

CHRONIC PAIN SUPPORT GROUP NEWSLETTER

SPRING 2011

RUN FOR PATIENTS BY PATIENTS

Issue 1



Natalie and Lorraine working with one of our groups

The support group is run for patients with chronic pain and is run solely by patients with chronic pain. Our main objectives are to bring people together who are suffering from this debilitating condition within a 'safe' environment, to be able to share concerns and ideas, build friendships and obtain up-to-date information about handling their pain.

If you are not already a member or are a lapsed member then why not come along and meet us? We would love to see you!

WEB SITE - Look out for our website which is under construction!

Welcome to our first newsletter!

The Chronic Pain Support Group has been running for just over a year now and we are delighted to say that we are growing well. Some of you are unable to attend some of the meetings so it is hoped that we can keep you abreast of our plans and activities by producing this newsletter from time to time throughout the year. Why not send in your articles and suggestions? We'd love to hear from you!

Programme for 2011

The dates below are for our meetings which are held in the Education Centre, West Suffolk Hospital, meeting at 2pm and finishing no later than 4pm. We usually start with an informal chat followed by the guest speaker and then there is a time for questions over a relaxed cup of tea or coffee. You can join us for as little or as long as you would like – it is a peaceful environment amongst people who fully appreciate how you feel.

Dates marked with * are informal lunchtime gatherings at The Rushbrooke Arms, just outside Bury St Edmunds on the A134 – the Sudbury to Bury road. We meet from 12 noon to 2pm on a casual basis.

Speakers are subject to change and availability.

4th March 2011 *

1st April 2011 - Action for Pain / Pain Concern

27th May 2011 – Caroline Woodger, the impact chronic pain has on mental health

10th June 2011 *

22nd July 2011 – Breath works

16th September 2011 Physiotherapy

7th October 2011 *

11th November 2011 – Dr Jaynes from the WSH Pain Clinic

December 2011 meeting (TBA)

Some useful websites: Action on Pain www.action-on-pain.co.uk;
British Pain Society www.britishpainsociety.org; Fibromyalgia
Association www.fibromyalgia-association.org



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If you would like to receive more information and to join our mailing list please send this slip back to the Editor. Thank you.

I would like to receive more details and go onto the C.P.S.G mailing list

NAME.....

ADDRESS.....

TELEPHONE NO..... EMAIL ADDRESS.....

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News from the Group

Our first year was very much trial and error. As we are the first group in Suffolk for chronic pain, we had to start from nothing. Therefore we are fortunate that we have received so much support and encouragement from the hospital's Pain Clinic. Without their help, we would not exist. They have provided us with the use of the comfortable room in the Education Centre plus the organization of the refreshments and the organization of some of the speakers over the last year. We are always pleased to see members of the Pain Clinic at our group sessions.

We were delighted to welcome on two occasions Pete Moore from the Expert Patient Programme who, and with the assistance of one of our members, Linda Reid, is a tutor on this programme, gave us a mini session in the techniques they use. You can find out more from their web site which is: www.expertpatients.co.uk

Another interesting session was with one of the hospital's physiotherapists who helped us learn some exercises that we can easily do at home.

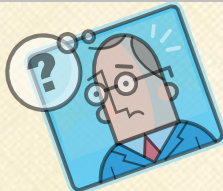
Group member Natalie talked to us about the various benefits we may or may not be entitled to and she plans to up-date us later this year as the system rules are under review.

THANK YOU!



We are very grateful to members who tirelessly help with some of the lighter side of the group, in particular, Joan who makes tasty cakes and other delicacies to go with our afternoon tea, and to Lorraine who runs our raffle. Lorraine invariably provides many of the gifts for the raffle and has raised over £100 – much needed funds for our group.

We are very grateful to both Joan and Lorraine for their generosity!



ANY IDEAS HOW TO PROMOTE THE GROUP AND RAISE FUNDS? IF SO, PLEASE PASS YOUR IDEAS ON! THANK YOU

Planned speakers

- Papworth Trust
- Drugs use
- Rheumatology
- Sleep Expert
- Advice on Volunteering
- Research into Pain
- Coping Strategies
- Disability resource centre
- Holidays and travel ideas
- Psychologist
- Mindfulness

SOME OF OUR MEMBERS.....



Top left to right: Linda & Maurice, Joan.
Bottom left to right: Lorraine & Natalie

CHRISTMAS MARKET – WE MEET BBC RADIO SUFFOLK!

Last December we had a stall at the Christmas Lights Switch On in Sudbury. Many of us had made crafts of some form or another, ranging from table decorations, to cards to Advent calendars and hot packs. We were excited to meet BBC Radio Suffolk's Mark Murphy and Lesley Dolphin when they paid a visit to our stand and picked up information about the group! We raised over £80 that evening.

Left to right: Lorraine, Natalie, Mark & Lesley



