



Chronic Pain Support Group is run by patients for patients. The group is designed to encompass all needs for all age ranges; members are troubled by a wide variety of conditions. The value the group offers in enabling members to make friendships with fellow sufferers is very important, but equally vital is to provide members with tools with which to help manage their condition more effectively. Our experience has indicated that many feel isolated with their pain, each day can not only be physically painful, but it can also be draining emotionally and spiritually. Sometimes it is from within progress can be made. Members benefit from being amongst fellow sufferers where ideas and coping strategies can be shared. They feel more relaxed and by providing a 'safe' environment a support group is viable. Members have commented on the relief they have felt knowing they are not alone, they have found friends, skills and more importantly feel valued. Meaningful interactions can be facilitated and socialising brings people together.

Diary Dates

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

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

CPSG Speaker Meeting—Thursday 17th April from 2pm-4pm

Both meetings are held at Southgate Community Centre

Zoom— Virtual Coffee Morning on Saturdays from 10am

Positively Crafty

An aperture card with a window helps you to add even more dimension to a hand made card. Colour in the background adds depth and enhances the design hanging in the window. By using invisible thread from the top only, the centre piece spins around. The maker of the card has this to say "crafty is something I look forward to all month. I am in pain all the time but for a while enjoying the afternoon with people who understand and have become such amazing friends, it is such a pick me up. For a short while I have other things to concentrate on, the afternoon seems to fly by but we always have something that we can feel proud off to take home as well.

