

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



*Positively Crafty* welcomes you into the New Year and a new programme of sessions has been lined up for you to enjoy. 2017 saw new friends and we hope more can come along and join us through out this year. Our in-house sessions are informal and fun, everyone helps each other, has a laugh, crafts and chats at the same time.

In January there is no session.

In February—decorative tea light jars

In March—Tuition on Wet Felting

In the Summer—Tuition on Silk Painting

In the Autumn—Tuition on Candle Making

As the months go by we will keep you informed of all that is happening and if you feel you would like to join us, just drop into a session and see if it is for you. The sessions are warm, friendly and organised.

Using your hands has been proven to be therapeutic and can have a positive effect on wellbeing. Crafting can be absorbing thus creating a distraction, giving you a change of focus and reducing your pain level in those moments of creativity. You would be surprised at the difference it makes.

A sense of achievement is what we aim for at the end of each session so that you go home feeling relaxed and with the proof of what you have just succeeded in completing in a comfortable, socially engaging atmosphere.



Sessions take place on the first Thursday of each month from 1pm to 4pm at Southgate Community Centre.

A small charge is payable. Carers are welcome too.

*CPSG* meet in a 'safe' environment at Southgate Community Centre on the third Thursday of the month from 2pm to 4pm. Meetings include speakers, presentations and refreshments. If you are not a member or are a lapsed member then why not come along and meet us we would love to see you.

After finishing with any medical profession and having their help and support can be a tough time for you. You are about to start a new journey on your own and have to give thought to the best way forward for yourself. Feeling alone and isolated is a daunting prospect so knowing there is a support group at hand that is welcoming and friendly can be a real comfort.

Our support group is quite diverse and covers a widespread area of pain conditions and although we bring people in pain together it is not our sole focus.

If you would like to come along to see what we are all about you will be made very welcome.

Our programme of speakers is yet to be completed for the year so if you have something to offer that is informative, interactive and interesting just give us a call on 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

We also meet once a month on a Monday for coffee at one of the local outlets in Bury from 10.30am—come along to chat, laugh and catch up over a cuppa!

Visit our website for all the up to date information [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

Our year runs from January to December and our first meeting takes place on 18th January. A time to renew your membership!