

**Welcome to our Spring Newsletter**



**Up to date News**

Since our last communication I can now confirm the following:-

Venue—we are now using the new venue and members comments have been encouraging.

Change of day—to date this has been well supported

Subscription—23 fully paid up members out of 95

Surveys—11 completed and received out of 95 = 11.57%

Speakers—we have 2 slots left to fill this year. 10 have already been filled.

Job Descriptions for committee roles have been drawn up

We hope to finalise the Constitution by the summer.

Group leaflets have been updated with the new details and replaced in many areas.

Unfortunately the roles of the three committee members have yet to be filled and we are in the process of appealing to the general public and other organisations for volunteers. So far we have advertised in the Bury Free Press and the Mercury. The Moreton Hall and Southgate Directories. The Greensheet at WSH and the Library in Bury. We have a live interview scheduled on Ian Norris’s show on RWSfm103.3 at 10.15am for approx. 30 minutes on Wednesday 30th March. Please listen in if you have the opportunity.

We are looking for three pain/non-pain related people to become actively involved in the day to day running of the group. Someone with time on their hands who has valuable skills, who can lead, communicate and is good at figures. Experience is welcomed although not necessary as ongoing support will be on hand. Word of mouth is a powerful tool so if you know of anyone who may be interested or who has had any experience of charitable work and would like to help please ask them to write to [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk).

In the meantime the search will continue and hopefully we will succeed!

**Upcoming Event—Southgate Community Family Fun Day 2016**

Southgate Community Partnership - Southgate Church & Hardwick Primary School present

Fun for all the family at Hardwick Primary School & Southgate Community Centre

Monday 2nd May from 11am—5pm (football tournament at 10am)

New this year—Dr Who, Dalek & Tardis, Archery Tag, Rodeo Bull & Bungee Run

[CPSG has been invited to have a stall at this event. This will help to raise our profile in the community. Please come along and give your support!](#)

[On page 4 is an update from NICE about a current consultation called Lost in Transition which may be of interest.](#)

**Lymphoedema Awareness Day took place at Moreton Hall Community Centre on 11th March 2016**

Lymphoedema Support Suffolk held a colourful Mardi Gras themed event to raise much needed funds for a medical couch to use in clinic. [CPSG](#) supported this event by having a stall alongside Talk Lipodema, Macmillan Cancer Support, BSN Medical. [CPSG](#) received much interest around the stall and also raised £21.05 from handmade crafts. Thank you to all of you who came along and gave your support.

*HAPPY EASTER*



CPSG meeting dates and speakers for 2016

**Meeting Dates for 2016**

Held in the small hall at the **Southgate Community Centre in Bury St Edmunds**

<b>Date</b>	<b>Time</b>	<b>Proposed speaker</b>
Thursday 21st January	14.00 – 16.00	Taoist Tai Chi
Thursday 18th February	14.00 – 16.00	Ian Robertson History of Elveden
Thursday 17th March	14.00 – 16.00	Community Pain Management Service
Thursday 21st April	14.00 – 16.00	Pain Clinic - WSH
Thursday 19th May	14.00 – 16.00	East Anglian Air Ambulance
Thursday 16th June	14.00 – 16.00	Suffolk Mind
Thursday 21st July	14.00 - 16.00	Emotional Freedom Technique
Thursday 18th August	14.00 - 16.00	*
Thursday 15th September	14.00 - 16.00	PJ O'Mahoney Ickworth
Thursday 20th October	14.00 - 16.00	Acceptance Commitment Therapy—CPM Service
Thursday 17th November	14.00 - 16.00	Guide Dogs?
Thursday 15th December	14.00 - 16.00	*

\*Speaker to be confirmed

Suggestions for speakers in the completed surveys have been considered and we will try to accommodate as many as we can.

Unless anyone has any objections the remaining slots may be filled with non-pain related speakers.



# Run for Patients by Patients

Elveden by Ian Robertson—February 18th 2016



Following on from Ian Robertson's presentation he offered the opportunity for members to consider a tour of Elveden with himself as the guide.

CPSG to consider coach hire with microphone and pick up members on route from Bury St Edmunds or use own transport and meet coach at Elveden. Approx time at Elveden from 10am to 4pm.

## Itinerary

Time of arrival 10am at Elveden.

Coffee in the Courtyard

Tour of the estate by coach from 10.30am (opportunities on-route to get out to look at landmarks)

Lunch in the Courtyard around 1pm-2.30pm to include mini visit to courtyard shops

Tour of the church in the afternoon (optional)



If anyone is interested in this opportunity and would like more details please call 07724 187774  
Booking and cost is dependent on sufficient interest received.



## CPSG Annual Income and Expenditure for 2015

### Income

Raffle = £90.25

Table Sales at meetings = £101.46

Coffee = £42.40

Donations = £62.00

Easy Fundraising = £66.55

Car Boot Sales = £226.50

Event Sales = £236.95

Misc Sales = £60.67

Bank account interest = £4.84

**Total = £891.62**

### Expenditure

Group phone = £20.00

Event Fees = £30.00

Group Insurance = £125.10

Postage = £55.80

Website set up = £75.00

**Total = £305.90**



## Positively Crafty Annual Income and Expenditure 2015

### Income

Session Fees = £309.55

Event Sales = £428.20

Raffle at event = £29.95

Donations = £10.50

Misc sales = 150.35

**Total = £928.55**

### Expenditure

Hall Hire = £268.14

Publicity = £100.30

Card Stand = £24.99

Misc = £62.98

**Total = £456.41**



**CPSG and PC total income for 2015 = £1820.17**

**CPSG and PC expenditure for 2015 = £762.31**

**Total Annual Profit = 1057.86**



### NICE seeks to streamline mental health care in England

**NICE** – the National Institute for Health and Care Excellence – is consulting on draft recommendations that focus on supporting people with mental health problems in England as they transition between services.

In 2013/14 1.7 million people in England used mental health services – with 105,270 admitted to hospital<sup>1</sup>

Of all suicides between 2003 and 2013, more than 1 in 4 (28%, 14,000 people) occurred in those accessing mental health services 12 months before their death<sup>2</sup>

2,368 of these people committed suicide in the first 3 months after being discharged from hospital<sup>2</sup>

A recent [review into the provision of acute inpatient psychiatric care](#) revealed major problems both in admissions and in providing alternative care in the community<sup>1,3</sup>. The new guideline aims to streamline admission and focus support around discharge. Recommendations include having a named practitioner within the person's home area identified should that person be admitted to a hospital outside of the area they live in. This practitioner will be responsible for liaising with the ward treatment team to ensure recovery goals are reviewed regularly and that the person's risk of self-harming upon discharge is assessed.

Recent research suggests that effective communication with the person's family during the development of treatment plans could reduce suicide risk by 16%<sup>2</sup>. In recognition of this, the draft recommendations highlight the benefit of keeping the person's family, friends and carers properly informed. [The guideline](#) also sets out overarching principles for how practitioners can better support people with mental health conditions throughout transitions so they are able to build resilience and cope with their everyday life. This includes what to consider when planning for an admission, developing crisis plans and preparing people for discharge.

**Professor Gillian Leng, Deputy Chief Executive and Director of Health and Social Care at NICE, said:** "[Over one thousand people with mental health problems commit suicide every year in England](#), sometimes just weeks after being discharged from hospital. We can help reduce this number by better communication, and more joint working, between hospital and community mental health teams. This guideline, when finalised, will help everyone needing mental health support have a better transition between services."

**Rebecca Harrington, an independent social care and health consultant and chair of the group that developed the guideline said:** "Our aim is that people who need hospital treatment for their mental health needs are well supported before, during and after their time in hospital, so that they benefit from continuity of treatment and care, and avoid being isolated and stigmatised.

"Evidence suggests that taking care to build therapeutic relationships at an early stage may help prevent the person feeling coerced and gain more benefit from their hospital stay. This may also improve the person's understanding of how to manage their own difficulties and to seek help appropriately if needed in future.

"Clear and thorough discussion with the individual about their treatment and support plans, along with timely support to get back into their social and community networks, education or employment will help towards a successful recovery from the period of ill health.

"The guideline includes the special considerations around hospital care for children and young people, for adults with learning disabilities and for people with dementia. These draft recommendations are the work of a committed group of service users, carers and professionals from across clinical and social care disciplines, and we welcome your comments."

The consultation closes on 27 April 2016 with the final guideline expected in the summer.

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  
Email: [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

Next meeting 21 April  
Southgate Com Centre