



*Run for Patients by Patients*



Pain can create so many negatives that we can overlook the positives that can help us day-to-day. Each individual's journey is different as is their mind-set and when you feel your caught up in a cycle and unable to find a way through it consider:-

Making small changes over a period of time

Finding a way to increase your wellbeing

Connecting with people who understand what you are going through

Listening to your body and doing what works for you

Learning to let go and knowing your limits

Changing your habits

Realising what you are good at

Making an activity a social part of your day

Finding a sense of belonging and feeling comfortable

Accepting over achieving can increase your pain

Finding a support network

Come and meet like-minded people at **CPSG** meetings on the third Thursday of each month at Southgate Community Centre from 2pm to 4pm. Each meeting includes a speaker presentation and a social get together with refreshments.

### *Positively Crafty*

Crafting is one way to help you to manage your pain. Creativity can be a distraction and also occupies your mind which then has a positive affect on you.

Crafting with like-minded people in a socially interactive atmosphere gives you a sense of belonging. It gives you the chance to relax, unwind and express yourself whilst being aware of your surroundings. You can achieve mindfulness whilst concentrating on the activity. Although crafting is a skill you can still go home with a sense of achievement.

Coming up .....

November—Calendars

December—festive tea light lamps



Come along and meet us and enjoy the many rewards crafting has to offer you—we look forward to seeing you on the first Thursday of each month at Southgate Community Centre from 1pm to 4pm. Carers are also welcome to join in.

For more details about the group please call on 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

or visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

We look forward to welcoming you!