



If you open a window on an advent calendar each day you will find a little surprise hiding behind it. Why not treat yourself each day in a similar way by making up your own ideas and sharing them with others. Bring people together and look forward to these moments of joy and pleasure.

A little kindness at the right time goes a long way. Life can be wonderful and devastating too. Why do we constantly feel the need to explain ourselves, always having to apologise for something or other. We are not here to be judged only accepted as we are. Each day focus and find a purpose, your happy place and some solace in it. You have the skills and the ability to shine so why not embrace them.

Positively Crafty—November's craft was



stencil and pasting, a new activity that tested the best of us. Various designs and colour mixes were attempted, as you can see here.



There are times when we cannot even begin to imagine what others are going through. Kindness and compassion restore faith and laughter releases tension.

As someone once said 'We are all of us stars and deserve to twinkle'

CPSG would like to say one big thank you to you the reader, all the speakers who presented throughout the year, Southgate Community Centre for accommodating us and the Directory Team for publishing our articles. More importantly our members for their investment and support. Wishing you all a very enjoyable festive period. Stay safe, try to be positive and take good care.

Dairy Dates

Positively Crafty—Thursday 7th December from 1.30pm-4pm at Southgate Community Centre

Coffee Morning—Monday 11th December from 10.30am at The Folk Café

CPSG—No meeting in December

Zoom—Art on Wednesday/virtual Coffee Morning on Saturday. Both from 10am.

If you would like to see what we are about you are more than welcome to pop into one of the meetings and join in to see if it is for you.

For more details call 07724 187774 or email info@chronicpainsupportgroup.co.uk
Find us on Facebook or visit www.chronicpainsupportgroup.co.uk