



A Happy Memory

We all have to deal with pain and what it does to our lives, sometimes on a daily basis. Some days are much harder than others. How we deal with it, can be very difficult and it is very necessary to be as prepared as possible to fight pain both physically and mentally. Over the years, you may have put together, ways for to cope however one idea may seem strange, but could work for some. A special and happy memory which brings a smile to your face.

Happy memories to concentrate and focus on at times of anxious moments, onset of a panic attack or just your everyday discomfort. By bringing those thoughts to mind may help.

All you need is to pick that memory, something above everything else. It does not have to be life changing. It could be as simple as a particular time you went some where. One particular memory works best. Try it and see if it helps you too.

Positively Crafty—‘its beginning to look a lot like Christmas’ as early as in September however we are not alone, there are reminders popping up everywhere. With a choice of dies and coloured card to choose from a Christmas card was achieved. Even a new lady, joined in the fun and had a go, with help. We are all there for each other and have a good laugh. Come along and enhance your wellbeing, your most welcome.



Dairy Dates

Positively Crafty—Thursday 2nd October from 1.30-4pm

Coffee Morning—Monday 6th October from 10.30am at The Dragonfly Hotel

Speaker Meetings—Thursday 16th October from 2pm-4pm

Both meetings are held at Southgate Community Centre in Bury

Zoom Virtual Coffee Morning— Saturdays 10am

For more details call 07724 187774 or email info@chronicpainsupport.co.uk
Or visit www.chronicpainsupportgroup.co.uk