

**Welcome to our Winter Newsletter**

News from the Committee

**Subscriptions**

The meeting on 16th January 2020 will be an opportunity for members to renew their subscriptions. Payment is due by cash or cheque payable to Chronic Pain Support Group on or before that date. After 4 years, due to rising costs and other factors taken into careful consideration, the amount has been increased to £15, a rise of £3. Visitor fee remains at £1. Graham is happy to accept payment, whereby a receipt will be given, in person at that meeting or posted to 11 Lincoln Green, Bury St Edmunds IP33 2LL prior to that date.

**Speaker in January 2020**

**Birds and Beyond Falconry Presentation by Clare**

For an hours talk usually 3 birds are brought along. Normally a Harris Hawk and 2 smaller birds - Barn owl and a Kestrel.

All birds are transported in specially designed travelling boxes where they will stay until brought out. They know it's a calming and safe environment for them to be in, so sit quite happily.

All birds are trained to be comfortable around people in an indoor environment. As it's only a talk, flying issues will not be a problem.

Slides or other educational materials to support the talks can be found on the internet if the public wish to investigate the subject further. The birds speak for themselves.

Clare, the person bringing them is the only person who will handle the birds and will only allow members to touch the birds if it is safe to do so.

Clare will bring sheets for the floor as Invariably being animals, poop accidents do happen. Also special cleaners come with them to deal with such problems as well as antibacterial gels.

This topic was suggested by a member and also this particular speaker was recommended to us via Lymphoedema Support Suffolk. Please be reassured we have not looked into this lightly as there were concerns. We do hope you all enjoy the visit.

**CHRISTMAS LUNCH**

Bury St Edmunds Golf Club—Wednesday 18th December 2019 12.30 for 1pm sit down.

As those of you know that are going this has been rearranged. We do hope this will be an enjoyable occasion.

Organising events can be all consuming—a lot of work goes on behind the scenes to achieve one coming together and being successful.

Time, research, patience, phone calls, visits, date, requirements, concerns and cost being just a few. There has been a hiccup with this one and for that I can only apologise. If there are any concerns on the actual day to do with the meal or service please raise them with the staff on duty.



**HELP AT MEETINGS**

I cannot emphasise enough how important having help is and I am truly appreciative of how members rally together to help make each meeting come together so that we can all have an opportunity to socialise. Sitting round the table over refreshments seems to be working well. Any concerns raised are dealt with and any monies are taken too. By doing things this way it is safer and we will continue to keep looking at ways to improve on safety whilst in the hall.

It would be very helpful if members would please, on receiving a meeting reminder, reply and say whether they are/are not coming unless any unforeseen circumstances crop up on the day to prevent this. For those we have not seen lately we hope to see you soon.



Bringing likeminded people together



## Run for Patients by Patients

### Joan Smith

Following Joan's visit in August a thank you note was received from her addressed to you all as follows:-

"I enjoyed my afternoon with you very much, thank you. You made me feel welcomed and are so friendly and on behalf of all at the sanctuary and our furry friends thank you for your support, it is very much appreciated. The goods you purchased totalled £26.40 and the donation given for my talk has been placed in the food fund.

From myself and all at the sanctuary thank you and we send you all our very best wishes".

### Jenny Gibbs—speaker in November



"Thank you very much for a lovely afternoon with you all on Thursday. We would be delighted to come back next year and we are pleased to say we have the 15th October available. We will return 10% of the sales takings to your funds as usual on anything we bring from Turkey that is purchased by members. Our talk will be about us running a Bed and Breakfast in our farmhouse in the village in Turkey". Jenny assures us this talk is funny.

From the sales on the day CPSG was given back £6.50. I would like to say a big thank you to all of you who purchased something from Jenny.

A journey of discovery, of the history and the culture of the country of Turkey and most of all, of herself, the adventure began in 1993. Jennifer Herrick divides her time between her home in England and her farmhouse in a Turkish village. When in England she gives talks about her life in Turkey. To her audiences and to her family and friends, she is known as Jenny Gibbs. In 2013, at the age of 70, Jenny received a BA (Hons.) Degree in English Language with Creative Writing.

[Glastonbury Court Care Home Christmas Fayre—Sunday 1st December 2019 from 2pm-4pm. Open to all so if you are in the area please come and give us a look as CPSG are having a stall at this event.](#)

### Dates for 2020

As you can see from the dates we are looking for 4 more speakers. Enquiries are ongoing to fill the slots. I can confirm Matt Long will be talking about Pain in February and Hypnotherapy in March. Jo Nichols will confirm in January if she will be continuing with her dance sessions. The May speaker stems from our publicity articles. In the January session of crafty we will be attempting a stepper card. One Life Suffolk just confirmed for August.

### Official Business

If any member has a concern, complaint or suggestion they wish put before the committee, please let one of the committee members know. The next committee meeting is in January whereby that particular matter will be considered. If this is to be in confidence, whoever raises the subject, will be informed of the outcome directly thereafter.

In the new year we will be looking for an Event's Organiser. If you would like to volunteer please come forward.

**WISHING YOU ALL A VERY 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 likeminded people together



Tel: 07724 18 777 4  
Email: [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
Web: [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

Next meeting 16 Jan  
Southgate Com Centre