



Are you enjoying more time to yourself? Is it time to spend a little time doing something for yourself. Autumn is near and that is another change to our lives.

Are you in pain? Do you wake up worrying about how you will cope with the day ahead. Perhaps it is time to meet other people who are struggling in a similar way.

We are the Chronic Pain Support Group in Bury St Edmunds. Although we cannot provide a diagnosis or offer clinical advice. We support one another through a shared understanding of pain and its impact on daily life. The C.P.S.G. welcomes all adults, men and women aged 18 and over who are living with pain. We meet three times a month, and you are welcome to drop in and meet the group at any session.

Our monthly Crafty session takes place at Southgate Community Centre on the first Thursday of each month. During the 2hour session, members can relax and enjoy a range of creative activities. Whether you make one item or several, there is no pressure, and someone is always available to help. We explore many crafts and welcome new ideas.

On the following Mondays, we meet for coffee in the sunroom at the Dragonfly Hotel, near Sainsbury's on the edge of town where members can expect: Convenient parking, wheelchair access and warm, welcoming hotel staff.

Please register your vehicle's number plate to receive free parking.

Last but not least, we meet for 2 hours on the third Thursday of the month at Southgate to welcome guest speakers who join us to discuss a range of topics. After the talk, we enjoy homemade cakes with a cup of tea or coffee. A quiz and raffle too.

We are all likeminded people who laugh and smile together. Join us!

Dairy Dates

Positively Crafty—Thursday 1st October from 1.30pm-4pm at Southgate Com Ctre

Coffee Morning—Monday 5th October from 10.30am at the Dragonfly Hotel

Speaker Meeting—Thursday 15th October from 2pm-4pm at Southgate Com Ctre

Zoom Virtual Coffee Morning—Saturdays from 10am