

# CHRONIC PAIN SUPPORT GROUP

Issue 10

## Run for Patients by Patients

Summer 2013

### Welcome to our Summer Newsletter

News from the Chair – Linda Reid

Welcome to our latest newsletter, as we approach the bank holidays – whatever you are doing, I hope you have a lovely time. As I am studying at the moment I will be using the extra day to catch up on my written assignments but will appreciate having the extra long weekend all the same.

I hope you will join me in welcoming Cheryl Davies, who I am very happy to announce has agreed to be our newest member of our Committee. Cheryl has kindly agreed to take on the role of secretary and as such part of her role will be sending out the reminders of upcoming meetings, so you will all have heard from her recently. Cheryl has written an introductory piece for you on page 2 of this newsletter. Welcome on-board Cheryl!

I am delighted to report that planning for the evening meeting in June is coming along nicely with four highly knowledgeable speakers confirmed to talk to us during the evening. We are lucky to have: Dr Schofield - Associate Specialist in Pain Medicine, Dr Jeynes Consultant Anaesthetist and Pain Management, Mr Coveney – Consultant Surgeon and Hypnotherapist and Dr Bindemann – innovator of Lifepsychol. The focus of the evening is:- What is Chronic Pain - increasing our understanding, what new treatments are out there and how family and carers can help. Each speaker will talk for about 20 minutes allowing time at the end to answer any questions you have. Family Carers, Suffolk Independent Living and Lifepsychol will have stalls, providing you with information on their services. They will be around before the evening starts and in the refreshment break to answer your questions. There will be light refreshments and tea/coffee. A raffle will be held with all proceeds going towards the running of the group. The evening is free and will start at 18.15 aiming to end around 21:00. Places are limited so to book your free place please call – 01284 712970. Don't forget to tell anyone you know who lives with pain or knows someone who does, they can be family member, friend or carer – it is open to members and non-members alike! I am sure it's going to be a fun and informative evening – so look forward to seeing you there!

Looking ahead to next year, which always seems very surreal, we have speakers waiting in the wings, who would like to come and talk to us:- Breathworks, Carole from Self Centre, Thai Chi to name a few. We always welcome your suggestions for speakers, as we want you to have the speakers to be of most interest and use to you as much we can. So we would love to know your ideas and we will do our best!

Checkout the Easyfundraising.org.uk website guidelines on page 3 to help support the group— without it costing you a penny!

### WALKING BY THE RIVER

Walking on the riverbank  
On a tranquil summer's day  
While iridescent dragonflies  
Skim the water as they play  
Languid weeping willow trees  
Sway gently in the breeze  
And regal swans and signets  
Glide silently with ease  
In a nearby meadow fresians  
Munch on dewy grass  
Whilst the sun shines in the sky  
As bright as burnished brass  
Drifts of bright green lichen  
Bedeck a dry stone wall  
And in the distance can be heard  
A cuckoo's timeless call  
Such are the magic moments  
That blend and interplay  
Walking on a riverbank  
On a tranquil summer's day ....



### Upcoming Speakers confirmed for 2013

26th July—Eammon Driscoll—breathworks, visualisation, relaxation techniques ...

27th September—Emo Pain

22nd November—Wellbeing and VoiceAbility

Bringing People Together



Supported by  
West Suffolk Hospital   
NHS Trust

**Presentation on 5th March 2013 by Chris Baker from Suffolk County Council on Benefit Changes**



Following on from last year's informative presentation we were very pleased to welcome back Chris Baker who brought us up to date with the new welfare reforms taking place this year.

Universal Credit—[www.gov.uk/universal-credit](http://www.gov.uk/universal-credit) Bedroom Tax—[www.housing.org.uk](http://www.housing.org.uk)

Personal Independence Payments—[www.dwp.gov.uk/pip](http://www.dwp.gov.uk/pip) Council Tax Reduction—[www.gov.uk/council-tax-reduction](http://www.gov.uk/council-tax-reduction)

Benefit Cap—[www.gov.uk/benefit-cap](http://www.gov.uk/benefit-cap) [www.adviceguide.org.uk](http://www.adviceguide.org.uk) [www.optua.co.uk](http://www.optua.co.uk) (advice & advocacy)

If you wish to know more about any of these topics click on the links.



Hello everyone,

My name is Cheryl Davies and I'm delighted to be the newest member of the chronic pain support group committee as secretary.

I've had chronic pain for just over 2 years now and have completed an intensive pain management course in Manchester, where I lived until moving to Bury in October 2012. I moved to Bury to live with my partner Stan who lives/works here and we are to be married in September this year.

I found out about the group whilst visiting outpatients at the hospital. Stan pointed out to me the stand in the Foyer and after having a chat with Linda and Lorraine, I was very excited to find a group where I could chat to others who experience similar daily struggles with pain. The meetings at the hospital and the coffee mornings are a great way to meet new people and share experiences. I have also found out some valuable information from the guest speakers.

As part of my role on the committee I will be responsible for sending out the meeting reminders, contacting future speakers, liaising with the hospital and keeping the members list updated. Please let me know if contact details or your e-mail address changes or you know anyone who would like to be a member of the group and needs adding to the list.

I'm looking forward to meeting and chatting with many of you either at the group meetings at the Education Centre or the coffee mornings at Bury Garden Centre.

Should you need anything in the meantime I can be contacted at [ckdavies84@hotmail.co.uk](mailto:ckdavies84@hotmail.co.uk)



[www.thepainexchange.co.uk](http://www.thepainexchange.co.uk)



Your chance to share your pain and empathise with other people around the UK and Ireland.

A unique place for you to come and share your experience. Help them to understand your pain.

By collecting different experiences and descriptions of pain, the Pain Exchange aims to paint a picture of how people describe different types of pain in their own words. You can share your pain and contribute to the worlds first user generated pain scale which will help improve understanding between people in pain and healthcare professions.

Pfizer together with a number of patient leading and citizen organisations across Europe have joined forces to call for real change through the 'Can you feel my Pain' campaign. If you would like to support the bill that is being proposed there is a facility on the website for you to do so.



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 26 JUL  
West Suffolk Hospital

Coffee Morning

Everyone Welcome



easyfundraising .org.uk

**DATES FOR 2013**

**Mondays 10.30am at Bury Garden Centre**

June 17th

July 15th

August 12th

September 9th

October 14th

November 11th

December 9th



**Come along and join us, relax and catch up over a cuppa—it would be great to see you!**

Did you know that your family and friends can raise money for the group when shopping on line?

Instead of earning points when you shop on line you raise a donation for your cause instead. You can shop with over 2000 well known stores in the comfort of your own home and without it costing you a penny.

The site gives a small percentage of money to the group funds so help support us when shopping on line—pass the message on and help grow our funds.

We are registered on the site under Bury St Edmunds Chronic Pain Support Group, have a look and give it a go!

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)



**PARTY IN THE PARK** in Bellevue Park in Sudbury is fast approaching. It takes place on 21st July from 11am to 5pm. If you are planning a family day out it is a free event with many attractions/arena displays and stalls. Refreshments are available on site and car parking is at the Kingfisher leisure pool (a short walk away) as on-street parking is limited to stall holders. The entrance to the park is in Ingrams Well Road which runs between the A134 Newton Road and B1508 Cornard Road in Sudbury.

**C.P.S.G** is having a stall so if you feel you can spare some time to help out on it please let us know, we appreciate any time you can spare.

If you have any small items or donations you would like to contribute please bring them along to the June event or any of the coffee mornings prior to the event. If you are unable to bring them please contact Lorraine on 01284 701652 who will arrange collection.

Items needed:- lucky dip gifts for ages 3-9yrs, any home made products, unwanted gifts, books, new/nearly new clothes and tombola prizes. (no alcohol or chocolate please)

[WWW.SAYNOTO0870.COM](http://WWW.SAYNOTO0870.COM)

[SAYNOTO0870.COM](http://SAYNOTO0870.COM) (includes 0845)

Non-geographical telephone numbers

Search to find another alternative number

**INCOME from 5/3/13 meeting**

Raffle—£18.00

Table top sales—£27.69

**INCOME from RISBY INDOOR SALES**

March £39.50

April £43.30

Last sale for this season is in May.

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

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Next meeting 26 JUL

West Suffolk Hospital

# Chronic Pain

## Want to know more....?

### 18th June 2013

Come along and enjoy a free evening learning :-

- ♦ **W**hat is Chronic Pain and understanding how it affects you?
- ♦ **W**hat new treatments are available
- ♦ **L**isten to our highly experienced speakers:-



**Dr Schofield, Dr Jeynes, Mr Coveney, Dr Bindemann**

- ♦ **H**ow Self Hypnosis could help you
- ♦ **E**xplanation and demonstration of Lifepsychol
- ♦ **Everyone Welcome** - those in pain, their carers, family and friends



Stalls from **Suffolk Independent Living, Suffolk Carers and Lifepsychol**

#### Event Details:

**Location**—Education Centre

West Suffolk Hospital  
Hardwick Lane

Bury St Edmunds

Suffolk IP33 2QZ

Reception starts at **18.15**

Speakers start **18.45**

Finish approx. **21.00**

Light refreshments available and raffle

**To Book your free place(s) call—01284 712970**



*Run for Patients by Patients*

West Suffolk **NHS**  
NHS Foundation Trust

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