



Run for Patients by Patients



The word support means many things to many people. To us it is the glue that's holds us together. It gives us:-

- A sense of belonging
- Knowing someone is there who understands
- A relief from loneliness
- A positive outlook
- Friendly faces that become familiar
- A feeling of being safe
- A connection to others and the ability to help them
- Likeminded people facing similar issues
- A feeling of being less isolated
- Coping strategies
- Social interaction/network
- A lifeline for those in need
- A distraction and a focus
- Encouragement to share ideas and experiences
- A sense of empowerment

But most importantly it gives us the opportunity to take a step forward on a journey that can be difficult to manoeuvre.

The right support group is a valued addition and one part of your wellness, it may not meet all your needs but can certainly enhance a part of them.

A support group brings together a variety of people so it is important to find one that is right for you whereby you feel safe and comfortable in the environment.

Thank you for listening which just leaves us to say have a very Merry Christmas and a Happy New year.

We look forward to meeting you in 2018!



Positively Crafty 's members have a strong belief in what they do as a group and enjoy light hearted chatter whilst crafting. This gives them an opportunity to refocus their minds on something other than their pain. In November, calendars with sticky notepads were achieved, as you can see. Handy around the house in many places and a useful gift.



December 7th's session— Christmas baubles
2018: January—no meeting February—Fairy light jars

CPSG's meeting in November welcomed representatives from two pain services in Bury raising awareness on the forthcoming plan to integrate the two, how they aimed to deliver it and how it would affect us all.

CPSG, and as patients ourselves, we would just like to take this opportunity to say thank you to the two services for all their support, advice and guidance.

CPSG's next meeting is on Thursday 18th January at 2pm. The presentation will be all about the British Legion.

Our meetings are held in the small hall at Southgate Community Centre in Bury. We look forward to seeing you there.

For more details about the group please call on 07724 187774 between 10am-4pm weekdays

or email info@chronicpainsupportgroup.co.uk for more specific details

or visit our website

www.chronicpainsupportgroup.co.uk