



Do you feel isolated and alone? Are you finding everyday things become an ordeal and even the simplest things become difficult? If so, then why not come and share your concerns with likeminded people who are in a similar position to you, giving you the reassurance that you are not alone in your everyday struggles. That you are able to carry on with a normal life albeit a few adjustments. To live everyday and to experience how good it feels, despite your pain.

CPSG have regular get togethers, members support each other and many friendships have been forged within the group. You, the person are very much the main focus, not your condition. CPSG is not here to judge only give support.

Members enjoy the social aspect the group has to offer and find meeting up together on a regular basis eases isolation and loneliness.

Come along to chat, to laugh, to share, to feel part of something and want to keep coming back for more.

You are welcome to drop in at any one of the meetings to see what CPSG is all about and more importantly to see if it is the right fit for you.

#### Dairy Dates


Positively Crafty—Thursday 1st  
June from 1.30pm-4pm.

Coffee Morning—Monday 5th  
June from 10.30am at an outlet  
in Bury

CPSG—Thursday 15th June from  
2pm-4pm

Both meetings are held in  
Southgate Community Centre

Zoom—Art on Wednesdays and  
virtual coffee mornings on  
Saturdays. Both from 10am.



Do something  
each day you  
enjoy

Turn the negativity of pain into positivity by crafting at our Positively Crafty Sessions held on the first Thursday of each month. A wide variety of crafts are created and sessions are fun and light hearted. Engaging in a creative activity absorbs your mind and body and helps you to feel more relaxed thus creating a distraction from your pain. Enhance your wellbeing and take a little time out for yourself.

*Bringing Likeminded People Together*