

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



I am hidden so you cannot see me!

People struggle to understand a condition they cannot immediately see, of which there are many. The invisibility of such illnesses present challenges when it comes to expressing the effects it has on ones life.

Knowledge and understanding is the key to being able to interact with someone on the same level as everyone else. Creating opportunities to educate others on not simply looking at face value nor being so quick to judge each other, but to be kind with an open mind.

Each day presents unique challenges to sufferers and the fact that the illness is invisible doesn't make it any easier for others to understand. Many simply try to live in any which way their bodies will let them.

Everyday your faced with scepticism from people who do not understand what is wrong with you. Lack of understanding of what that person is going through results in loss of friends and lack of sympathy and doubt is not the only uphill battle people with invisible illnesses have to climb. People may never relate to what you are going through and that's why finding a support group of people with similar conditions can be so helpful. You are not alone as there are many others who need support and need to talk. Joining a support group is a great way to feel less isolated and lonely. Working towards finding something to distract you from your condition will enrich your life and inspire a positive outlook.

We at CPSG understand exactly what you are going through and are here for you when you feel ready to give us a call.

Positively Crafty enjoyed a relaxing afternoon session with Marianne who is inspirational and great company. She just fits in like she's one of the group and has so much to offer. She can always pulls something new out the bag.

Tissue Paper Collage—Your Promised Land



This is a process of layering coloured tissue paper torn into strips across a card and building a picture by adding more tissue layers, images and shapes. Being creative has endless possibilities!

CPSG next meeting is on Thursday 19th July from 2pm-4pm and the speaker will be presenting on Homeopathy.

Positively Crafty meet on the first Thursday of each month from 1pm to 4pm and the sessions coming up in July/August will be all about tea light jars and card crafting.

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

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