



This time of year, can seem full of love and fun, but it can also feel a very lonely time. Which is made harder if you suffer from pain. Suffering long term pain can feel very isolating and depression is often a side effect of it.

There is support in this area for YOU. The Chronic Pain Support Group. Does what it says. We are a group of Ladies and Gentlemen who suffer with long term pain. Ranging from mild long-term pain to severe long-term pain. We offer friendship, laughter and support. Who knows better what it feels like than fellow sufferers. Getting out, meeting people and having a laugh helps with our mood and distracts us from our pain. And there's always support if you are having a bad spell.

What we don't offer is medical advice as we are not qualified to do so. But we do share experiences and support. Sometimes just giving you a little confidence to ask the medical profession, the questions you need to ask to help yourself.

Our support offers monthly meetings on the 3rd Thursday with a speaker followed by a social with refreshments. Speakers are varied and can be interesting, informative, offer alternative ideas for some short respite from your pain or they can be just fun.

Monthly, on the 1st Thursday we have Positively Crafty, open to Members. You can be a complete beginner or an expert who can share your craft with others. Of course, it also includes refreshments.

If that's not enough we hold a monthly coffee morning on a Monday at a local coffee shop for coffee, cake and a chat. The venues we use have parking and are disabled friendly. Coffee mornings are open to members, lapsed members and those that are curious about our group. All we ask is you let us know if you would like to come a few days before, so we have enough space at the Coffee shop.

End the loneliness and isolation, just contact us on the details below for more information. You will be made very welcome. What have you got to lose.

Positively Crafty—Thursday 7th November from 1pm-4pm

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

CPSG Speaker Meeting—Thursday 21st November from 2pm-4pm

Both meetings are held at Southgate Community Centre

Zoom— Art on Wednesdays and Virtual Coffee Morning on Saturdays. Both from 10am

**For more details call 07724 187774 or email info@chronicpainsupportgroup.co.uk
visit www.chronicpainsupportgroup.co.uk**