



Spring, a season of beauty, wonder and renewal. New beginnings and awakenings. New life appearing before your eyes each day and delighting your senses. At CPSG we are always looking for new, fresh ideas and encouraging new growth. What would you look for in a group setting? What would you expect out of it? We offer: a warm welcome and support, friendship with like minded people, social interaction, inspiration and encouragement. Being there for each other is vital.

We give you an opportunity to take a step forward, to be accepted as you are, share experiences, engage in positive conversation, reach out to others in your position, be empowered, feel less isolated, make informed decisions and improve your wellbeing.

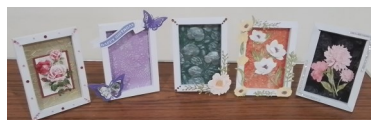
We welcome all age ranges (18+) and genders, carers, partners and guest visitors.

Is this enough to encourage you to join us? What more could we do? Come and see us and share your thoughts and ideas and help us to help you.

## Positively Crafty

It has been proven that crafting is good for your overall wellbeing as is being in company with others, having fun and a laugh. Our members love to craft and are eager to learn new skills along the way. Doing something different is exciting and rewarding, once mastered. We all help each other to achieve something at the end of each session. Some tools and materials are provided however those that craft at home also bring their own feeling more comfortable with their tools of choice.

Hot drinks and home made cake are provided so why not come along and join us and share our love of crafting.



## Diary Dates

Positively Crafty—Thursday 6th March from 1.30pm-4pm

Coffee Morning—Monday 10th March from 10.30am at The Dragonfly Hotel

CPSG Speaker Meeting—Thursday 20th March from 2pm-4pm

Both meetings are held at Southgate Community Centre

Zoom—Art on Wednesday and Virtual Coffee Morning on Saturday. Both from 10am

For more details call 07724 187774 or email [infor@chronicpainsupportgroup.co.uk](mailto:infor@chronicpainsupportgroup.co.uk)

Visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)