. If you have anything you would like us to take up with them please come forward.

Radiology requires a doctors referral. It is not a walk-in service as the sign suggests.
X-ray toilets have been made a lot more accessible by wheelchair users.

Pain Clinic does not have leaflets for CPSG on display. The support group will struggle to continue if there is not a push for people to be made aware this is available.

Funding for the new hospital has been agreed and it is going ahead although there is currently no start on the physical building they are still doing prior work that needs to be completed.

VOICE will feedback any updates of what is going on at the Trust and the improvement projects so that we can feed them back to our members.



Speakers—this month we welcome back Jo Nichols Dance who teaches movement to music. A motivational session that is tailored to suit all ages and conditions. Jo herself is a long term pain sufferer so fully understands how pain can affect our day-to-day lives.

In April we will welcome Hearing Dogs for the deaf. Previously we had Guide Dogs for the Blind, this being a new area to us. Margo is profoundly deaf and relies on lip reading. Her hearing dog is her second partnership and have been together nearly 6 years. He is a blue roan, gentle natured and laid back cocker spaniel called Linus. We aim to provide a variety of topics and are always keen for members to suggest an area of interest that may appeal to all. This year we have a mixture of new ones and revisits. We are looking for speakers for July and October, please bear that in mind.

Speakers charge a fee for their time and some also ask for travel expenses. Looking at how inexpensive the group is for what members get is real value also the fact that monies have rolled over from previous years helps. Relying solely on monies collected throughout the year may not be sufficient to cover all the expenses. Food for thought.

Summer Outing

Now is the time to give this serious thought. This will be a subject of discussion at the meeting. 2 people will be needed to organise a get together somewhere local/within a reasonable distance for members to enjoy.

CPSG is a support group that is warm welcoming and friendly. We ensure meetings run smoothly in a happy relaxed atmosphere. We accept people as they are from all walks of life, all ages and genders. We do not discriminate nor do we turn people away unless there becomes a valid reason. i.e. unacceptable behaviour whereby the lines become blurred. We are all unique individuals, all have different personalities and all experience health concerns mentally and physically. We are not here to judge and any negativity towards a person is not healthy for the group as a whole and how it reflects overall. We need new growth, to welcome new people. How we treat our fellow members is important and what we have to realise is that some are more sensitive than others, that we all have feelings and that we are there for each other in times of need.

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
Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting 20 March
Southgate Com Centre