

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



A warm welcome to the New Year. A time for you and an opportunity to do whatever you choose, on your own. Resting is an essential part of pain management as is appreciating life outside your four walls if you are able to. The sights and sounds of nature all around you can bring peace and tranquillity.

Day-to-day hustle and bustle can bring about a feeling of being overwhelmed at times and this is the time to take charge of those feelings in a way that suits you and your abilities. Self-care is essential not selfish and learning to say no, however hard, is a must if your wellbeing is at risk.

Enhancing your wellbeing is important as chronic pain can be life destroying and losing everything can be devastating causing a black hole in life. Going from being incredibly active to being incredibly frustrated can make you feel very low, helpless and that no one is there for you. Pain can rob you of so much. Seeking out empathy and restoring faith by joining a support group of like minded people who fully understand what you are going through and how you are affected by it, is just one way of helping yourself. These people have faced similar challenges themselves and have gained so much from it. An ongoing circle of support providing sympathetic understanding relieves loneliness and isolation and meeting in a 'safe' environment providing emotional support brings about a feeling of being comfortable and able to cope.

CPSG are a warm and friendly group and are keen to welcome new members. When living seems like a journey too difficult to manoeuvre come along and see if CPSG is right for you, making this a step towards one part of your wellness strategy. Join CPSG on Thursday 17th January 2019 at 2pm at Southgate Community Centre. The first meeting of the year and renewal of membership.

Seeking out speakers to give presentations at meetings is still ongoing so if you have interest/topic you would like to share, please get in touch.

Working on a craft project can have a powerful effect on your wellbeing. The repetitive action of any type of handicraft can be just the meditative calm you need helping to reduce any hovering anxiety.

Crafting sessions known as '**Positively Crafty**' take place at Southgate Community Centre on the first Thursday of each month from 1pm-4pm. Nominal fees apply and carers are welcome too.

Coffee mornings are held monthly on the Monday following crafty from 10.30am at an outlet in Bury. An informal get together where you will be warmly welcomed.

For more details please call on 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk) or visit [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)