



CPSG would like to wish you all a Happy New Year and as we welcome this new year in, we look forward to seeing you at one of our meetings. You are welcome to pop in to any one of them and see if it is for you. If you are experiencing long term pain take that step and do it for you and your wellbeing.

CPSG is a warm, welcoming, and friendly group who give support; being supported is what we are all about. Seeing the person is our main focus, not their condition. The atmosphere created is a warm-hearted social blend to encourage positive feelings and for you to know you are not alone.

CPSG is a face-to-face, non-judgmental group. Meetings are relaxed and informal for both those living with pain and their loved ones. Our members are there for each other and we do our best to ensure meetings run smoothly and are enjoyable to attend. Members coming together on a regular basis helps prevent isolation, loneliness and improves quality of life.

Why not come and join us, you may be pleasantly surprised.

The AGM + Subscriptions will take place in January. An ideal time to think about joining the group. A time to reflect on the past year and to focus on the new one.

Positively Crafty

As you can see decorations to adorn the Christmas table were achieved in December. Crafting is so absorbing, sociable and no skills are needed to piece something lovely together. They are all unique to you. You learn as you go and it is a lot of fun. Turn the negativity of pain into positivity by crafting, creating a distraction from your pain and at the same time being enveloped in emotional support.



Dairy Dates

Positively Crafty—next meeting is on Thursday 1st February at 1.30pm-4pm

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

CPSG—Thursday 18th January at 2pm-4pm

(both meetings at Southgate Community Centre)

Zoom—art on Wednesdays and virtual coffee mornings on Saturdays . 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