

Welcome to our Winter Newsletter



News of forthcoming changes taking place in 2016—PLEASE TAKE NOTE

The festive season is upon us and the big ho ho ho is only a few sleeps away—where has the year gone? This year has seen the emphasis on Positively Crafty and with the aid of an eye catching new leaflet efforts are being rewarded and crafty is flourishing. The 2016 crafty dates can be found within this newsletter as can the coffee dates alongside its new venue.

Talking of venues **CPSG** is now in the community, having moved away from the hospital. Meetings will be held in **Southgate Community Centre**, Caie Walk, Nowton Estate, BSE IP33 2PJ in the small hall on a **Thursday** from 2pm-4pm. The meetings will be held on a **monthly** basis. We give thanks to Community Pain Management Service for supporting us with this venue.

**Dates for 2016:** 21st January, 18th February, 17th March, 21st April, 19th May, 16th June, 21st July, 18th August, 15th September, 20th October, 17th November, 15th December.



The centre offers:- easy access via automatic doors, it is all on one level, light and airy, room for wheelchairs and scooters, disabled toilets/toilets immediately outside the hall, small kitchenette in the hall, secretary on hand and help of a caretaker, free parking with disabled spaces up to 3 hours, on a bus route. For sat nav use IP33 2QA—this brings you into Heron

Road, just carry on down this road into the car park. The centre is situated near a row of shops and primary school off the road that leads to the WSH from Southgate Green roundabout.

With CPSG now being in the community members must now appreciate we have to be more supportive of ourselves and additional costs may be incurred for which provision has to be made. Bearing this in mind an **annual subscription** will be introduced. (see separate note). This exercise may result in the members list being reviewed.

As a member of the group you have a voice and a choice so to improve member’s loyalty it is critical for us to know exactly what you think. Results reveal invaluable insights and help in decision making, to focus on areas that may need improvement and to prevent member loss. To achieve communication between member and committee we would like you to participate in a **survey**. To help us to help you we urge your to complete the questionnaire and return it by the deadline stated on the form. (form attached)

A new year is approaching in which a **new committee** will be at the helm. We are currently looking to appoint a **secretary**, someone who has good communication/administration skills and is supportive of others. If you would like to be involved in driving the group forward please let us know. You may even be able to share a role with another member.

**CPSG** is an unincorporated organisation, a gathering of individuals brought together to share an activity or interest. As we have progressed we have been dealing with finances so to prevent being exposed to risk the need for a constitution becomes essential. It will ensure that the group continues to successfully achieve its aims, allow for development and lay foundations for structure together.

These new changes have come about from a **Steering Group** being set up to consider the way forward for the group and to find out who has a real vested interest in it and the above are their **recommendations**.





The UK's leading range of mobility products, since 1985

**CPSG discovers latest products to help reduce pain and increase mobility thanks to Rachel from TGA.**

Rachel Elding is the Retail Development Manager for TGA Mobility based in Sudbury. TGA is a trusted local company that supplies quality mobility products to help improve independence and reduce chronic pain. Rachel was invited along to a recent CPSG meeting so that she could demonstrate a selection of the latest products and services from TGA.

For 30 years TGA Mobility has helped many people living locally with restricted mobility and chronic pain. Its welcoming and friendly showroom on Woodhall Business Park houses one of the UK's largest collections of award-winning mobility scooters, wheelchairs, walkers, rise and recline chairs, access ramps and aids for daily living. If you are looking to ease your chronic pain, then the qualified and caring TGA showroom team can offer you lots of advice to help make life easier.

Rachel manages this friendly team and spent time with the CPSG explaining how TGA always listen to the needs of customers before recommending the right product. Everybody's mobility difficulties or pain issues are all different so TGA believes a true understanding of a person's lifestyle is the only way to offer a solution that will make a real difference. Rachel also explained to the group what products and services TGA could supply along with other advice tips regarding wheelchair services.

Rachel said: "I would like to thank the CPSG for inviting me along; I had such a rewarding time as everyone was so lovely. I do hope the group found what I had to say both useful and interesting. One of the products I demonstrated, our folding Minimo mobility scooter, seemed to really impress everyone as its lightweight design is so easy to store in a car boot. I showed how it folds in seconds and offers a smooth and stable drive – perfect for pain-free visits to the shops. The two example walkers I showed the group also highlighted how mobility outside can be safe even if walking unaided is a problem."

Rachel added: "Our time together was really engaging and I'm glad I was able to offer informed answers to lots of different questions ranging from hoists to wheelchair ramps. It became more like an advice clinic! I do hope I am invited back again soon so I can offer more ways for local people living with chronic pain to enjoy a happier and more independent life."

**01787 882244** [sales@tgamobility.co.uk](mailto:sales@tgamobility.co.uk) [www.tgamobility.co.uk](http://www.tgamobility.co.uk)

**TGA, Woodhall Business Park, Sudbury, Suffolk, CO10 1WH**

**The showroom is open: Mon–Sat: 9am–5pm. Sun: Closed**



Speaker Presentation—CPSG meeting on Friday 20th November 2015 at WSH

Welcome to the world of Reiki!

Reiki (pronounced Ray-key) is a natural healing method, which originated in Japan towards the end of the 19th century. Quantum physics has now proved that infinite energy does exist, all around us, all of the time and it is this energy that we use in Reiki.

Originally, Reiki was used for self-development, spiritual growth and self-healing, passed on from Master to student. Over time and certainly when it was introduced to the Western world, it evolved into a healing treatment too. It works perfectly alongside conventional medicines and treatments and allows your body to heal itself naturally. Reiki works on the physical, emotional and spiritual bodies and brings your body back into balance.

My husband bought me a Reiki 1 course for a birthday one year. At the time, I was impressed, but see now that I had no real need of it then and I drifted away from it. Years later, I suffered a brain hemorrhage. I eventually reached the end of the line with conventional medicines and treatments. By chance, I found Reiki again and began to treat myself. I improved physically and mentally and felt much more able to cope with life. Finding a self-help tool was brilliant and I went back to learn Reiki and over time, I became a Reiki Master and Teacher. Unable to return to my pre-brain injury job, and having found something that I loved to do, Bury St Edmunds Reiki was born.

At a Reiki treatment, you can either lie/sit supported on the treatment couch, or sit in a chair, whichever is more comfortable for you. There'll be relaxing music and you will be encouraged to close your eyes, relax and enjoy! Reiki is deeply relaxing and you may even drift off to sleep. You may see colours, feel warmth or tingling and the time will fly by. How many treatments you have is your choice. Chronic conditions benefit from regular treatments, but it is you who decides, with guidance from your Reiki practitioner. You will know whether Reiki is for you.

You may like to learn Reiki. Anyone can do it and the course can either be a day, or split into two or three sessions, whatever suits. The beauty of learning Reiki is that, not only can you heal yourself, but whenever you Reiki someone else, the Reiki energy travels through you to the other person, so you benefit at the same time.

Animals love Reiki too. To see them relax, close their eyes and enjoy the sensations is wonderful. Again, it helps them both physically and mentally.

There is much more information on my website [www.burystedmundsreiki.co.uk](http://www.burystedmundsreiki.co.uk) However, I am more than happy to chat and answer questions in person, so feel free to phone me on 07868 267324, or email [julia@burystedmundsreiki.co.uk](mailto:julia@burystedmundsreiki.co.uk)

Very best wishes to you all,

Julia Reeves



# Run for Patients by Patients

## CPSG news & Events

[Info@chronicpainsupportgroup.co.uk](mailto:Info@chronicpainsupportgroup.co.uk)

Someone has used the group email address to register their apple product i.e. to sign in to iCloud on a MacBook Pro/to sign in to I Message on an apple watch.

If you have access to this email address you may need to change your password on your apple account just in case someone else has access to it. You may need to on other accounts as well.

If you have used this email address it would be helpful to know so that we can see how the details have been leaked.

**Please note: This email address is solely for the purpose of group administration.**



### **BURY ST EDMUNDS GIFT AND CRAFT FAIR— CORNHILL WALK—SATURDAY 28TH NOVEMBER 2015 held in the aid of The Soldiers Charity**

Celebrating Bury St Edmunds twelfth annual Christmas Fayre—a record breaking event the three and a half day fayre saw around 120,000 visitors. The event being the biggest of its kind in the region – another huge success and a massive boost to local businesses!

CPSG had a stall in unit 5 of Cornhill Walk selling handmade crafts, homemade preserves and gifts. The footfall through was a continuous stream for most of the day bringing many visitors to the stall, eager to engage with us. Another very successful day for the group and a golden opportunity for Joan to showcase her photography.



**Funds raised in total: 257.90—CPSG = £79.05 Positively Crafty = £178.85**

Friday saw Joan Gaye, a keen photographer with her own stall of mounted pictures, all taken by herself.



### **BIG GIFT EXHIBITION AT ST EDMUNDSBURY CATHEDRAL 2015—9th December in the Cloisters**

A showcase of colourful artworks by church schools in the diocese of St Edmundsbury and Ipswich who have taken part in an art project exploring the theme of St Nicholas—the real man and values that he stood for— behind the modern concept of Father Christmas. Displays depicting the night before Christmas, giving, hope, love, gift of life & water and the giving of gifts.

CPSG displayed promotional material and crafts for visitors to peruse and also counted them as they walked through (129)



Donations received £6

Positively Craft £5.50

In 10 days the exhibition saw 3000 visitors



*Wishing you all a 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*



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

Next meeting 21 Jan  
Southgate Com Centre

# WELCOME TO POSITIVELY CRAFTY

This article and montage featured in the December issue of the Southgate Directory

Positively Crafty is an outlet for people to come together through pain to craft n laugh, to share conversations, enjoy each other's company, have fun and relax. We encourage people to bring their own crafts—knitting, sewing, paper crafting, crochet etc.

Likeminded people can come along to share crafting skills or learn new ones and at the end of a session feel a sense of achievement. Some have never crafted until they came along and are keen to learn, so keep returning.

Most of the crafts are donated back to support the group.

Being actively creative and using your hands can have a positive effect on your health and wellbeing so why not come along and give it a go enjoying the many rewards of crafting.

Join Us!



**Positively Crafty** meets at Southgate Community Centre in Bury St Edmunds on the first Thursday of each month and will continue to do so in 2016 on the following dates:-

**7th January, 4th February, 3rd March, 7th April, 5th May, 2nd June, 7th July, 4th August, 1st September, 6th October, 3rd November, 1st December.**

£3 per session including refreshments. Carers concession 50p

Session fees may be subject to review during the course of the year.

Join us for another masterclass in February.





The new **COFFEE MORNING VENUE** for **January, February and March 2016** is the **PREMIER INN** hotel in Raingate Street, Bury St Edmunds IP33 2AR



The venue offers easy accessibility, free parking, even floor levels, lift access, good service from very helpful staff, on-site Thyme Restaurant, toilets behind reception, free Wi-Fi. The hotel only provides drinks from 10.30am to 5pm—no food is served or available between these times although you are permitted to bring your own snacks in to accompany your Costa Coffee.



The venue is situated next to the police station and can be accessed off the one way system in Crown Street. The car park is at the rear of the building and hotel user parking is on the new tarmac only as SCC still own part of it. Disabled parking is on your immediate right as you enter. No parking is permitted on the yellow criss cross boxes as these are for hotel guests only. As you come up from the car park towards the hotel the entrance/reception is along the path on your right by the flint stone archway—be careful not to hit your head if you go under it. If you use the hotel’s front entrance lift access is available to reach the lower ground floor where the restaurant is located.

For Sat Nav directions use the postcode above. Tel No: 0871 527 9512

[www.premierinn.com/bury-st-edmunds-/bury-st-edmunds-town-centre](http://www.premierinn.com/bury-st-edmunds-/bury-st-edmunds-town-centre)

This venue is only a temporary one for members to try out until a more permanent one can be found to suit all our tastes and requirements. If you have a favourite coffee stop or would like to recommend one within the Bury area please give us a call or drop us an email. Your feedback is vital and of value!

**Coffee dates for your diary 2016 - Mondays from 10.30am on:-** 11th January, 8th February, 7th March, 11th April, 9th May, 6th June, 11th July, 8th August, 5th September, 10th October, 7th November, 5th December.

**Come along and join us to catch up over a cuppa. We look forward to seeing you there!**



**COCKFIELD VILLAGE SHOW—SUNDAY 13TH SEPTEMBER 2015**

A well supported community event held in a country garden setting showcasing a variety of stalls and activities for all age ranges. Classic cars were also part of the show. CPSG set up a stall in these lovely surroundings and met some interesting local people. We displayed for sale handmade crafts, homemade preserves and gifts.

**Funds raised in total: £131.50 CPSG = £69.50 Positively Crafty = £62.00**



Thank you to the members who helped on the stall, brought the coffee and kept up momentum.



**SUDBURY CHRISTMAS FAIR AND LIGHT SWITCH-ON—FRIDAY 27TH NOVEMBER 2015**

Located in St Peter’s Church a variety of charity and craft stalls accompanied during the evening by choral singing in front of the Christmas tree. The lights switch-on took place by the Christmas tree in Old Market Place by the Mayor of Sudbury and the winner of the Mayor’s Christmas card competition. The Salvation Army sang Christmas carols and on Market Hill families enjoyed all the fun of the fair and Santa's Grotto.



**CPSG’s** stall was in St Peter’s Church

**Funds raised in total: £60.65—CPSG = £16.50 Positively Crafty = £44.15**

