



Run for Patients by Patients



Spring-a time for new beginnings, new growth, renewal, joy all around and creativity. In the darkest times, light seeks to shine. Increased light uplifts the mood and engenders hope. A reminder that there is always possibility of new life.

Spring being a time of new beginnings and opportunities it is an ideal time to be with people who understand the highs and lows of living in pain and reassure you, you are not alone. Sharing your journey with others who understand exactly how you feel can help you feel less pain, lessen your isolation, boost your wellbeing and social network.

When life seems like a journey too difficult to manoeuvre and if you feel you would benefit from what we have to offer please consider coming to a taster session to assess it for yourself.

The group is available to all ages (18+) and genders who lives with a pain condition, ranging from minor discomfort to severe pain. Seeing the person is our main focus, not their condition. Laughter makes us feel happy and helps to relieve pain, it truly is medicine. We can certainly vouch for that!

Positively Crafty

Regardless of the medium crafting can bolster the mood, improve mental agility and increase happiness. In a gathering of creative minds you are working together at your own pace to achieve a finished piece to take home. This is



our aim at each session that is held. Some materials and tools are provided although you are welcome to bring your own and if you prefer, your own craft project. Either way you are joining in and being with others in a socially engaging atmosphere.

PC—Thursday 2nd March and 6th April from 1.30pm-4pm

Coffee Morning—6th March and 11th April from 10.30am at Dobbies—all welcome

CPSPG—Thursday 16th March from 2pm-4pm with a speaker

Meetings are held at Southgate Community Centre

For more details call 07724 187774

Email: info@chronicpainsupportgroup.co.uk

or upon request details can be sent by post

Find us on Facebook or visit our website

www.chronicpainsupportgroup.co.uk