



Janet Welcomes you to CPSG

If pain is part of your life, please read on. It may be time to recognise that you need support from other people who are also struggling too. The Bury St Edmunds Chronic Pain Support Group could offer that help.

There are help groups everywhere for specific illnesses. They play a vital part in providing help to sufferers of these illnesses. Our group fills a gap. We will not tell you how to manage those illnesses, but we will try and help you cope with your pain. It is amazing how being with people who understand, can really help. We do this by meeting up once a month at Southgate Community Centre with speakers, followed by delicious home baked cakes and a chat.

We also meet up there once a month, on the first Thursday, for our “Craft” sessions. Meeting between 1.30pm – 4pm in the afternoon. If you enjoy crafting, drop by and meet some of the group.

The following Monday after “Crafty”, we get together at The Dragonfly Hotel for our monthly coffee morning at 10.30am. The hotel makes us very welcome, and it is a great time to drop in and have a chat, Normally, we do avoid getting too involved with talking too much medical information at the Dragonfly, it is time to relax and have a laugh amongst friends. Time to try and forget about the pain for a couple of hours. Unless of course you do need somebody to listen, then someone will always be there to do that. To listen and to understand.

I can remember when I joined the group, over 10 years ago. I was quite nervous, not sure that it was the sort of “thing” I would want to be involved in. Now, 10 years later, I look forward to going to meetings and coffee mornings. I never miss one, unless I am unable to go because of my health. I know, if I asked other members what they feel, they would all feel the same way. We are there for each other. We respect each other’s privacy. No one will ask you what your illness is, but if you decide to tell somebody, that will be fine.

Why not pick a time and visit us at one of our meetings, you will be made very welcome, or pop into the Dragonfly for a coffee and a chat.

Dairy Dates

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

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

Speaker Meeting—Thursday 17th September from 2pm-4pm

Both meetings are held at Southgate Community Centre

Zoom—Virtual Coffee Morning on Saturdays from 10am

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