



CPSG is still a live group open to all ages 18+ and genders. You are very welcome to come along and see what we are all about.

Being in long term pain can leave you feeling isolated and lonely—don't be alone—come and have a fun time with people who understand. Be surrounded by friends in a time of need and be supported. Group meetings are easy going, supportive and friendly. Members leave their problems at home but they can share their concerns with others. Members are respectful of people's feelings. Knowing that others can understand what we are going through is one of the many ways we can start to change the way we talk to ourselves and others about our struggles.

Dairy Dates

There is no Positively Crafty or CPSG Speaker meeting in August
Coffee Morning will be going ahead on Monday 11th August from 10.30am at The Dragonfly Hotel in Bury

The meetings resume once again in September—come along and join us, you will be amongst friends and you will receive a warm welcome.

Positively Crafty

In the July session we did decoupage taking some plain garden potting pots and turning them into pretty planters using table napkin tissue and glue. You have to be careful of tearing the tissue when it's wet and you can get a little sticky from the glue however the finished result can be very effective and colourful.



In the September session we will be looking ahead to Christmas getting preparations in early. Crafting is all about rewards, being creative, having fun and going home with a sense of achievement.