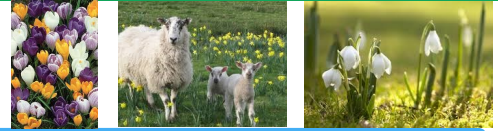


Welcome to our Spring Newsletter



Spring Cleaning

Spring is a time of phenomenal renewal. The earth reawakens from her slumber and explodes with new life. In our own lives, Spring can be symbolic of starting new projects, sowing new seeds and coming forth with new ideas.

This is also a time to contemplate health and physical wellbeing too. Be refreshed and prepared for your soulful debut. A time to create positive outcomes, be self aware and take care of ourselves.

The meteorological spring is between 1.3.15 to 31.5.15. The astronomical spring is between 20.3.15 to 21.6.15.

Spring is a time of spring cleaning—refers to the yearly act of cleaning a house top to bottom which would take place on the first warm days of the year typically in Spring, hence the name. However it has also come to be synonymous with any kind of cleaning or organising enterprise.

Which brings me to the group

Should the group be thinking about any form of internal ‘spring cleaning’? Are we travelling in a direction with which everybody is comfortable? Should we consider a rebirth and revisit the original concepts for which the group was created or progress the group forward on a formal basis?

These are questions that need to be addressed to enable a decision to be made on taking the group forward in a direction that all members would welcome and support.

The Pain Clinic work in partnership with us in this venture and the group was formed to forge partnership working with their patients. (See Page 6 opportunity)

The group is about us, the members, and without us there is no group.

Whichever route we choose to take in moving forward this cannot be driven by one person alone and must be done by a team chosen from among us and supported by us.

We will be looking at small ways in which more members can become involved in helping out at group meetings and also finding out whether any member has a skill set that would be an asset to the group.

One willing volunteer is better than many pressed individuals!



Our monthly coffee mornings are still be held on a Monday at the Wyevale Garden Centre in Bury and are well supported and thoroughly enjoyed. Sadly this cannot be said for our monthly Positively Crafty sessions—see the article on Page 5 which explains a little history on its concept and inception. New publicity to encourage more interest is currently being considered.

The speaker for the March meeting will be the new community provider for the West Suffolk Community Pain Management Service. See the articles on Pages 2 and 4.

Enjoy the lighter brighter days of Spring and the new life emerging in our surroundings.



Friday 17th January—Speaker Presentation

Living with Pain

NHS Community Pain Management Service

Author: Claire Jay, Transformation Lead, West Suffolk CCG



The Pain Forum, established by West Suffolk CCG, meets three times a year to review services for patients with pain across the health system. In 2015, the Forum will be integrating the new community service provider into the system and will look to other providers to work together to support patients with chronic pain. The group has worked closely to

- Develop the community pain management service
- Develop clinical policies on pain procedures
- Developed and implemented Pain medication guidelines

The community pain management service, commissioned by West Suffolk CCG, is expected to start from April 2015 and be fully operational by June 2015.. The service objectives are to:

- Provide a bio-psychosocial assessment to patients with persistent pain;
- Deliver support and education to patients living with persistent pain through a shared decision making approach;
- Educate and support health professionals in the early intervention of pain management.

A major focus of the new Community Pain Management Service will be shared decision making, which will enable patients to make their own choices on how they should be treated. This means that patients will have more involvement in the treatment they receive and are able to better manage their own condition.

The service will aim to give people the treatment, help and advice to live with their condition, whilst also looking at the psychological needs of the patient with a new holistic support service.



Upcoming Events

Bury St Edmunds Craft and Gift Fair—Monday 25th May 2015 from 10.30am to 4.30pm held in the Cornhill Walk Shopping Centre in aid of Forces Charities.

A selection of stalls selling locally produced materials/food and charity stalls will be set out in the foyer.

C.P.S.G will be having a stall at this event for one day only selling home made produce and hand made crafts. If you would like to make something/donate please bring any items along to the March/May meeting or one of the coffee mornings in the run up to it. If you would like to volunteer on the stall please speak to Lorraine.

All funds raised go towards the running of the group.

The event runs on Sunday and Monday of the Whitsun weekend.



Please look out for any other upcoming events via the meeting reminder, summer newsletter or the website. CPSG hope to have an one in the summer and one in the run up to Christmas.

CPSG Accounts for 2014

Income

Raffle—£314.00
Donations—£587.16
Sales—£1178.05
Misc—£149.61
Hire £5.00

Total = £2233.82

Expenditure

Postage—£180.30
Printing—£289.18
Stationary—£8.00
Misc exp—£499.28
Insurance—£105.10

Total = £1081.66

Accumulation Fund

Positively Crafty—£18.24
Cash at Bank £4430.47
Cash in hand—£622.61
Christmas Tree Festival—£100

Total = £5171.32



Income to date for 2015

January CPSG Meeting 2015

Raffle—£21.00
Coffee- £10.50
Sales £23.50

Risby Indoor Sale 2015

January—£57.70
February- £30.00

February 2015

Donation of £50 received from a member as a thank you for all the information/correspondence sent.

Clothing Sale

£15.37 + £11.70

Book Sale

£5.00

Home Made Produce

£6.50

March 2015

First cheque for £17.87 received from Easy Fundraising!



Car Parking at WSH

Car Parking at the hospital can be extremely difficult for members and blue badge spaces are limited. No public parking is allowed at the rear of the hospital, especially for the length of the meetings. Currently parking is in Car Park A at the front so members have to walk uphill to the Education Centre and downhill back to their car or via the hospital itself.

How additional spaces can be provided to cater for the ever increasing need for parking on the site is being reviewed.

Correspondence has been exchanged on this matter and the office dealing with it may be in a position to review where and how they can accommodate our group meetings. Prior to the March meeting they wish to be informed of numbers of members attending and they will review where they can park. Although this is a step forward it is not a guarantee or how many parking spaces will be available nearer to the Education Centre on meeting days. For this reason the meeting reminder will be sent out early so members can inform Lorraine (upon receipt) if they are coming and may need a space (inc blue badge). Total numbers have to be submitted a week before and as soon as a decision is confirmed those members will be informed by telephone/email.

The current tariff is £3.30 for up to two hours and £4.80 for up to four hours. No charge for Blue Badge holders.

06 February 2015

Press release

Bringing relief to chronic pain sufferers



The introduction of a new community-based chronic pain management service in West Suffolk is set to deliver better care and support to patients.

The service, which will begin in April 2015, is being funded by the NHS West Suffolk Clinical Commissioning Group (WSCCG) and delivered by the local Suffolk GP Federation.

Chronic pain is a persistent pain which lasts longer than three months and could arise from an injury or illness or there can be no clear cause. It is estimated that in the UK five million people develop chronic pain each year and only two-thirds recover. There are around 14 million people who live with chronic pain and most recent figures estimate that chronic pain accounts for 4.6 million GP appointments annually.

Dr Rakesh Raja, a GP in Sudbury who is leading the introduction of the new service for the WSCCG said: "The introduction of this community based service recognises that there is a need for additional help and support for patients. Chronic pain can have devastating consequences, leaving a patient unable to function normally. A chronic pain sufferer could be left constantly fatigued by being unable to sleep properly, be unable to play with their child because of limited movement or even be unable to hold down a job.

"This is very much an integrated service, meaning our health and care partners along with voluntary organisations will be working with patients, depending on the type of help and support they need. This could be accessing healthy living services to increase activity or cut down on smoking or drinking. Some patients may benefit from physiotherapy treatment or access to mental health or occupational health services.

"Patients will be involved with every step of the process with the aim that they are empowered to know how they can better self-manage their own condition, reduce the reliance on medication and the number of medical interventions required.

"Healthcare professionals will also benefit from the new service, with additional advice and guidance to help them appropriately diagnose chronic pain and help patients with pain to manage their condition."

Patients will be referred to the service by their GP, physiotherapist or hospital.

Dr Crispin Dunne, Suffolk GP Federation Board director and a GP in Bury St Edmunds, said: "The GP Federation being chosen as the provider is a testament to the confidence the WSCCG has in the ability of our members to deliver a quality service. Being a local, GP led, community organisation, we know just how much distress can be caused by chronic pain.

"We will work with our health and social care partners to ensure this new service is the very best it can be and that it delivers real improvement to the lives of patients in west Suffolk who live with chronic pain."

Issued by The Communications Team

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Join our [Health Forum](#)

Run for Patients by Patients

Positively Crafty by Jayne Sainsbury

The concept for '*Positively Crafty*' is underpinned by research where it has been proven that 'engaging in creative activities can positively impact on health and wellbeing', Dr. Jill Riley, Lecturer in Department of Occupational Health, Cardiff University

A research survey carried out by Cardiff University, focusing on knitting; found that knitting has a perceived positive effect on mood, reducing anxiety, improving memory and concentration, raising self-esteem. Distraction being an effective analgesic.

Many other activities can provide similar benefits as highlighted in the survey on knitting.

*Reference: Betsan Corkhill

'*Positively Crafty*' is linked to the West Suffolk Hospital Pain Clinic, but is primarily run by the [Chronic Pain Support Group](#). The name encompasses the positive aspect of the group and relates to different crafts that may be done. Jayne first became interested in starting a knitting/craft group having become aware of the benefits - through reading the evidence - and felt it may be something fun to do whilst gaining the benefits as already mentioned.

If you want to look at the website around therapeutic knitting visit : www.stitchlinks.com where there is a wealth of information.

If you would like to know more about the sessions please contact Debby on [07719 497989](tel:07719497989) or why not drop in on one of them and see for yourself how much fun we are having crafting. The next session is on 2nd April 2015.



Positively Crafty is held on the first Thursday of each month from 1pm to 4pm at Southgate Community Centre in Bury St Edmunds. The sessions are £3 which includes refreshments.

Come along and

Bring a project
Join likeminded people
Share ideas
Learn new skills
Make new friends
Get creative
Have fun
Unwind your mind

Enhance your wellness and be actively creative in a socially engaging atmosphere enjoying the many benefits of crafting.



We look forward to seeing you!

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

Bringing People Together



Lorraine Ayling
Tel: 01284 701652
Email: lorraine@aylingonline.com

Next meeting 20 March
West Suffolk Hospital

Run for Patients by Patients

Carole Baker talking about changes at the Self Centre



Springtime is all about new beginnings then it seems perfect timing for me to announce that as of 19th February 2015 the Self Centre has been sold to the lovely Abbeycroft Leisure! After 10 years, I have decided for various reasons to step away from running the business and focus on my yoga teaching, wellbeing consultancy work, organise some yoga retreats

and most importantly spend some quality time with my family! I am very proud of what I have created and I know that Abbeycroft will be able to invest in the centre and take it on to better and greater things! They have promised to keep its integrity and don't panic you won't see any visible changes to what we offer and the high standards we set. You will, of course, still see me around as the Self Centre is my baby and even when your children leave home, you still love them and look after them! May I take this opportunity to thank you for all your support over the last 10 years.



Abbeycroft Leisure will continue with the same ethos, identity and vision that Carol has provided—a wonderful sanctuary for the community. In the last month they have welcomed a new partner in Allied Health Professionals Suffolk, who are contracted to West Suffolk CCG to provide Musculoskeletal Physiotherapy Service and Back and Neck Service across the county and they will have their base at the self centre, a very convenient place for the community. A wonderful opportunity to provide a very exceptional service in a unique location which will for the first time allow patients to look at supplementing their physio and aiding their recovery with yoga, pilates and complementary therapies.



Interacting with the Pain Clinic

Recently the Pain Clinic was approached to see if they would like to consider participating in the group newsletter or on the website. One of the pain specialist nurses from the clinic asked if we had ever considered a Q&A format? If CPSG members have any questions they would like put forward the outcome to those questions would be published in the following newsletter.

The type of questions would have to be related to specific conditions that would allow for an article style answer e.g. What exercise plan may be helpful for patients with Fibromyalgia? This would be more appropriate for the newsletter rather than just random questions e.g. outpatient procedure.

This is an ideal opportunity for interactive contact and support with and from the Pain Clinic which will be beneficial to members.

If any member would like to submit any questions please email them to info@chronicpainsupportgroup.co.uk or call/leave a message on 07719 497989.

The deadline for receipt of any questions is 30th April 2015, the articles in response being published in the Summer Newsletter. Thus giving the Pain Clinic the chance to consider the question and replying appropriately.

A footnote to all members

If at anytime, for any reason you no longer wish to be involved with the group/be removed from the mailing list please put your request in writing to Lorraine. Upon receipt such request will be actioned and acknowledged. **Thank you.**

Bringing People Together



Lorraine Ayling
Tel: 01284 701652
Email: lorraine@aylingonline.com

Next meeting 20 March
West Suffolk Hospital