



It is that time again when summer is upon us. Perhaps, you can no longer enjoy some of the things you used to do. Maybe, you were sporty and can no longer partake. It could be, you can no longer manage to clean your house or do your job. It could be because you are in pain?

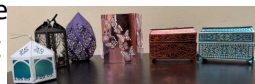
Pain can separate you from friends and family. Not everyone understands what you are feeling, what you are going through. Chronic Pain Support Group will not cure your pain or advise you on your illness, but we do listen and support each other. Our members understand what pain does to your life. We love to help and support each other, when needed.

Why not join us at one of our coffee mornings? We meet once a month at the Dragonfly Hotel in Bury St Edmunds, for coffee and a chat. The hotel is a perfect place for us to meet. We are made very welcome and have a choice of comfortable chairs to sit on. There is no problem if you are in a wheelchair, you can drive right up to the door and be dropped off.

If you are into craft, you can join us once a month at our Crafty afternoon or at our speaker meetings at the Southgate Community Centre in Bury. Check the dates on our website address below.

### **Positively Crafty**

Chests and lanterns were made in the May session. Intricate in design, certainly needing concentration in the putting together. Result, very effective. Crafting is relaxing and absorbing, taking you to another place away from your pain, giving you some respite. We are always learning new techniques and having fun along the way.



### **Dairy Dates**

Positively Crafty—Thursday 5th June from 1.30pm-4pm

Coffee Morning—Monday 9th June from 10.30am at The Dragonfly Hotel

CPSG Speaker Meeting—Thursday 19th June from 2pm-4pm

Both meetings are held at Southgate Community Centre

For more details call 07724 187774/email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
Visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)