

## **Positively Crafty**

In the February session a card was made using a stamp that can be wet embossed. Embossing powders are available in many colours to create different effects. Yes heat is an essential part of the process! It activates the embossing powder effects, whether that be to shine, mattify or gloss. Be careful when using a heat gun that you hold it a distance away. Once the card is embossed and the heat has been applied it becomes dry enough for colour to be added within your chosen design. As you can see you can adapt the design for different occasions.





Crafty is a chance to do something together, nurture your inner creativity and quieten your mind.

## **Before Visiting**

Before you consider joining the support group give some thought as to what you want out of it, what support means to you and what would you expect from one. Think about your needs and how you fulfil them. Everyone's needs are different as are their expectations.

Many people turn up and find it is not what they expected. Be honest with yourself as to what you expect before you come.

## **Speaker Cancellations**

Members attend meetings with expectations and often for a specific speaker. it is therefore disappointing to them and difficult for the group when a speaker cancels at the last minute due to unforeseen circumstances. These occasions are rare but when this happens the group improvises and members are given the opportunity to share some of their own interests. Aromatherapy and Genealogy are just two such topics that have been shared.

## **Dairy Dates**

Positively Crafty—Thursday 7th March from 1.30pm-4pm (Embossing folders) Coffee Morning—Monday 11th March from 10.30am at The Folk Café CPSG Speaker Meeting—Thursday 21st March from 2pm-4pm Both Meetings are held in the small hall at Southgate Community Centre Zoom—Art on Wednesday and Virtual Coffee Morning on Saturday. Both from 10am.

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