

Welcome to our Summer Newsletter



I hope all is well with you and you are enjoying the warmer days of summer.

Since the Spring newsletter some of the members of the group have come together and been working on the new design and wording for the Positively Crafty leaflet. I am pleased to say this has now been achieved and will be launched In July.

Positively Crafty is a sociable, friendly group of people who come together and have fun crafting whilst at the same time having a good natter. In collaboration with the Pain Clinic an Open Evening is being held in July at WSH for people in pain to come along and see what types of crafts they do. PC will be showcasing some of their crafts. The object of the evening is to try and encourage more people to attend the current afternoon sessions and also to see if there is enough interest to set up another session in the evenings thus linking the two together (see page 2) Using your hands has been proven to be therapeutic and can have a positive effect on health and wellbeing so why not come along and see for yourself—we would love to see you there.

CPSG will be having a stall at the annual family fun day held in Bellevue Park in Sudbury—Party in the Park (see page 3)

At our 10th July meeting we will be welcoming Sam Reid from Suffolk Age UK giving a presentation on the Benefits of Otago (Positive Steps) - Exercises to reduce falling, strengthen legs and ankles, challenge balance. These are clinically proven falls prevention exercises. Reduce your risk and be aware by coming along and joining in.

At our 18th September meeting we will be welcoming Rachel Elding from TGA Mobility (Sudbury) who offer a diverse choice of mobility products. If there is anything you would like her to bring along on the day to show/demonstrate please let me know.

*If you have any suggestions for speakers in the future please let me know.

Following on from our last conversation about the group—it appears to be stuck in a jam and is stationary! At the moment it is just ticking over however with a little help it could get moving again. A group this size does need a committee/group of people at the helm to take it forward. If you are good at organisation, communication and administration I invite you to consider coming forward and offering your help.

Enjoy the summer months and ever evolving colour in the gardens.

National Carers Week was all about raising awareness of caring and drawing attention to just how important caring is. Looking after each other is something we do and caring is something that will affect each and every one of us. Carers Week is a celebration and recognition of how important carers are and the invaluable work they do, more importantly as well as we need support—they do as well.



Mon 8 – Sun 14 June 2015 www.carers.org





CARD MAKING

JEWELLERY

OPEN EVENING

CROCHET

KNITTING

GLASS PAINTING

PHOTOGRAPHY

Turn the negativity from pain into positivity by crafting!

West Suffolk Hospital *Pain Clinic* in conjunction with
Chronic Pain Support Group invite you to

to an evening of **crafting fun**
at the **Education Centre, WSH**

On Tuesday 7th July 2015

From 6pm—8pm

Open to all age ranges for people living in pain

(carers welcome)

Free admission including refreshments



BRINGING PEOPLE

TOGETHER



Run for Patients by Patients

Whitsun Craft and Gift Fair—Cornhill Walk, Bury St Edmunds



FUNDS RAISED FOR CPSG = £22.50

FUNDS RAISED FOR POSITIVELY CRAFTY = £44.80



To coincide with the Bury St Edmunds Whitsun Plant fayre on Sunday 24th & and Monday 25th May 2015 a Gift and

Craft Fair was held in Cornhill Walk Shopping Centre in aid of Forces Charities. A selection of stalls selling locally produced materials or food, or other charity stalls were sited in the foyer and inside the old Index shop unit. Homemade cakes and drinks were also provided.

The stalls ranged from Jewellery, candles, pottery iron works, tombola, knitwear, bunting, face painting, books, cards, plaques, bags, nappy cakes and much more.....

CPSG had a homemade produce and handmade crafts/gifts stall on the Monday raising funds for the group and positively crafty. As you can see by the photos many homemade/handmade items were produced by members of the craft group.

Thank you to all the volunteers who helped on the stall on the day and to all the ladies of the **Positively Crafty** group for their tremendous effort and support, for without them the stall would not have been as successful!

It was nice to see the few faces from CPSG that came along to give their support on the day

In the last 2 years, sadly this event, has not been particularly well supported although this year footfall did increase as did the takings on last year.



PARTY IN THE PARK—BELLEVUE PARK, SUDBURY on SUNDAY 19TH JULY 2015

As in the past years the event will run from 11am to 9pm (live music from 5.30pm to 9pm) and focus on having a healthy lifestyle and getting out and about! There will be arena displays, outdoor pursuits, stalls and food outlets—fun for all the family so come along and join in, we look forward to seeing there!



CPSG Income Since March 2015

20th March— WSH meeting = Table sales £34.81 Raffle—£16.00 Coffee—£7

15th May - WSH meeting = Table sales—£18.00 Raffle—£14.25 Coffee—£8.90

March—Sales = £3

April—Sales + £11.10

19th April—Risby Indoor sale = £22.40

June—Sales = £5.00

7th June— Fordham Car Boot Sale = £63.15

* CPSG may be having a stall at The Cockfield Show in September—a village show, farmers market and fete—details to be confirmed.



Community Pain Management Service—Gill Simon

The Suffolk GP Federation provides a community pain management service for patients who live within the West Suffolk region. Our service is:

- Community based, where patients can access them
- Patient centered, so tailored to individual needs
- Early intervention driven, to relieve suffering sooner
- Here to reduce the ongoing spread of chronic pain

Our multi-disciplinary team providing your service includes a nurse consultant, psychologist, physiotherapists, specialist pain nurses and a medical consultant. Our clinics run from Bury Physio and they will be working closely alongside us.

Our experienced healthcare professionals share a common interest in revolutionizing pain management in the NHS, adopting a community-based response that will focus on early intervention before chronic pain has time to set in. This strategy, proven and refined over the years, can help sufferers manage their pain successfully.

We help and teach our patients to manage pain through evidence-based approaches delivered by the multidisciplinary team. This method can reduce GP visits, reduce reliance on analgesic medications and injections, improve outcomes, bringing the prospect of discharge within six months and improve return-to-work ratio.

Our service emphasises persistent pain being a condition that can be self-managed by patients. We use a holistic patient centred bio-psycho-social approach in which health care professionals work with patients, using shared decision making to understand and manage their pain and related problems.

A gradual reintroduction of certain activities along with relaxation and education promotes confidence in the patient's performance. Patients are encouraged to set individually meaningful goals that are realistic, enjoyable, specific and time-bound (R.E.S.T.).

We help patients to understand their pain in greater detail will help to overcome fear and barriers associated with misconceptions around persistent pain.

Well-developed self-management skills are important for remaining physically and emotionally functional in the workplace, our service will offer information and advice on returning to work or maintaining work.

Our objective is to help patients feel empowered, informed and confident to manage their condition in the long-term by providing education and individualized care planning and the opportunity to attend a pain management programme for those requesting a more rehabilitative approach.

Patients can be referred into the service from hospital, their GP or their physiotherapist.

For more information

Phone 0845 241 3313 (Option X) for the Pain Management Service www.suffolkfed.org.uk

Please also see Page 1 of the attached CCG Jigsaw Newsletter featuring an article entitled Persistent Pain: Empowering Patients and the handout given to CPSG members by Gill who gave a presentation, with a colleague, to the group in March introducing the new pain service.

Please be aware that the newsletter **Jigsaw** is aimed at staff of all organisations across health and social care in West Suffolk.

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



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Next meeting 10 JULY
West Suffolk Hospital