

Welcome to our Winter Newsletter



Dates for your diary

Meeting dates for 2015 at WSH

16th January, 20th March 15th May, 10th July, 18th September, 20th November

Coffee Morning dates for 2015 at Bury St Edmunds—a Wyevale Garden Centre

19th January, 16th February, 9th March, 20th April, 18th May, 15th June, 20th July, 17th August, 21st September, 19th October, 9th November, 14th December.

Positively Crafty dates for part of 2015 at Southgate Community Centre, BSE

8th January, 5th February, 5th March, 19th March, 7th May, 4th June (these dates could be subject to change)



CPSG are participating in this 2nd annual Cathedral Christmas Tree Festival which runs from Wednesday 10th December to Sunday 14th December.

Open from 10am to 6pm daily in the Cathedral Cloisters.

Free admission. Visitors will be encouraged to give donations.

All profits from the donations will support participating charities, our group being one of them.

**Please come along and give your support.**

(poster is attached)



THE BRITISH PAIN SOCIETY

Please see attached an advert for a Patient Liaison Committee Lay Member vacancy.

If anyone is interested please make contact at the details provided on the poster.



You can now access this website via our own website [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk) Just click on the logo that can be found on the bottom of the home page. Our good cause needs help to grow so please sign up now! Only 7 members have so far!



Christmas Craft Fair in Cornhill Walk on Saturday 29th November 2014



**Supporting the Soldier's Charity**

**Funds raised: £353.05**

An incredible amount!

**Raffle on the day raised: £37.00**

CPSG participated in this event and had a stall in the old Index unit which is now being used by Thing me Bobs. We were sited near the refreshments—a handy place to be!



Our stall's theme was handmade/homemade crafts and preserves + gifts.

Members of the group came together and spent many hours crafting making an assortment of Christmas tree decorations, hedgehogs made from paperback books, tinsel wool knitted hedgehogs, dolls clothes, baby clothes, a teddy bear, a rag doll, Norwegian lace,

Shaun the Sheep, a Peppa Pig jumper, crackers, Ferrero Rocher Christmas puddings and many, many more + preserves of chutneys, jams and mincemeat. As you can see from the photos our stall was full to the brim.

We also ran a raffle to boost our funds which sadly was disappointing as so many others at the fair were doing likewise! 20 prizes in all to be won ranging from hampers/gift sets/chocolates/mugs/a tie/socks/voucher/amaryllis/biscuits/pet gift/drink.

We will continue to promote this raffle and thank all those who supported it thus far.

A very big thank you to all the members who came together and gave up their time to help prior to the event and who volunteered to help on the stall on the day. Thank you to all those who contributed items to the stall.

**A massive thank you to the general public who came along on the day to give their support—we could not have achieved such an amazing result without them!**



Positively Crafty



Positively Crafty was set up this year and held its first session in August at Southgate Community Centre. Sessions take place on the first Thursday of each month from 1pm to 4pm. Crafting ranging from crocheting, knitting, card making, loom banding to Christmas tree decorations. Refreshments include a hot drink and a piece of homemade cake or biscuits.

Due to the cost of the hall session charges are £3.00 and you need to provide your own projects. Tutoring of some of the crafts is provided by members. In time, if funds increase, we hope to provide some of the materials.

Sadly numbers of attendees are disappointing and seem to be the same members each time. **To keep these craft sessions going we need more members to come along and join in.**

The venue is a 'safe' environment, user friendly and parking is available on the doorstep. The sessions are fun, welcoming, friendly, sociable—good company, informal and productively creative.

For people living with pain the benefits of using your hands help with the psycho-social side of life and wellbeing. Attending a session enables you to come out of the house into company, being distracted by talking and creating something in a non-medical environment with others in a likewise position. **So come along and give it a go—we look forward to seeing you there!**



Friday 21st November: Speaker—Dr Phillipa Lawson—Presentation on Sleep

Sleep is important! Without any at all for a prolonged period of time, humans die. We know that it helps us to feel restored and rested, that it enables us to lay down memories, process the day, test out hypothetical situations (like how we would feel if we went off to work naked!) and even be creative but much about sleep remains a mystery. There are four different stages or types of sleep. Stage one is a light sleep where we retain some awareness of what is going on (like when we are dozing off in front of a film and think we are still focused on what is happening in the storyline). Stage two is a slightly deeper sleep and stage three is our deepest sleep, known as slow wave sleep. We also have REM or rapid eye movement sleep which is our dreaming sleep. We go stepwise down from stage one to stage three of sleep, perhaps go into dreaming sleep then briefly wake before commencing a new sleep cycle. Each cycle lasts around 90 minutes in adulthood. Our sleep patterns change with age.

Sleep is an automatic process. We cannot go looking for sleep; instead we have to allow it to find us. Many people who have trouble sleeping put a lot of effort into trying to resolve their insomnia but sometimes this is counterproductive! Too much 'doing' leads to 'hyper arousal' and, thus, the opposite to the desired effect. There are many sleep problems or disorders such as sleep apnoea where people recurrently and briefly stop breathing in their sleep, periodic limb movement disorder where intermittent kicking or jerking occurs during sleep, intrusive nightmares (occurring during REM sleep), night terrors (occurring in slow wave sleep) and sleep disturbance through everyday disturbances, physical symptoms such as pain and insomnia. A symptom of sleep apnoea or periodic limb movements is daytime sleepiness as the frequent brief awakenings that the conditions cause lead to a poor quality of sleep. People with insomnia and sleep disturbance often feel fatigued and tired, but not necessarily sleepy.

When sleep is hard to find, or disturbed, there are simple measures you can take to help. It is important to ensure you get breakfast within around 30 minutes of waking to give your body the energy it needs to continue on. Dehydration can also lead to worsening of fatigue symptoms. Too much alcohol may or may not prevent us from falling asleep but later in the night, the products it is metabolised into are stimulatory and make us wake, unable to easily get back to sleep. Too much caffeine (more than 3-4 cups a day or too late in the day) can affect our quality of sleep and cause 'hyper arousal'. Not incorporating at least brief rest times into our day puts our brain into a constant state of being switched on and thus makes it hard to switch off again. It is helpful to re-establish sleep cues, which our bodies through history have used to tell us when to be awake and when to sleep. These include getting some bright light exposure during the day, especially first thing, allowing the ambient light to get dimmer as the evening goes on (and avoiding the opposite effect by looking at computer and device screens just before bed) and keeping the bedroom dark at night-time. When these measures are not sufficient, cognitive behavioural therapy for insomnia (CBT-I) is an evidence-based approach that can work.

Sometimes though, despite all these measures, insomnia and poor sleep persist and maybe then it is time to think outside the box. We have discussed how too much 'doing' leads to hyper arousal. Whilst positive thinking can be helpful, it sometimes inwardly reminds us that there is a problem. Both can lead to a 'quicksand' effect. The more you struggle, the further you are sucked downwards. Struggling is also very energy-consuming which makes you feel worse. What if you are playing a rigged game? What if how ever hard you try, you are never going to win? What then?

Acceptance and Commitment Therapy or ACT helps us to find ways to stop struggling and allow the problem to be there. We don't have to like it but if we can start to accept it, we can devote our energy to instead building up our life to make it meaningful. Sometimes we can even learn to make a friend of our enemy! Chronic pain or insomnia can be like a Siamese twin: inescapable and part of everything that we do. We could try to cut it out or forget it by sinking into oblivion but we then risk losing ourselves. If we can instead learn to accept that it is part of us, the problem no longer feels so huge. This in turn allows us to move forward, to build and to find enjoyment. This is not a dress rehearsal. This is the real thing. Now is the time to start living!

**Dr Phillipa Lawson, Consultant Physician in Acute, Respiratory and Sleep Medicine, West Suffolk Hospital**

If you attended this talk in person, I would be most grateful if you could take a moment to click on this link and fill out a brief anonymous feedback questionnaire. This helps me to know what works and what does not work and provides support for future projects. Please do be honest, not just kind!

<https://www.surveymonkey.com/s/M2CWJR7>



## From previous page -



Dr Phillippa Lawson

Following on from the article over the page a longer version can be found on:-

[www.thegoodsleepprogramme.com](http://www.thegoodsleepprogramme.com) (Take charge, move forward, live life)

Any member who has any concerns or would like to find out further information on this programme can contact Dr Lawson on 07815 124848 or email [phillippa.lawson@nhs.net](mailto:phillippa.lawson@nhs.net)



Phillippa's talk was well presented, covered many topics to do with sleep, was very informative and helpful to members.

As a group we appreciate her giving up her time and coming along to see us to discuss a topic that many of us experience problems with day to day.



## Income and Expenditure during Autumn

### INCOME

WSH meeting 19th September: Table sales = £40.95 Raffle = £23 Coffee = £12

Sales of home made produce from September to now = £10.80

Risby Indoor Sale: 21st September = £26.50 16th November = £66.65

WSH meeting 21st November: Table sales = £53.05 Raffle = £19 Coffee = £14



### EXPENDITURE

October: Postage = £1.65 Phone top up = £10

November: Ink = £34.99 New group phone = £35



Support I have received from the group has been phenomenal and very much appreciated. It has enabled me to continue the work so well done by my predecessors. As we approach the new year we have to build upon our successes. As we reach the end of the financial year we are currently showing an excess of income over expenditure. Hopefully we can all work together and achieve another successful year in 2015.

Thank you to all of you for your hard work and continued support throughout the year.

*Wishing you all a very Merry Christmas and a Happy New Year!*



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



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Next meeting 16 Jan  
West Suffolk Hospital