



Summer break is now behind us, Autumn is upon us and CPSG regroup for the latter part of the year, starting with Positively Crafty whereby we will be looking ahead to Christmas.

CPSG are a warm and welcoming, friendly bunch of people who come together to enjoy their time out, have a laugh and not think about their pain. So don't be alone, come and be surrounded by friends, people who understand what you are going through. Join us anytime to see for yourself.

The reality of an invisible illness is about what you see and what you don't see. Chronic pain is debilitating and time after time people are discriminated against. Until you walk in their shoes do you have the right to judge them? Surely they are as much entitled to live their lives in the best way possible, as any other person, despite their inabilities.

Someone once asked the question 'what tools assist you in your day-to-day' life. Whilst nervously responding came the interruption 'what about a radio'. A radio, who knew that something taken for granted, is apparently a welcome distraction for people in pain more so than the useful implements purchased/borrowed/been given. Whilst this may help some it may not help all. We are all unique individuals and on our journey of self-discovery and self-managing our pain we find out/learn what works for us. Interesting though what crops up when least expected and believed to be a helpful tip or is it?

Dairy Dates

Positively Crafty—Thursday 4th September from 1.30pm-4pm

Coffee Morning —Monday 8th September from 10.30am at The Dragonfly Hotel

CPSG Speaker Meeting—Thursday 18th September from 2pm-4pm

Both meetings are held at Southgate Community Centre in Bury

Zoom Virtual Coffee Morning—Saturdays from 10am

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