

CHRONIC PAIN SUPPORT GROUP

Issue 3

Run for Patients by Patients

Autumn 2011

Welcome to our Autumn Newsletter

News from the Chair – Lynda Sebbage



I can't believe that we are now heading towards the lovely time of autumn when the leaves start turning their beautiful colours and the hedgerows are burgeoning with fruit. I don't know about you, but this is my favourite time of year although the colder weather doesn't really suit my aches and pains!!

The Chronic Pain Support Group has been very busy over the summer months spending a good deal of time in promoting our work. We have had excellent coverage in the local press as a result of the generosity of the various councillors and this has encouraged prospective new members to enquire about the group. The grants will certainly come in useful too!

On a very hot sunny day in July we spent a really lovely, but very exhausting, day in Sudbury at Bellevue Park for **Party in the Park**. With the help and support of one of our latest members, Andrew Peck, we fixed up a smart tent attached to his trailer advertising the group and Lorraine Ayling, who set up a stall inside the tent selling hand made items, gifts and games with prizes for the children. It was very impressive and we raised £109.50! Lorraine spent the previous weeks working so hard at organising this and we are very grateful to her. **Party in the Park** was organised by Sudbury Town Council and was a huge success with thousands of people attending. We were very encouraged by the interest in our group and we spoke to a number of visitors interested in knowing more about our work. This type of event clearly proves the importance of attending occasions like this – the higher our profile the more people will get to know about us. This will eventually lead to helping more people deal with chronic pain which is what we are all about! As you can imagine, it is very hard getting something like this together especially when we are all struggling with our own medical conditions – so a big *'thank you'* to Lorraine for all her hard work, to Sallie for helping on the stall and to Andrew for his support and getting the tent and display up! However, if we are to continue events such as these, then it is essential we are supported by more people rather than the small number of 'regulars' – please do give it some thought. However small your contribution, it will still be of value!

Another area where the group can be promoted is talking to various groups. I have been asked to do a short presentation to the local surgery for Long Melford, Lavenham and the surrounding villages when the doctors and other medical staff get together for their monthly meeting; I plan to talk about our group and the benefits it affords to patients. The support of local medical professionals is very important as they see patients at the first stages of their illness and can therefore be referred to us at a much earlier stage.

It was exciting to be offered the opportunity to write a paper for the British Pain Society's newsletter about our work and this will be published in October www.britishpainsociety.org With a circulation around all the medical profession in the UK it will certainly be putting our group firmly on the map. I wonder whether we shall receive any enquiries from other parts of the country as a result. I will keep you posted!

We are currently organising our speakers and dates for next year so do please look out for this information which will go onto the web site in the first instance. We hope to focus on the role of the carer – a much ignored, but vitally important person in all our lives. Many of us are affected by fibromyalgia and therefore we hope to invite a specialist speaker along to talk about this illness.

Finally, if you are on [facebook](https://www.facebook.com/chronicpain.org) ~ why not become a 'friend' of the group? Andrew Peck's wife Charlotte has kindly organised this under 'Chronic Pain Support Group' - hopefully you will be able to find it and keep in touch with each other as another way of networking!

I do hope that you have had a good summer, that your pain is under control, and I very much look forward to seeing you at one of our forthcoming meetings.



Bringing People Together



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22/7/11 Carole Baker from The Self Centre – a place of sanctuary www.the-self-centre.co.uk



The Self Centre is a unique space to relax, unwind and simply be yourself and by providing a choice of stress relieving activities and complementary therapies, holistically, you can discover the benefits. Carole Baker is a British Wheel of Yoga teacher and is owner/director of the Self-Centre too. Her style is fun and interactive, never too serious. Carole began her journey 13 years ago due to stress. Her career is a most varied one and all her past experiences have led her to where she is today and working for a pharmaceutical company turned her towards the complementary side of life and into yoga. The Self-Centre was a concept that she came up with to bring all her experiences into one area.



Carole presented a holistic approach to pain management and demonstrated how elements of yoga can be used in pain. The group joined in by sharing their own pain experiences and also by trying out some of the stretching exercises and movements sitting in a chair and standing up. Throughout her presentation Carole touched on other health promoting activities and therapies: i.e acupuncture, hypnotherapy, massage, reflexology and Bowen technique and also emphasised the importance of looking after ourselves by way of good nutrition, relaxation and breathing, striking a balance and reminding us that the power of the mind can be used more than we give it credit for. "Bend & Blend"



Lauren Butcher
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The Improving Access to Psychological Therapies (IAPT) service has recently set up a pain management programme called "Living with Pain;" a group that teaches people techniques for managing chronic pain conditions. The group uses Cognitive Behavioural Therapy techniques which aim to look at the link between thoughts, feelings, physical sensations and behaviours. In the programme, we incorporate such techniques as relaxation, pacing, unhelpful thought challenging and problem solving. If you think that this group would be of benefit to you, please do give us a call on **01284 733100** or email lauren.butcher@smhp.nhs.uk stating that you would like to sign up for Living with Pain. So far, we have held the groups in Bury St Edmunds but we are happy to hold the groups elsewhere to cater for those from different locations.



New Members:

Welcome to Graham Prentice, Fran Newman and Jean Rice who joined the group in July.

Email amendment:

Maurice's correct email address is Admin@microdatakomputers.co.uk

Meeting dates for 2012:

January 20th, March 23rd, May 25th, July 20th, September 21st and November 23rd.

Speakers to be confirmed.

Car Boot:

Funds raised £33.77 for the group on Bank Holiday Monday



Transport:

If you would like to attend any events/meetings and have difficulties with transport, please give me a call and I will see what I can arrange.



Thank You:

A very big thank you to Sallie, Andrew, Margaret, Betty and Lynda for their contributions to the stall in Bellevue Park and to visiting group members who gave their support on the day.



A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website www.chronicpainsupportgroup.co.uk

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Next meeting 16 Sept
West Suffolk Hospital

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FORTHCOMING EVENTS

CHRISTMAS LUNCH

The Rushbrooke Arms Sicklesmere on Friday 16th December 2011 at 12 noon.

Festive Celebration Menu – Three Courses - £17.99 per person

STARTERS

TOMATO AND JERSEY CREAM SOUP **V**

Served with croutons, multi-grain bread and butter

BRIE AND CRANBERRY FILO PARCELS **V**

Crispy filo pastry parcels filled with Brie and cranberries, with a cranberry sauce dip and salad garnish

KING PRAWN COCKTAIL **†**

Plump king prawns arranged on a bed of mixed leaves, topped with prawn cocktail sauce.

Served with multi-grain bread and butter

CHICKEN FORESTIÈRE PÂTÉ*

A chicken liver, Madeira and oven-roasted mushroom pâté. Served with thick-cut toast, caramelised red onion chutney and butter

MAINS

TRADITIONAL TRADITIONAL TURKEY

Served with a bacon and chipolata roll, sage and onion stuffing and cranberry sauce

BRAISED BEEF IN A CHIANTI SAUCE*

With chestnut mushrooms, balsamic roasted onions, garlic and thyme

OVEN-BAKED SALMON TAIL FILLET **†**

With a tomato concassé and dill butter sauce

CHESTNUT AND MUSHROOM ROAST **V**

A creamy mix of mushrooms, nuts and brown rice topped with chestnuts, cashew nuts and cranberries

All mains served with British root vegetables, Brussels sprouts and roasted potatoes

DESSERTS

CHRISTMAS PUDDING* **V**

Rich and fruity Christmas pudding with brandy sauce

CREAM PROFITEROLES **V**

Choux pastry buns filled with cream and drizzled with chocolate sauce, served with double cream

MASCARPONE AND MADAGASCAN VANILLA CHEESECAKE **V**

With a spiced mandarin and red berry sauce, served with double cream

LUXURY CHOCOLATE TART **V**

With chocolate sauce and double cream



This menu can be found on the Rushbrooke Arms website <http://www.eating-inn.co.uk> with all the dietary and allergen advice. A table has been booked however depending on the interest from members, can be subject to cancellation. All members are welcome to come along and join us.

At the moment the 3 course menu is the only one available. A booked party can only choose from this menu, the everyday menu is not available nor the children's menu to adults. If you choose one, two or all three courses the price is still the same £17.99. A £5 non-refundable deposit is payable by 30/9/11. Pre-orders for food to be confirmed one week before the booked date.

If you would like to partake in this festive celebration please confirm your interest to Lorraine on or before 16/9/11. If this option does not appeal to you and a light lunch and less cost is more appealing, we are open to suggestions and can rearrange the venue to meet members' needs.



SUDBURY LIGHTS SWITCH ON: Friday 25th November 2011 at St Peters Church, Sudbury. Join us on a fun packed evening in Sudbury. Again a chance to promote the important work we undertake. Contributions would be most welcome especially lucky dip gifts, suitable for boys and girls aged 3-8 years. Details to be confirmed nearer the time.



PARTY IN THE PARK: Bellevue Park, Sudbury. Owing to our success this year we have been invited to do it all again next year – Sunday 22nd July 2012.

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