

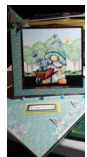


Chronic pain sufferers hide pain so well you can't go by how they look on the outside. They have to learn to function no matter what level of pain they're in. So, if you get into a relationship with someone who has chronic pain issues understand that they may not be able to do anything for themselves for weeks or months at a time. It's a large burden for someone to take on. Take time to make sure you're able to handle it. They didn't ask for their body to fail. No matter how hard they try to hide it, pretending to be ok until it no longer is.

When you are given a diagnosis, you have mixed feelings. You know what you are up against-how do you deal with it? With medication, physical and psychological therapies, mind & body techniques, joining a support group, understanding, acceptance, activities, pacing connection to others, social relationships, self-management, help and support are just some ways.

When you have an invisible illness, it is difficult to argue from your perspective with ignorant people. Frustratingly people say 'can it really be that bad', 'you look good'. Even in the most excruciating pain you have to try and push through it. There's usually no cure for chronic pain only finding ways of controlling it, you have to figure out what works for you, which may not necessarily work for someone else. Chronic pain can affect you physically, mentally and emotionally. It cannot be seen but felt, as does our feelings. Adjusting to life with chronic pain comes with a lot of grief. Grief for the life you had, for the life you could've had if you were healthy and grief for the life you dreamt of having. If you see someone struggling don't pass judgment, offer your support. We are all human, our pain is invisible but we are not, why should we be treated any differently.

Positively Crafty—In the March session we made a Twisted Easel Card. Easel cards are a simple variation of a standard card, folded with a distinctive look. They can be made in different shapes and sizes. On the front of the card score across the diagonal, fold in to create the easel. Add a topper on the folded part and a sentiment layer raised on foam pads for the ridge on the inside of the card to support the card when folded. (see pictures)



Dairy Dates

Positively Crafty-Thursday 2nd May from 1.30pm-4pm (Flowers)

Coffee Morning– Tuesday 7th May at The Folk Café from 10.30am

CPSG Speaker Meeting-Thursday 16th May from 2pm-4pm (Dance)

Both meetings are held at Southgate Community Centre

Zoom-Wednesdays for art and Saturdays for coffee & chat both from 10am

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

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