

Welcome to our Spring Newsletter



News from the Committee

Early Spring is showing signs of new life emerging and bringing more light into the fore, slowly breaking away from the long dark days. New life in the soil, in the gardens and in the fields. Life slowly emerging from dormant hibernation as we look for hope on the horizon. These seem a distant thought for now however we remain positive.

Subscriptions—Membership renewals for 2018 are down on last year at 16. We will continue to promote the group throughout the year to encourage growth to enable the group to flourish. New faces are always welcome as are suggestions on how to keep members interested in attending more regularly.

Speakers—In March Chris Waters will be joining us to give an update on Opioids, In April Jo Nichols will be back to do another dance class and in May Patrick will be presenting on the History of Lavenham.

CPSG have been invited to have a stall at the **Lymphoedema Awareness Day** on **Monday 19th March 2018** from 2pm to 5pm at Moreton Hall Community Centre in Bury. The theme will be Flow and there will be health information stands along with sessions of Tripudio.



UK charity Arthritis Action will hold an education and support group meeting in Bury St Edmunds for people with arthritis on 17th April from 2:00pm-4:00pm. The meeting, taking place at The Centre, St John’s Street, IP33 1SN, will bring together people living with all forms of arthritis, who will hear from Claire Ross, Senior Clinical Nurse Specialist within the Pain Management Service at Suffolk GP Federation.

Arthritis Action’s Groups offer people with arthritis a platform to meet others, share their stories, questions, and tips on living with arthritis, whilst helping them to overcome the physical and emotional problems associated with the condition. Arthritis Action already runs Groups in London, Bristol, Leicester, Norwich, Staines, Eastbourne, Ferndown, Coventry, and Warrington.

People with arthritis living in Bury St Edmunds and in neighbouring areas must register their interest in joining the Group by emailing info@arthritisaaction.org.uk or calling 020 3781 7120. Attendance is free of charge.

For more information about Arthritis Action, please visit: www.arthritisaaction.org.uk

With thanks to Leah Boylan for sharing this information with us. We look forward to meeting her very soon and wish the Arthritis Group every success and continued ongoing support.



Positively Crafty

Is there joy in creativity and are you blessed with happiness? Do the two go hand in hand at times?

Many people face many challenges in their day to day lives and creativity is just one area that can bring many benefits to your health, your mood, your social life.



Indulging in your creative side no matter what skills you may have has the ability to bring profound happiness and joy in abundance.

It is proven that mood is instantly improved by the act of being creative. Expressing yourself freely encourages positive feelings and enhances your wellbeing so you just can't help being happy. Engaging in a creative activity absorbs your mind and body and helps you to feel more relaxed putting a smile on your face.

By coming to crafty you are immediately encompassed in emotional support, enveloped in warmth and entertained by friendly faces.

It is not about perfection its about achievement and that what Positively Crafty is all about.

Lift your mood by letting your creative juices flow and give yourself time to just be!

You can see from the photo on the right what can be achieved in a crafty session and each month different crafts are given a go. You will be well supported and be amongst friends and learn a new skills too.

Be enthused and inspired and reflect your feelings into a craft, see them come to life. Let crafting be your form of escape and declutter your mind from the disarray of everyday.



Sessions are held in the small hall at Southgate Community Centre from 1pm to 4pm on the first Thursday of each month. Cost £3 per session. 50p carers concession.

At the March session Lizzie Brown was scheduled to come along to demonstrate wet felting. Sadly due to the weather this was cancelled and Lizzie will be tutoring crafty in the May session. Other Tutors will be joining us during the year too.

Please note that there is no crafty scheduled in April so the next session is on Thursday 3rd May 2018.

For more details please speak to Debby or Tricia /call 07724 187774 /email info@chronicpainsupportgroup.co.uk



2017 Finances for Positively Crafty

Income

Session Fees = £232.50

Sales = £101.80

Donations = £130.50



Income total = £464.80

Expenditure total = £559.25

Expenses

Hall Fees = £202.38

Purchases = 168.28
(materials/loss claim/equipment)

Expenses = £188.59
(affiliation fee/event fees/refreshments/insurance)

Annual Loss of £94.45

Restricted monies held £83.55



Royal British Legion Women's Section—Beryl and Joyce (with the Standard)



The Royal British Legion came about in July 1921 as a result of the amalgamation of the four great ex-Service organisations. Soon after the First World War, these four organisations quickly acknowledged that if any real progress was to be made to improve the basic needs of the many thousands of disabled ex-Servicemen who returned after the war, they stood a greater chance as one combined force. At a Conference convened on the 14th May 1921, the British Legion was thus born with Field Marshall Earl Haig becoming the first President and Mr T.F. Lister as

Chairman.

It was also decreed at the time that women would not be eligible for ordinary membership but that a separate Women's Auxiliary should be set up - and so the '*Women's Auxiliary Section of the British Legion*' was established - with the specific purpose of safeguarding the interests of the widows, dependants and families of men and women who served in H.M. Forces, as well as widening the activities of the British Legion.

At the first Conference of the Women's Auxiliary Section held on the 20th July 1921, a provisional committee was agreed upon and Countess Haig became the President. Lady Robertson, wife of Field Marshall Sir William Robertson, became the first National Chairman. In November of that year, HRH Princess Mary, The Princess Royal, consented to become Patroness, a position she held until her death in 1965.



At a Legion Conference in July 1922, a further Resolution was proposed that the Constitution be amended to allow ex-Servicewomen to be admitted to ordinary membership of the Legion on equal terms with the men. As a result, the world 'Auxiliary' was amended to 'Section' and thus the British Legion 'Women's Section' was born. A further amendment to the Bye-Laws accepted that ex-Servicewomen could be members of a British Legion Branch as well as a Women's Section Branch. It was at this same Conference that HRH Princess Alice, Countess of Athlone became President, Lady Edward Spencer Churchill was unanimously elected Chairman, and Lady Grant, Vice-Chairman.

Almost from a standing point, the Women's Section has had to build itself up, unlike the Legion who already had a large number of fully established branches transferred during the amalgamation period. However, it soon became clear that many women were willing and eager to band together to care for the welfare of widows and children of World War I victims, as well as presiding over the wellbeing of the ex-Service community as a whole. By the end of 1922, branches had reached 126 with a total of 2,215 members.

The Standard Bearer

Joyce has carried the Standard to many different functions over 20 years.

The colours on the flag represent:-

Blue—men on seas and above (Air and Navy)

Gold—army on land

Cord—brotherhood RBL follow

Spire at top point to heaven

Tassels—close brotherhood—all people belong

Cost of the new one £1181



Poppy Appeal in 2017 raised over £51,000

Came about by an American lady—Marina Michael

No volunteers in RBL—join as a member

(article taken from the RBL website) £12.45 was raised at the meeting + a donation was sent



Run for Patients by Patients

Tea and cake with the Mayor and Mayoress of St Edmundsbury— 15th February 2018



A wonderful afternoon in warm and friendly company



2017 Finances for CPSG

Income

Raffle = £96.00

Donations = £81.91 (easy fundraising/sad lamp)

Subscriptions = £237.00

Event sales = £400.75 (car boots/events/table sales)

Misc = £102.69 (refreshments/part insurance)

Income total = £918.35

Expenditure total = £908.58

Annual profit = £9.77

Restricted monies = £595.05

Expenditure

Postage = £90.44

Stationary = £92.22

Misc = £725.92

(subsidies/gifts/phone/speakers/insurance/events)



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 March

Southgate Com Centre