



A Warm Welcome Awaits

I had been suffering with depression, a large part of which was due to health issues and the constant pain. I had to stop working due to my health and so I found myself becoming isolated. I knew I had to do something to help myself, to start making a new life. I looked around to find something where I could meet people, start venturing out again. It was so scary.

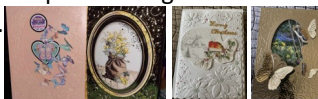
I didn't know this group existed. When I saw the extent of what you could do at this group I thought I would give it a go. My first meeting my anxiety was quite high, so I gave myself a talking to, telling myself that this wasn't going to hurt me and what was the worst that could happen so I put my big girl pants on and went. I was warmly welcomed and I was told that the talk that day was birds of prey including a visit by some owls. I had hit the jackpot, I love owls. After the talk we had coffee and a slice of lovely homemade cake. People were so friendly. They were happy and laughing. This perked me up and made me smile. We chatted about all sorts of things. I was also told about the Positively Crafty group and the Coffee Morning. I could just go to the meeting or join in with any one of these. I've not looked back since and I have made some good friends. To use the saying. " There are no strangers here just friends you haven't met yet"

Why not come and see for yourself. You too, will be warmly welcomed. What have YOU got to lose. (A group members own account of her first visit to CPSG).

Positively Crafty - March Session

Dry embossing is a cardmaking technique that involves creating a raised/ textured pattern on paper or cardstock without the use of ink or heat.

Using the right thickness of card helps the design to stand out more effectively. As you can see here.



Dairy Dates

PC—Thursday 4th April from 1.30pm-4pm

Coffee Morning—Monday 8th April from 10.30am at The Folk Café

CPSG Speaker Meeting—Thursday 18th April from 2pm-4pm

Both meetings are held at Southgate Community Centre

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