

Welcome to our Spring Newsletter



News from the Committee



Birds and Beyond Falconry attended the CPSG first meeting of the new decade, giving a talk on keeping birds of prey. Clare, along with the help of Norman, the Harris Hawk, Flo the Kestrel and Olive the Barn Owl, discussed the sport of Falconry as well as how to train and keep a bird of prey. Birds and Beyond Falconry offer other activities and interactive session with the birds to suit all ages, abilities and levels. These include birthday parties, family events, photography sessions, weddings, Hawk walks and hunting days, school and educational visits, flying and static displays to name a few. A unique bespoke activity for all. For more information please visit our website

www.birdsandbeyondfalconry.com



LSS held an awareness event on Tuesday 2nd March from 6pm-8.30pm at Moreton Hall Community Centre at which CPSG were invited to have a stall in return for donations to the tombola. Items sold were cards, preserves and gifts. Funds raised = £30

Controlled Drugs

Following the February meeting I forwarded on your feedback to Chris Waters to do with the card that is being created to support patients on opioids when prescriptions are issued. This is her response:-

“This is really the depth of feedback that is helpful. I will forward these comments on to the Controlled Drugs Accountable Officer.

Please pass on my thanks to all in the support group for taking the time to pull together this feedback”

Christine Waters Lead CNS for Professional Development West Suffolk Integrated Pain Management Services Suffolk GP Federation/West Suffolk NHS Trust Alliance

Thank you to all of you who took part.

Outing/Get Together

Afternoon Tea seems to be the popular choice—do you have a favourite place you like to go? If so please let us know and we will arrange a date and time to meet up. Bridge Farm Barns-Corncraft at Monks Eleigh and Riverside Hotel in Mildenhall have been suggested. Many of the hotels in the area do cater and prices vary, depends how far you would like to go. Please consider offering a lift to members who do not have transport.

Membership is slightly down this year even though 2 new members have joined the group. We currently have 17 members. Chris Landsberg has confirmed in writing she will not be coming back to the group due to struggling with so many health problems. Chris thanks you all for making her so welcome and sends all her best wishes.

Coffee Morning in February welcomed 4 new faces. A big thank you to Janet for all her help and support in promoting the group to people in rural villages in her area. One lady asked for help on an online village network that led to many others joining in a conversation to do with pain and support.



Joan Smith is tutoring this month’s Positively Crafty session on ‘How to make a Tissue Box’. The one in the photo was made by Joan and the frame is made of plastic, cut ready to stitch. The stitches are tent and double cross, all embroidered in double knitting wool. Daunting maybe but definitely fun!

Many crafts are achieved at the sessions which are always light hearted and everyone helps each other so that you always go home with a sense of achievement. New faces are always welcome, refreshments are provided as well as the use of some tools and materials.

Joan wishes you all well and hopes that 2020 treats you kindly.



Bringing likeminded people together

Run for Patients by Patients

2019 CPSG Accounts

CPSG Income

Subscriptions = £224
Guest fees = £6.00
Raffle = £106
Sales = £178.80
Donations = £10.50
Easyfundraising = £53.64
Refreshments = £44.50
TOTAL = £623.44



CPSG Expenditure

Hall hire = £56.25 (3 meetings)
Speaker donations = £269
Deposit for Birds of Prey = £35
Insurance = £66.35
Catering = £99.59
Gifts = £113.85
Stationary = £91.57 (ink, envelopes, receipt book)
Postage = £87.23
Website = £75
Computer services = £70
Printing leaflets/flyers = £207
TOTAL = £1170.84
TOTAL LOSS = £547.40

CPSG Average attendance for 2019 = 9



PUZZLES A big thank you to the lady at the Cockfield Post Office for her generous donation of £30 to the group for the 13 puzzles personally delivered to her. Wishing her many hours of enjoyment and pleasure.

easyfundraising! If you haven't signed up yet, it's easy and completely FREE. 4,000 shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us so please sign up today.

https://www.easyfundraising.org.uk/causes/chronicpainsupportgroup/?invite=2HILP6%26referral-campaign=c2s%26utm_campaign=admin-trigger%26utm_content=srt



Positively Crafty Income

Monthly fees = £309
Donations = £11.30
Sales = £61.15
TOTAL = £381.45

Positively Crafty Expenditure

Hall hire = £225
Affiliation fee = £33
Insurance = £66.35
Purchases = £49.14
Catering = £47.09
Stall fee = £10
TOTAL = 430.58
TOTAL LOSS = £49.13

Golf Club Christmas Lunch Total = £376.50

(subsidy paid by CPSG—£10 per member x 15 = £150)

Overall amount as at 31.12.19 = £4748.35 (in the bank/cash)

PC Average attendance for 2019 = 6.75



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 likeminded people together



Tel: 07724 187774
Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting 19 March
Southgate Com Centre