

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Spring—a time of new life, new beginnings, new hope. Also the perfect time to launch our newly designed leaflets, flyers and picture logo design.

The new picture logo represents the group in many meaningful ways in the fact that we are not in anyway offering medical advice and really just holding out a hand of friendship and kindness, offering support to carers, partners and families of adults with chronic pain. Adults offering support to other adults.

As you will see inside one of our new leaflets CPSG is a warm, welcoming group and friendly group who give support; being supported is what we are all about. Seeing the person not the condition. The atmosphere created is a warm hearted social blend to encourage positive feelings and for you to know you are not alone.

CPSG is a face to face, non-judgmental group. Meetings are relaxed and informal for both those living in pain and their loved ones.

Our members are there for each other and we do our best to ensure meetings run smoothly and are enjoyable to attend. Members coming together on a regular basis helps prevent isolation, loneliness and improves quality of life.

Why not come along and see for yourself!

Positively Crafty

Cards are very much the theme when so many occasions cluster together like they do this time of year.



As you can see a Mother's day card was one achievement in the March session. Easter will soon be upon us so we create another card. Other crafts are being highlighted during this year so that members do get a variation of themes to keep up their interest.

We have welcomed new faces recently and would very much like to welcome a few more. Crafty is not only about crafting it is also about coming together, friendship, socialising, sharing and much more.....

Positively Crafty sessions are held on the first Thursday of each month from 1pm-4pm.

CPSG's next meeting is on Thursday April 18th from 2pm-4pm and we will be welcoming back a speaker who will be giving a further talk on the Cathedral.

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

No referral necessary.

For more details:-

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