

**Welcome to our Autumn Newsletter****News from the Committee****ANNUAL GENERAL MEETING—21ST SEPTEMBER 2017 AT 2PM**

The AGM will take place this during this month's meeting and will start promptly at 2pm. If you are able to come along a few minutes earlier than usual that would be much appreciated.

The AGM is a formal business meeting which follows a set agenda of which all members should now have received, with the forms, in the post.

As a group member this is your opportunity to consider completing the forms appropriately and sending them back by the due date in the s.a.e. provided. If you are unable to attend for whatever reason please endorse one of the papers with a note to that effect and send back, again in the s.a.e. provided. Any absences will be noted in the minutes taken during the meeting.

We would encourage all members to respond as this will help us in knowing the forms have reached you.

The format of the meeting will follow the agenda:-

There will be no reports of the chairperson and secretary as they stood down during the year however their positions will be covered by a brief overview. Financial reports will be shown to members to show where income and expenditure has been derived. Positively Crafty will report on their sessions and any future plans.

The election of the committee will then take place and only fully paid up members are allowed to vote, should one take place. The new committee must contain at least 4 members. If more than 8 members have come forward only then can a vote take place.

Any fully paid up member who is unable to attend, but would like to exercise their vote, may complete and return the Proxy Form. This will enable the member you nominate to vote for you. You should choose your 'proxy' as someone you know and trust to vote as you would want.

The AGM is the time for any changes to the group's purpose or the way it is run to be discussed and voted upon however at this time there are no proposals, but if there are, you will be informed on the day.

Once the meeting closes refreshments will be served and for the remainder of the meeting we hope to welcome a speaker. A meeting reminder to this effect will be circulated to you confirming who the speaker will be and what their presentation will be about.

*May we please ask that the usual courtesies are followed during the formal meeting—mobile phones kept on silent and only one person speaking at a time.*

CPSG is your group therefore we urge you to consider being involved in shaping the future of the group by completing the forms appropriately and sending them back to Graham in the s.a.e. provided.

Date of the next AGM—20th September 2018.



## Summary of Dance Movement Workshop with Jo Nichols on Thursday 20<sup>th</sup> July 2017

Our aim for this session was to focus on the positive; recognise what we can do and what we are able to express through the movement we have. The quote for the day was:

**“It’s not the amount of movement but the intention behind it that is transforming”**

We repeated our quirky ‘Energy Shower’ to help invigorate and boost our energy levels while laughing and relaxing in our bodies. We enjoyed a seated dance to The Galway Girl and even exercised our bottom muscles to the Ballet music of Sylvia, Pizzicato, and we incorporated simple stretches for the neck, shoulders, and upper back throughout the session.

Everyone got brilliantly involved in a ‘creative ball-pass-n-dance challenge, which got us all moving, laughing and mixing together as a group and we closed the hour with a discussion about ‘Square breathing’ using the imagery of a rollercoaster as an aide to relaxation and improving rest.

Food for thought. I would love to offer the group a chance to explore a truly creative experience using written text, spoken word and creative movement. This workshop would be inspired by the work of American dance company called **The Liz Lerman Dance Exchange** and hopefully will result in some amazing and personal choreography unique to your own group. This work would require a longer session than normal and I would suggest 1.5 hours as a minimum but this certainly wouldn’t all be physically active.

I would be happy to do this for our usual fee.

**RISBY FUN DANCE** - Fridays in term time from 10am—11am. A relaxed and friendly low-impact dance/exercise for adults. Starts Friday 15th September. £5 per class: pay-as-you-go or buy in advance a block of 4 classes at the start of each term and get 5th class FREE (£4 per class) Contact Jo on 07746 470774



## Celebrating a Special Birthday with Beryl

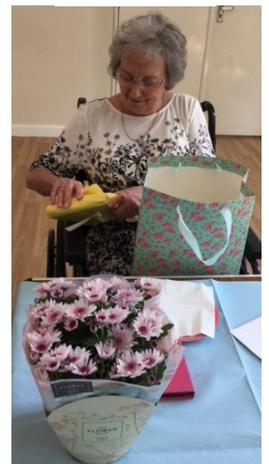
Beryl celebrated a special birthday this year and in June we shared some special moments by presenting her with a card, a plant and two unique bespoke handmade necklaces, both in different coloured crystals. Special thanks go to Janet for making these for her. Beryl was delighted and these have been a source of enjoyment for her since.

Beryl is a lovely lady and has been a huge support within the group by helping out at meetings, providing materials and tuition at crafty, offering advice and investing her time. Being involved in the group has helped Beryl in so many ways.

The remainder of the meeting was taken up with an afternoon tea provided by Nancy’s Tea Shop which included finger sandwiches, small cakes and scones.

To round off the afternoon a quiz and raffle took place.

An enjoyable, social get together.



## Events

Fordham Car Boot—Sunday 30th July 2017 raised £74.24



**Cockfield Village Show** is being held at Clipt Bushes, Smithwood Green, Cockfield IP30 0JQ



Sunday 10th September 2017 from 12 noon to 4pm  
Admission: adults £1 children free On-site parking

Traditional village produce, craft and flower show with village fete, side stalls and attractions

**CPSG** will be having a stall at this event for the third year running and will be displaying home made preserves, crafts and gifts.

Christmas Fundraiser—to be confirmed on a meeting day (if one comes along that is beneficial to the group).



### **Group Outing:**

This matter was considered at the last committee meeting and it was agreed that it will be reviewed again after the AGM.

### **Dates for 2018**

The days and how they are set out across each month are likely to remain the same for next year. The venues and timings will remain the same. Look out for the chart in the Winter Newsletter.

### **Speakers for 2018**

Speaker ideas have already been put forward by you the members and we will do our best to meet your needs. If you do know of anyone who may be interested in coming along and giving a presentation at one of our meetings, please take a note of their details and we will contact them. Tai Chi and Jo Nichols dance have already expressed an interest in coming back.



## Meeting Days

Beryl is the go to person immediately you step into the hall on meeting days. Beryl accounts for:-

- Logging you in
- Taking your tea money—50p
- Asking if you would like a raffle ticket—£1
- Giving you your name badge

Start times are getting later and later and the speaker is being kept waiting. Please bear this in mind upon arrival.



### Taoist Tai Chi Presentation by Phil Dunnett—Thursday 17th August 2017

Moving Meditation for body, mind and spirit



Taoist Tai Chi arts are founded upon a rich tradition of Taoist training. They are intended to return both body and mind to their original nature. According to Taoist teachings body and mind cannot be separated. Each step in the training is intended to help the mind return to stillness, clarity and wisdom, and the body to a balanced, relaxed healthy state.

Taoist Tai Chi arts are specifically designed to improve health. They are distinguished at the physical level by stretching, full range of motion and the continuous turning of the waist and spine. The movements exercise the whole physiology; including the tendons, joints, connective tissue and internal organs.

At the mental and spiritual level, they are a method of 'taming the heart' and developing an attitude of calm, compassion and reduced self-centredness both during practice and in daily life. This aspect is cultivated in particular through the deeply held value of volunteerism present in the Fung Loy Kok Institute of Taoism.

Taoist Tai Chi arts are accessible and beneficial to everyone, regardless of their physical condition.

Internal arts can help restore health and wellbeing to everyday life. They are suitable for all ages and abilities, including those with health problems or limited mobility. To try for yourself come along to a free Open House or a new Beginners' Course. Watch demonstrations, talk to accredited instructors about how you could benefit, and have a go!

There is a free open house, come and try session at Lavenham on Tuesday 26th September 2017 from 1.30—3.30pm at Lavenham Village Hall, Church Street, Lavenham CO10 9QT.

If you are unable to make that you are still welcome to come along to a new Beginners' Course starting on Tuesday 3rd October 2017 from 1.30—3.30pm at the same address.

Relaxing and fun— Gentle yet affective movement—Everyone welcome!

For more details visit [Taoist.org.uk/phone](http://Taoist.org.uk/phone) 07754 069965 or call Phil Dunnett on 01206 391756.

*(article taken from publicity left with the group)*



### *Positively Crafty*

Is there to offer people the opportunity to come along, craft together and learn different types of crafting skills. It has been proven that by using crafting therapies for people who live in long term chronic pain can be beneficial in many ways. It allows the opportunity to focus on doing something positive in a friendly, supportive 'safe' environment, building confidence and forging new friendships. Long term chronic pain can be debilitating and isolating that's why Positively Crafty means so much to all its members. Its gives them something to look forward to and at the end of each crafting session, to go home with a sense of achievement.

Crafting goes far beyond creation so why don't you come along and see for yourself, how by being actively creative, you can have fun enjoying the many rewards of crafting!

In the July crafty session Mandy taught us how to make fairies and hopefully she will be coming along again this month to continue her tuition. In October we are looking to make calendars for the year to come. There will also be the opportunity to deco patch and upcycle the bottles and jars which has been an ongoing project. If these crafts are not for you, please feel free to bring along your own project. Crafting is all about coming together in a socially engaging atmosphere and having time out just for you. **Call 07724 187774 for details**



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  
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Email: [lorraine@aylingonline.com](mailto:lorraine@aylingonline.com)

Next meeting 21 Sept  
Southgate Com Centre