

CHRONIC PAIN SUPPORT GROUP

Issue 8

Run for Patients by Patients

Winter 2012

Welcome to our Winter Newsletter

News from the Chair – Linda Reid



I hope as we are approaching the festive season you are keeping well, warm and not too stressed.

The last few months have been a busy time for the group. Lorraine and I, in collaboration with Redwood printers, designed a pop up banner for the group, which you can see a picture of on page 3. We are using it to help raise the profile and awareness of the group at events. Since having the banner we have used it to very positive effect. We have also been given permission by the Pain Clinic to have a banner permanently displayed within their waiting area to get our message out to patients.

The week of 12-18th November the Self Care Forum supported by the Department of Health held an initiative called Self Care Week, with the aim of helping people grow older healthily at any age. As a group who believes and helps to promote self care we wanted to get involved. We held awareness stands at West Suffolk and Newmarket Hospitals talking to staff and patients about our group as well as promoting Self Care Week. These events opened up opportunities for us to hold similar events in the future and raised our awareness in the community and hospital alike. We met some wonderful people and many have signed up to the Newsletter, so if you are receiving this for the first time we wish you a warm welcome.

We held a stall at the Bury Charity Market braving the cold, damp and darkness! (See pictures). At the Bury Christmas Fayre, (Sat only), we were within the British Legion area. Catherine, a volunteer case worker from the British Legion, approached us at our stall at the Bury Charity Market. As she had only 3 weeks to organise enough stalls to fill the empty Index Store space in Cornhill Walk, She sent out people to scout craft fairs to ask stall holders to get involved, us being one of them. Through www.3space.org, who work in partnership with landlords and leaseholders of empty shops, and give temporary free access to empty spaces, she was able to use an empty space very effectively. She raised £1000 for the British Legion and we had a very successful day too!

So I would like to thank all the group members who came along to the awareness stands and the market stalls to offer their help, make/donate items and offered support, you made it the success it was – Many many thanks!

If you are finding the dark mornings are affecting you, the group owns a SAD lamp which is available to members to use for a small donation. So please let Lorraine or myself know if you feel you could make use of it and we will pass it to you at the January meeting. (See enclosed article).

Moving into the new year we are looking forward to meeting members old and new alike at our January meeting, we are hoping to have Chris Baker come back to explain to us the further changes being introduced to the benefit system. i.e. DLA.

On the 28th February we are holding a ½ day Pain Tool Kit Workshop, delivered by Pete Moore, to give you the overview of the 12 steps of self management to help you live better with pain day to day. If you would like to attend please let Lorraine or myself know. There will be a small charge for this workshop of £7.50 per person, we are subsidising the remainder 3/4s of the cost. In summer (a long time off I know) we are holding an evening meeting, in collaboration with the Pain Clinic to explain what chronic pain is, the advances in pain management, to name a few topics. This will be open to members as well as their partners, family and friends to help your support network understand what living in pain is like. Date, time and venue to be advised in the new year.

As you can see we are kept busy, so if you feel you have some skills we could use for the benefit of the group, please let us know – we welcome any help you can offer at the meetings or behind the scenes.



Bringing People Together



Supported by
West Suffolk Hospital 
NHS Trust

The Pain Toolkit and Pete Moore who gave a presentation to the group on 21/9/12

The Pain Toolkit concept originated back in 2002 when Pete Moore was writing a self-management article for pain health care professionals in Europe.

Living with pain himself, he recognized while writing his article, that he had developed a toolkit of pain management skills to enable himself to become an active self-manager and to lead a better life. Most of the skills were learnt while attending a pain management programme in London in 1996, and picked up others along the way.

Pete says "most people with pain depend too much on their health care professional to solve or get rid of the pain; they forget that they have to work with their health care professional in the management of their pain".

It is team- work, a partnership but not a partnership that is until death to you part. Pain self-management is about learning new (or using old) skills, trying them out and see what works for you. Pain is like a finger print, so each person may need to have individual skills to suit them.

Pete attended the INPUT Pain Management Programme (PMP) London in 1996 where he learnt most of his pain management skills.

He has written several patient/health care professional-led pain self-management programmes, including:-

- Managing your pain, one day at a time
- Persistent Pain Programme
- Pain Handbook for patients (illustrated)
- Managing pain, from the patients perspective



Pete has co-authored, with Dr. Frances Cole, a simple booklet for patients called the Pain Toolkit which has been supported by the Department of Health now used extensively in the UK, Europe, Australia and New Zealand. Since 2009 240,000 copies have been printed and in circulation throughout the UK. They have translated into German, French and Italian by Grunenthal Switzerland. Whilst working for Grunenthal (Germany) he wrote a simple pain management programme, Managing your pain one day at time.

Pete regularly speaks to health care professionals and patient groups here in the UK, Europe and Australia about pain self-management.

He works part time as part of the Patient Advisory Team for the University College London, Imperial College and Leicester University which are conducting research on the role of movements in persistent pain. The study is taking advantage from recent technological developments in the field of computer gaming and aims at record people's movements using special sensors.

Pete is a member of:

British Pain Society (he supported the BPS when upgrading the desirable criteria for Pain Management Programmes in the

UK International Association for the Study of Pain (IASP)

Australian Pain Management Association Inc. (APMA)

E-mail pete.moore@paintoolkit.org



If you would like to see Pete's presentation you can go to the group information page of our website and download the slides by just clicking on the text.



3 of the slides are shown overleaf

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.

Bringing People Together



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Next meeting 25 Jan
West Suffolk Hospital



BIRTHDAY
CONGRATULATIONS
TO

CAROL WRIGHT



CORNHILL WALK—Saturday 24th November 2012 10am - 5.30pm

1st British Legion sale of work and crafts held in the old Index shop.

Funds raised: £168.21 A fantastic result !

A big thank you to all who contributed to our success.

Thank you to Gloria, Natalie and Graham for helping.



Waitrose



On behalf of **Chronic Pain Support Group** Linda and Lorraine accept a cheque from Jane Gunsman of Waitrose Community Matters Scheme in the sum of **£666.00**

The group were selected to take part in the scheme in September and were presented with the winning cheque on 12th November 2012.

A letter of thanks has been sent to Waitrose however our sincere thanks goes to all the customers who voted for us. We truly appreciate the support given to us by Waitrose however without the support of the customers we would not have achieved the overwhelming response that led to a winning result. Our patients will benefit from the funding that the customers elected us to receive. Without such schemes within our community we would not succeed.



The group has a new Roll Up Banner, a welcome edition to our publicity and a worthwhile investment. Printed by:-



RISBY INDOOR SALES

Lorraine has raised funds	September: £23.00
for the group here in the	October: £49.25
last 3 months, raising in ...	November: £46.94

BURY ST EDMUNDS CHARITY MARKET/CHRISTMAS LIGHTS SWITCH-ON

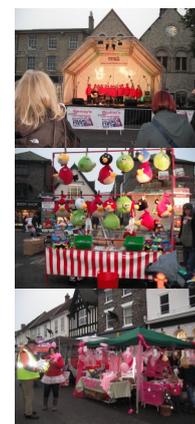
15/11/12 Pitch No: 42 — outside The Body Shop in the Buttermarket
2.00pm—8.30pm

Chronic Pain Support Group was one of a number of charity stalls that participated in this event alongside fairground rides and Radio West Suffolk who entertained everyone throughout the afternoon and evening. There was also live entertainment on the stage.

Father Christmas made his entrance through the crowds in time to switch on the Christmas lights.

Thank you to Jean, Graham, Deborah and Natalie for all their help on the stall.

Funds raised £111.04 A successful outcome for a first time at this event.



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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WEST SUFFOLK HOSPITAL - Monday 12th November 2012

TIME OUT RESTAURANT (for staff and visitors) 10am-1pm

175 leaflets in all were handed out to staff, departments and left on tables during that time. Mrs Burroughs came along especially to see us to find out more about the group and we look forward to seeing her at our future meetings.



Pain Clinic—10am-12noon

100 leaflets were left in the clinic for patients. Linda made enquiries about the group having a banner on permanent display and also chatted to patients attending Dr Schofield's clinic.



NEWMARKET HOSPITAL - TUESDAY 13TH NOVEMBER 2012

FOYER 10am-12noon

183 leaflets in all were handed out and given to departments + 4 A4 posters.

WSH FOYER—FRIDAY 23RD NOVEMBER 2012

10am-12noon

100 leaflets and a poster were handed to a surgeon, who has a clinic in the breast department, and does hypnotherapy on patients with chronic pain. He has offered to be a speaker at one of our meetings. We also handed out up to 20 leaflets and pain toolkits to people who came up to us voluntarily, some of which signed up to our mailing list.



Self care for life - growing older healthily

WSH have confirmed that we can hold awareness sessions in the foyer on the mornings of our group meetings in 2013. We shall need volunteers at these sessions, so if you would like to help out for a short while, please speak to Linda or Lorraine.

Thank you to Carol and Graham for their help in WSH Time Out Restaurant and Rosemary for her help in WSH Foyer.



MEMBER'S CORNER

Welcome to Jean Bailey and Elaine Hall who joined us in September and to Beryl Burroughs and Joan Gage who joined us in November.

Thank You to Carol Wright for all her help updating the leaflets and for displaying them at her party celebration.

Special Thanks to Carol and her guests for donating monies to the group instead of giving gifts to Carol, raising £300.00

Bring & Buy—September's meeting raised £15.20 and November's meeting raised £23.55. *JARS*— Thank  you.

Well done Betty - for making such remarkable progress and to Fran for all her loving care and support. A very lucky lady to have such a wonderful supportive friend. Thank you to Betty for making the lovely cakes for us to enjoy.

 Heartfelt wishes to Miranda. X



Merry Christmas and Happy New Year to you all from Linda and Lorraine xx



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FORTHCOMING EVENTS IN 2013



Tuesday 14th January at 10.30am at the **Bury Garden Centre** (opp the Rugby Club)- a social get together for members of the group to meet for coffee and a chat (as requested by some members). Come along and join Linda and Lorraine for a welcome break from the daily routine. If you need help to get there please let us know.



The Organiser of the **Cornhill Walk** Christmas Event is organising another one in **May** and we have been invited to take part.

Nowton Park Country Fair in June—we will be notified in the new year if we have been accepted to apply.

We will be looking for **volunteers** to help at these two events and also asking for **contributions**. We will keep you posted.



ENHANCE YOUR WELLBEING WITH ANDULLATION (originated in Germany and is 12 years old)



Andullation is an advanced massage therapy that combines medicinal vibrations with infrared deep heat. It is mainly used to relieve symptoms from specific or non-specific back problems but it is beneficial to sufferers of many other painful conditions as well. Multiple independent studies have proven that andullation massage therapy relieves the symptoms of stress, fibromyalgia, rheumatism and osteoarthritis among many, many others. An andullation massage delivers more benefits than a separate massage or a separate infra-red treatment. The soft, pleasant contact with the surface of the skin by andullation can loosen internal tension and tightness, and in this manner alone, reduce pain. Specifically creating a stimulus that results in the expansion of the blood vessels, leading to improved circulation in the surrounding tissue. Additionally, as every skin zone is connected by nerve reflexes to internal organs, the massage not only affects the skin and musculature but also the functioning of the inner organs. The latter is extremely important to the maintenance of good health. **Andullation** has been scientifically proven and medically tested to alleviate pain leading to a better quality of life.



The medical massage system with andullation is successfully used by physiotherapists, rehabilitation centre, doctors, hospitals and chiropractors. **Andullation** is used in many countries around the world and by astronauts, divers and sportsmen.

HHP is the leading supplier of tested medical devices in the area of massage technology. HHP is dedicated to maintaining high medical standards and integrity, for that reason HHP continuously test its products and encourage independent parties to conduct on going research. UK customers over the last 2 years are predominantly people with chronic pain and amateur sportsmen with reduced mobility. The aim to either reduce pain and increase recovery time. HHP are dedicated to the joy of health and enjoyment of life.

<http://www.homehealthproducts.co.uk/andullation/what-is-andullation.html> Please visit their website for more in-depth information on the product itself and HHP.; <http://www.mypaintest.com/en/references> This site features some of the famous athletes who use andullation.

Linda and Lorraine had a meeting with a representative from HHP, Sam Thorogood who gave a short presentation and also demonstrated the andullation therapy technique. We were invited to test the product, having a 15 minute session each on the mattress itself, at the same time Sam explaining how the system works, the benefits and answering all our questions.



TO ALL THE MEMBERS OF CHRONIC PAIN SUPPORT GROUP

You are invited to an **Andullation Therapy Event** demonstration on **31st January 2013** at **The Malthouse Project** in Bury St Edmunds (Elseys Yard, 8 Risbygate Street, entrance by St Andrews Street North car park) at a time to be advised. Following a presentation by Sam you will have the opportunity to experience this treatment. This is a free event with refreshments included. Sam is organising the event solely for the group and Linda and Lorraine will be very much involved with the arrangements and on the day. Some members of the business/medical community may also be invited to attend. This event is designed to promote awareness of Andullation and ourselves as a group of people with pain, a result of which we hope to achieve some funding.

Sam will be on hand during the day to assist you with the treatment and answer any questions you may have.

Please come along and experience the effects for yourself. If you don't give it a go, you'll never know! As soon as we know more information we will let you all know.

(the venue is in the town, on a bus route and parking is pay and display. If you need directions please let us know)