



A support group is a safe place where you can talk about your emotions and experiences with others who know how you feel and won't judge or criticise you. It can also help you to learn better coping strategies as living in pain can be challenging and you don't always know from day to day how you are going to feel. You may feel nervous at first joining in the activities however over time you may feel confident to contribute your own ideas that may help you to get more out of it. CPSG is a friendly group and meetings are relaxed and informal with speaker presentations, refreshments and socialising. A favourable format which over the years has become more familiar making for a comfortable atmosphere. Speakers bring a refreshing look on pain or non-pain related topics. Interesting enough to captivate their audience and giving a talking point over coffee and homemade cake. Come and give us a look and enjoy being enveloped in the warmth of friendship and belonging.

Time for Tea was designed and crafted by a group member who has taken to crafting in a big way in the comfort of her own home having learnt skills in the crafty sessions with added support from on-line tutorials. A passionate supporter of the group and a keen advocate. Members find no matter what craft we do its such an uplift, it's amazing what meeting up with friends and doing something takes the edge off all pain for a while and makes them smile. Crafting is just one way to help you manage your pain. Distraction can be a powerful tool diverting your attention away to becoming totally immersed in what you are doing. Although it may become difficult, it can be a useful and healthy way to cope. Crafty sessions are always fun and light hearted, however absorbing they are there is always time for banter and a laugh. Members look forward to coming to sessions and always go home with a smile on their face having enjoyed the time out. Many crafts have been achieved over the years however there are always new ones to learn so if you have a craft you would like to share with us, please get in touch.



Diary Dates

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

Coffee Morning—Monday 10th February from 10.30am at the Dragonfly Hotel

CPSG Speaker Meeting—Thursday 20th February from 2pm-4pm. Both meetings at Southgate Community Centre

Zoom art on Wednesday and virtual coffee mornings on Saturday. Both from 10am.