

Welcome to our Summer Newsletter



Advert for a new secretary

As you know Margaret is no longer involved with the group and will no longer be attending the meetings. All that she brought to the group will be sadly missed as will her friendship.

We are currently seeking a replacement volunteer to fill the role so if you, as a member, would like to give it a go, even if only until the AGM in September, please come forward. Keeping the role in-house would ideally be suited.

Below is the advert that has been placed in and around Bury:-

DESPERATELY WANTED: a **Secretary** on an adhoc basis from immediate effect

We are looking for someone who:-

- Is good at communication, administration and organisational skills.
- Has a friendly disposition
- Has time on their hands
- Feels comfortable interacting socially

Computer skills would be an advantage.

Experience is welcomed although not necessary as ongoing support will be on hand.

The role is a voluntary position and involves:-

- Attending meetings
- Recording minutes
- Booking speakers and venues
- Dealing with correspondence and enquires
- Participating in group activities

Time commitment variable

If you are interested or know of someone who maybe and would like more details please call on 07724 187774 or email info@chronicpainsupportgroup.co.uk

FOR SALE

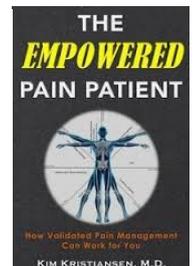
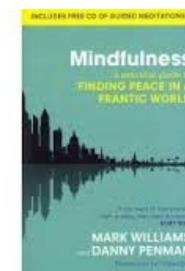
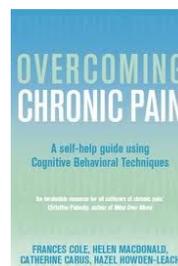
The following items belong to the group and due to lack of use are now being offered to members to purchase on a donation basis



Sad Lamp

All books are in very good condition

View them at the June meeting





Lifeboats

Presented by Geoff Heathcock from Royal National Lifeboat Institution on 18th May

Geoff gave a very informative and interesting presentation. He also brought along some RNLI merchandise to raise a few funds for the organisation.

Below are some facts on the RNLI taken from their website:-

Founded in 1824 by Sir William Hillary

A service dedicated to saving lives at sea

A voluntary organisation funded by donations, gifts and self-fund raising

Boat crews are all volunteers

There is a professional team employed by the RNLI to ensure RNLI can deliver a 24/7 search and rescue and lifeguard service

238 life boat stations

RNLI need to raise £180 million per annum to continue their work

Since foundation over 140,000 lives have been saved

Over 350 lifeboats in RNLI fleet including the inshore rescue craft

RNLI today also operate a flood emergency rescue service

Headquarters in Poole Dorset

More than 600 people have lost their lives serving the RNLI

More than 2500 medals have been awarded for bravery

Most decorated life boat man was Henry Blogg-coxswain of the Cromer lifeboat for 37 years from 1909 to 1947.



PLANNING AHEAD

CPSG will soon be looking ahead to 2018. This will involve planning, discussion and decision making however without the members views and suggestions such discussions cannot take place.

The group is about its members and we like our members to be involved as much as possible. We try to meet the needs as best as we can but unless you come forward we are unable to do so. This is an opportunity for your voice to be heard so please give consideration as to what you would like to see happen in the forthcoming year, how you feel you would like to become involved and how we can improve on what we already have in place.

We will be looking to:-

book dates of meetings for CPSG and speakers—suggestions would be appreciated.

book dates for Positively Crafty, tutors for tuition and consider what types of crafts can be achieved—also here suggestions would be appreciated.

the day of the week—if a Thursday is a problem for you please say. Unless you do we cannot act.

the month of the year where a meeting would not be of benefit i.e. holiday periods/Easter

Consider any suggestions that members put forward—contact can be made in writing via the group email info@chronicpainsupportgroup.co.uk or by phone on 07724 187774 and speak to Beryl

Our actions depend on you and what you have to say—please be honest, open and accommodating and likewise we will do our best to be too.



Run for Patients by Patients

Lymphoedema Support Suffolk—Leap into Summer Event held on March 27th March 2017



A successful event with supporting stands from Macmillan, BSN medical, Talk Lipoedema and CPSG. Many people came to talk to us about the group and several sales were made.

Thank you to the members who helped during the evening.

Funds raised: **CPSG=£26.25** **PC=£18.50**



Easy Fundraising April = £34.04

Fordham Car Boot Sale on Sunday 7th May 2017

A chilly wind but sales more than made up for it totalling £61.35



Southgate Community Partnership with Southgate Church and Hardwick Primary School Fun Day on Monday 1st May 2017



For enthusiasts of Dr Who, the eighth Doctor made a surprise appearance. Features included a Tardis, Daleks and K9 by a local enthusiast. Vintage cars, a football tournament (six primary schools took part), Starlets majorettes, maypole, inflatables, a school choir, stalls and more.....St Edmundsbury Mayor Julia Wakelam was a guest of honour.

CPSG stall was down the field this year slightly away from the hub of events, being next to the ice cream van had little effect.

Funds raised: **CPSG=£14.00** **PC=£7.50**



LETS GET SOCIAL!

CPSG next meeting on 15th June is a social occasion where members are welcome to bring a guest along with them. Afternoon tea will be served along with a little chit chat, a few laughs and maybe an odd game or two. A raffle for free will also take place. Your will be in good company so we look forward to seeing you there. More details will be included in the meeting reminder.

Forthcoming Event:



Hospital Road in Bury is holding a Games Day on Saturday 3rd June 2017 from 12.30—3.30pm. There will be Beat the Goalie, Hoopla, Obstacle Course, Inflatables, BBQ, Cream Teas, Tug of War, Skittles, Stocks, Catch the Rat and much more.....

Bring a team of 6 from your street, business or group or just come and join in the fun on the day!

CPSG will be having a stall at this event raising awareness of the group and selling some items too.

Please come along and give your support to this event if you are in the area on the day.



A non-profit organisation based in Needham Market Suffolk—01449 703949

Healthwatch is independent and transparent—with the authority to demand action. Working to improve information available in the County and are Suffolk Information Standard accredited. They help to shape and improve services used and engage with people in the communities. They are an open organisation and want to make it easy for people to talk to them. Ask them what they are doing and they will tell you what is happening.

Healthwatch Suffolk listen to your experience of health and social care services in Suffolk so that they can use your views to make the service better. They also provide information and signposting to help you navigate the health and social care system and understand what to do when things go wrong. They have the strength of the law behind them meaning that people who run and pay for health and care services must respond to your concerns explaining what action they will take or why they are not taking action. They get your voice heard where it matters and where decisions are made.

They help you to get the best out of health and social care in Suffolk. Improving services today help to shape them for tomorrow.

Some of their powers include:-

Contacting health and social care commissioners and providers to request information and expect a response within 20 working days by law. Service providers must have regard to their views, reports and recommendations.

Enter and view any premises where publicly funded health and social care is provided to people in Suffolk.

Can escalate matters to the Suffolk Health Scrutiny Committee where they feel necessary to do so. The committee must acknowledge receipt of concerns and keep them informed of any action I takes.

Represent the voice of the patient and the public on the Suffolk Wellbeing Board. This means that the views and experiences of local people will be taken into account when decisions are made about what services are needed in the county.

Every voice counts when it comes to shaping the future of health and social care and when it comes to improving it for today.



Debby looking ahead with POSITIVELY CRAFTY

Mildenhall Craft Fair in March raised £14.20 (Mother's Day)

Over the next 3 months we are hoping to have a lady named Crystal come along to show us different techniques with silk painting. Mandy, a member of crafty, has offered to do a class with the felt fairy's. We are hoping to get some ideas from a wholesaler we will be visiting, where we may even be able to pick up some contacts for other crafters who might be willing to volunteer to give tuition. Dot, who previously gave a masterclass in card crafting, may also be contacted. So we have several ideas in the pipeline to consider and set in place however if any members have any suggestions of their own they would like us to consider, then please let them be known to us. We will be more than happy to follow them through.



The next two meetings are dedicated to exercise, dance with Jo Nichols and Tai Chi with Phil Dunnett—both have been with us before and each held a class where members participated in. We look forward to them returning to join us.

In the meantime enjoy the sunshine, make the most of the lighter days and do something for 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



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Next meeting 15 Jun
Southgate Com Centre