

Welcome to our Winter Newsletter



News from the Chair—Linda Reid

Seasons greetings to you all, I hope you are all keeping well as we approach this busy time of year.

Where has this year gone, doesn't time fly by. I am really happy to say what a successful year the group has enjoyed and I am so honoured to have been part of it. From the success of the June event to our beautifully decorated tree at St Peter's Church in Sudbury as part of the Rotary Tree Festival, which couldn't help but put you in the festive spirit—92 trees all lighting up at the same time was really magical and beautiful. To the informative and enjoyable speakers we've had to all the members new and old who make every meeting such a pleasure.

For those of you who enjoy keeping in contact with each other by social media, we now have a Facebook page and we already have a wonderful and supportive online community who regularly keep in contact through it. We also post photos of recent events we have been to and details of any upcoming events we are involved in—as well as the odd plea for volunteers to help us out with events on the day or making crafts/decorations for us! If you are a tweeter—we are also on twitter. So you can keep in touch with us in different ways should you wish, we always love hearing from you. We have a brief guide 'How to join Facebook' on page 4.

This last month has been all about raising money and awareness of the group, which is always very enjoyable but a busy time. We enjoy the interaction and all the new people we meet. We have recently had a stall at the Bury Charity Market and the Bury Christmas Fayre—details and photos on page 3. We also celebrated Self Care week by having a stall in the foyer of the West Suffolk Hospital to promote self-management to help day to day life become easier and have a better wellbeing.

I do have to say a very special thanks to Lorraine for all she does and we couldn't run the stalls without her expertise and energy, truly fantastic. Also to our crafting ladies whose impressive jewellery making skills, as well as their imaginative crafting have greatly contributed to our success at these events. To everyone who has contributed time, gifts, crafts and support we thank you so very much; we very much appreciate all you do.

Looking to next year we have some exciting potential speakers lined up—Mr Coveney will come back and run a group hypnosis for relaxation, Suffolk Circle are coming in to let us know what they offer, Tai Chi and Yoga to help with gentle stretching and relaxation, a sleep expert to help us understand how to get into a better sleep pattern when in pain and a member of CCG to explain how the change from PCT to CCG works!

Next July—I know it seems early to mention it but time will soon go—we are holding another evening event—so please put Thursday 3rd July in your diary—it will be a fun informative evening focused on self-management. With eminent speakers—Pete Moore from Pain Toolkit, sleep expert from Papworth Hospital to name a couple, with taster sessions from reflexologists, massage, yoga, Alexander Technique, herbalist etc. for you to try on the night to see if they could be of help to you. There will also be stalls from physiotherapist, nutritionist and Occupational Therapist to gather further useful information from.

**If you have any talents in craft making**—sewing, beading, knitting etc. **please get in contact** as we are looking to bring together those of you who craft and also if you are happy to donate any handmade items to sell on behalf of the group.

**Many thanks to everyone who has made this year such a success!**

**Seasons Greetings to you all and we hope to see you in the New Year!**



**NHS**  
**Self Care Week**  
18-24 November 2013



Self care for life – take control

[www.nhs.uk/selfcare](http://www.nhs.uk/selfcare)

 Self Care Forum  
Supporting Self Care Week

Are you aware that a Chronic Pain Support Group is available at this hospital for your patients?

The Group established in 2009, with the support of the Pain Clinic and the dedication of its members is continuing to grow. We are a friendly group offering support and education to our members in many pain related areas which help them to feel less isolated and more able to cope with their condition (s). With the aim of helping patients to help themselves and learn how to lead an active life in spite of their pain.

We hold our meetings at the Education Centre on a Friday from 2-4pm, see our website for dates. Meetings include a speaker from a chosen discipline who gives a short presentation followed by an opportunity to ask questions and to chat with members/speaker over refreshments. Carers and partners are welcome too.

During the last year our speakers have included: Hypnotherapy for Chronic Pain, Benefits review, Opioids update, Mindfulness, Yoga and Chair Yoga, Suffolk Wellbeing and Voicability.

Next year we are planning, in partnership with the pain clinic, an evening of education on self-management presented by renowned speakers in that field, talking about Chronic Pain and how you can self-manage day to day in spite of your pain. There will also be taster sessions of various therapies and side stalls from chosen disciplines. This is open to staff, our members and their partners/family/carers. Date of the event is Thursday 3<sup>rd</sup> July 2014 at The Education Centre. Time to be advised. We hope people will come along and get involved and find out more about what options are available to them to help them self-manage, improve positivity, enhance mental wellbeing and self-esteem and to learn how to live well on a daily basis – Self-Care for life and take control.

We are supporting Self Care Week, 18<sup>th</sup> – 24<sup>th</sup> November, a government initiative to encourage people to Self-Care for life and take control. To support this we are raising awareness of the group and initiative within the hospital and via our website and publicity. We will be in the Foyer of the hospital on the 22<sup>nd</sup> November 10-12am. If you would like to come along and talk to us and find out more about the benefits of the group please do so.

If you would like to come and talk to the group at one of our meetings, please contact [Linda.reid@hotmail.co.uk](mailto:Linda.reid@hotmail.co.uk) if you are interested.

If you would like leaflets for your department or to signpost a patient please go to our website: [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk) for further details. We are always happy to come and share details about the group with you.



### Self Care for Life—Take Control

The intention is to raise awareness of how you can take control of your health, and ultimately take control of your life. To inspire people to become more health conscious and choose healthy options that will impact positivity on your physical health as well as your mental wellbeing and self-esteem. Be knowledgeable about your health and take measures to stay well. Recognise when to self-treat and when to seek advice and understand how to live with a long term condition daily.

**C.P.S.G supported** Self Care week by trying to encourage self care principles through our speakers at our meetings, at self-management events, on our website and in our newsletter and WSH Green Sheet.

Find out more at [www.nhs.uk/selfcare](http://www.nhs.uk/selfcare) or [www.selfcareforum.org/events/self-care-week-resources](http://www.selfcareforum.org/events/self-care-week-resources)



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](http://www.chronicpainsupportgroup.co.uk)

## Bringing People Together



Lorraine Ayling  
Tel: 01284 701652  
Email: [lorraine@aylingonline.com](mailto:lorraine@aylingonline.com)

Next meeting 17 Jan  
West Suffolk Hospital

# Run for Patients by Patients

## Events—Charity Market and Christmas Fayre in Bury. Christmas Tree Festival in Sudbury



### Charity Market and Light Switch-On in Bury St Edmunds on 21st November 2013 2 –8pm

Our stall was situated outside the Card Factory and with the benefit of electricity this year made it so much easier and more festive. Charity stalls, fairground rides, penguins, reindeers and a stage of live music and entertainment with Santa making an appearance and the lights officially switched on at 7pm, Bury soon enveloped itself in the spirit of Christmas. With the wide variety of items—children’s games, crackers, sweets, puzzles, jewellery, crafts/produce, gifts and more... our stall attracted many visitors. We had a fantastic day!

Thank you to all the members who contributed to the stall, to those members who came along to support us and to Jean, Graham, Debby, Becky, Tricia and Deborah who helped on the stall.

**Funds raised: £166.60**



### In Cornhill Walk at Bury St Edmunds Christmas Fayre on Friday 29th November 2013 9-6pm

Around 100,000 visitors, including over 200 coaches, flocked to the town to the 10th annual event hailed as the biggest and best ever. The fayre ran for 4 days at locations around the town offering a myriad of craft stalls, market stalls, children’s activities, festive music, entertainment and more....

C.P.S.G. joined other crafters in the walk selling homemade/handmade crafts, produce and gifts. Another successful day for the group and ABF-the Soldiers Charity. A big thank you to Catherine for the invitation.

We would like to thank all the members who contributed to the stall and those that baked cakes. A much appreciated thank you to Debby, Miranda, Becky, Tricia, Jean and Graham for their help on the stall.

**Funds raised £127.70**



### Christmas Tree Festival, St Peter’s Sudbury 4th—8th December 2013

Organised by the Rotary Clubs of Sudbury and Sudbury Talbot. In its 11th year in this beautiful setting enhanced by a visual spectacle of 92 trees decorated by good causes. All proceeds from the Festival are shared between charitable causes to fund projects home and abroad.

C.P.S.G. is the chosen charity for Rotary Club of Sudbury whose president is Lynda Sebbage, past chair of the group. The group will benefit from some of these proceeds.

Thank you to the members who made the hands that were endorsed with what the group means to them and which made a garland round the tree.

Very many thanks to you all for taking time out from the hustle and bustle of pre-Christmas preparations to support such a wonderful showcase and for your generosity.



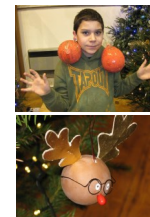
### CHRISTMAS TREE FESTIVAL at St Peter’s, Sudbury

4th to 8th December 2013  
10am to 7pm  
Wednesday to Saturday  
10am to 6pm Sunday

Admission: minimum donation per adult Under 12s free

ALL PROCEEDS TO:  
The Eden Rose Cottage  
The Age UK Children Centre  
Hillside Special School  
The Friends of St. Peter's  
Action for Children  
Suffolk Wildlife Trust and  
Sudbury Hospitals  
Good causes in the community chosen by the Rotary Clubs of Sudbury and Sudbury Talbot

Organised by the Rotary Clubs of Sudbury and Sudbury Talbot, for the benefit of our community.



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*Bringing People Together*



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# Run for Patients by Patients

## Facebook—for group members only

To have a face book account you need a computer, internet connection and an email account.

1: Go to [www.facebook.com](http://www.facebook.com). Under 'Sign Up' and complete the boxes that require information such as your name and email address, gender, and date of birth. You will also need to fill in a password. Press green sign up button.

2: The next window will show some letters and/or numbers (usually nonsense) and an empty box. In the box, enter the letters as you see them and then click Sign Up again. This is set up to ensure a human is entering the information not a machine.

3: You now have a face book account. You can fill in the profile page to help you find friends already on Facebook. 'You do this by entering your email address. If you don't want to do this now or would prefer to do it manually, click Skip this step.

4: You can then update your profile to help friends find you but you can also skip this step altogether or complete it later on.

5: The third step will ask you to add a 'profile picture'. Some people upload pictures of a cartoon or a pet if they do not want their photo on Facebook. It is entirely up to you, you do not have to have anything there. If you'd rather have nothing, click Skip. If you add a photo, remember to click Save & Continue when you have finished.

6: When your profile opens up, click the Go to your email button. This will open your email inbox where you'll find an email from Facebook containing a hyperlink. Click on this to verify that you're the person who created the new profile. You'll then be logged into Facebook.

### To join a Facebook group:

1: Sign into Facebook by going onto the Facebook home page ([www.facebook.com](http://www.facebook.com)) and sign in using your email address and password.

2: In the search bar, search for our group. i.e. Chronic Pain support Group

'Once you have found our group page and clicked on the join button up the top of the page by our name. You will now have joined our group page!

You can then post things onto our group wall! By clicking on the bar on our page that says in grey: Got something to Share? You can then type something in there and then press the Share button and then everyone who belongs to our group or has liked the group will be able to see it. You can post photos/Video etc.



## Funds raised from group meetings and Risby indoor sales

### Group meetings:

27/9/13 Raffle £27 Donation £5 Sales £33.75 Coffee £7

22/11/13 Raffle £17 Donation £1 Sales £33.25 Coffee £12.22

### RISBY Indoor sales

October £18.30      November £22.80      December £19.10



Its time to bid Autumn goodbye, winter is on its way.

Linda, Lorraine and Cheryl wish you all a very Merry Christmas and a Happy New Year



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# Run for Patients by Patients

## New M.E. Support Group in Bury St Edmunds

A new M.E. support group has been set up In Bury St Edmunds at Nowton Court (on the left just past Nowton Park) The next meeting is on Thursday 19th December 2013 at 11.30am and lasts around one and a half hours with free refreshments. Donations are welcomed.

The Group initially was set up to:-

- Explore members needs to see how they could be facilitated
- Offer mutual support
- To be able to share information
- To experience skills
- Pool resources
- Link in with other groups
- Meet local needs
- Help housebound members to feel less isolated
- Keep in touch with like minded people
- Keep up-to-date with the latest research/treatments

The group is very informal and will hold activities, present speakers, fund raise and more.... Come along and see for yourself.

If you, or someone you know, are interested in, or would benefit from the provision of the group please contact Gail Kirkham on 07890 748347 (C.P.S.G. member) for more details and dates of meetings.

The Bury Free Press ran an advert recently publicising the group.

## C.P.S.G. Meeting dates and Coffee Morning dates for 2014

### Meeting Dates at WSH

#### Education Centre 2—4pm

Speakers, Socialising over refreshments, raffle and table sale.

Friday 17th January

Friday 21st March

Friday 18th July

Friday 19th September

Friday 21st November

**Speakers to be confirmed**



### Coffee Morning dates at Bury Garden Centre

Mondays at 10.30am—come along for a catch up over a cuppa!

6th January

10th February

10th March

7th April

5th May

9th June

7th July

11th August


8th September

13th October

10th November

8th December



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