

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Managing pain is a unique skill and tailored to suit you the individual as only you can do it for you. It is always a work in progress and as you get older be conscious of adapting to any changes that crop up along the way. Taking control of your pain can be empowering and self-management can improve activity levels and keep pain to a minimum. It is all about taking responsibility, making informed decisions and changing behaviour/mind-set. Recognise that this is your pain to manage and only you can take control. Be willing to try and do things differently in your everyday as finding ways to lead a more enjoyable, independent and fulfilling life can be achievable if your goal is realistic and you have the support and resources. Making lifestyle choices is not always easy and is not for everyone although a series of adjustments however small is a positive step. Any steps that you achieve deserve a reward so find what's effective for you, meaningful and improves your wellbeing. There is light when you emerge from the darkness, it is for you to find a way of getting there.

Springtime awakens our inner motivation and activates feeling of hope and positive changes can make you smile. Spending time outdoors is good for your mental health and being surrounded by colour and the joy of new life emerging can be very uplifting. Nutrition is a key part of everyday wellbeing and may also need a springtime boost to support energy levels.

Self-management can enrich your life and the quality therein—consider the options and always look for the trusted sources that are available to you.

By joining a support group of likeminded people who truly understand what you are going through can identify with you and seeing others confide with the same adversity and making progress is inspiring and encouraging. Talking to others can reduce anxiety, improve self esteem and help with overall wellbeing. Support groups can have a significant impact in the lives of people experiencing these situations.

Sharing information and learning new skills from appropriate sources can play a vital role and even tips from guest speakers that present on specific disciplines can be of value.

CPSG always choose a wide variety of speakers to present at monthly meetings. We look to our members for their ideas as involvement by them is key to keeping the group together, providing interest and regular attendance.

CPSG's next meeting is on Thursday 17th May from 2pm-4pm and the presentation is on the History of Lavenham.

Positively Crafty's next session is on Thursday 7th June from 1pm-4pm.

Both meetings will be held in the small hall of Southgate Community Centre.

We look forward to seeing you there!

For more details about the group please call on **07724 187774** or email info@chronicpainsupportgroup.co.uk or visit www.chronicpainsupportgroup.co.uk