



Living with a chronic pain condition you are fighting a battle that others cannot always see. Smiling through it doesn't mean it has gone away, it is hiding, you are still hurting. Pain can steal your strength and drain your energy making each day a struggle. It robs you of sleep and it changes who you are. It takes over your entire being and pushes people away. Constant pain and fatigue can be overwhelming and affect your day to day reducing your abilities. You never know each day how you are going to feel, pain is no joke however you survive and are stronger than you think despite the exhaustion so no doubting yourself or hiding away, you function, you have strength within you. Let that be your guiding light to take steps to seek help when you need it, pace yourself, refocus, share your experience with others in a similar position and join a support group to prevent isolation. Be sure to appreciate everything you have and be thankful for the little things that you can achieve each day.

Dairy Dates

Positively Crafty—Thursday 3rd July from 1.30pm-4pm

Coffee Morning—Monday 7th July from 10.30am at The Dragonfly Hotel

CPSPG Speaker Meeting—Thursday 17th July from 2pm-4pm

Both meetings at Southgate Community Centre

Zoom Virtual Coffee Mornings—Saturdays from 10am

Positively Crafty

Continuing the theme of crafting lanterns with added illumination to enhance the overall design and making small crackers for wedding favours, table gifts and small treats enhanced with coloured acetate.



Crafting is all about being creative and doing as much or as little to any design making it whatever you want it to be. You work at your own pace and become absorbed, it's not all about the detail or being perfect or if it doesn't quite turn out how you expected it to be. No one is here to be critical. It is more about feeling comfortable with others in a relaxed and friendly environment, having a laugh and enjoying being in the moment.

You always go home with a sense of achievement.