



We are now in the midst of the festive season. A time for celebrations, gift giving and gatherings with friends and family.

We are all unique individuals and navigating your way round frequent social challenges with a long term condition and having the confidence too, can be challenging and especially if you are embracing a new normal. Having to be a self-manager, a negative experience and not knowing anyone, in the same situation can leave you increasingly isolated and helpless. Navigating the social world means joining in with others and sharing your experiences with them, an essential part of your journey to connecting with others. By doing this you develop the confidence and skills to do this consistently.

By joining a support group you will be socially interacting with like minded people who are friendly and welcoming. Somewhere you can feel comfortable and safe giving you a little respite and distraction from your pain. Take that step forward by reaching out to others in your position and being accepted as you are. Building friendships and keeping in touch during the bad times. Make an informed decision and come and join us in the new year.

### Positively Crafty



Creativity is one area that can bring many benefits to your health, your mood and social life. Crafting is not about perfection it is about achieving. See your feelings come to life and let crafting be your form of escape. Come and join in the fun and laughter and go home with a sense of achievement.

### Cockfield Christmas Craft Fair



A warm and friendly festive showcase of bespoke and unique gifts. CPSG had a wonderful day and raised a few funds too.

A big thank you to you the reader and the directory team who publish these articles for all your support throughout the year. Wishing you all a Merry Christmas and a Happy, Healthy New Year.



### Dairy Dates

Positively Crafty—no session in January

Coffee Morning—Monday 6th January from 10.30am at The Dragonfly Hotel

CPSG—Thursday 16th January from 2pm-4pm—Subscriptions and AGM

Meetings are held at Southgate Community Centre

Zoom—Art on Wednesday and Virtual Coffee Mornings on Saturday from 10am

For more details call 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
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