

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



The evidence of Spring is in abundance all around us, welcoming new life and colour into our every day. A time to waken up those stirrings within. Listen to your body and start any activity slowly taking regular breaks. Know your limits and tune in and work out what is best for your body and your health. Do things that you love to do, investing your time and your energy into achieving positive steps towards the ultimate goal of restoring feelings of wellbeing. Let go of the winter blues and allow the mellow yellows and hues of spring into your day-to-day.

The subject of our presentations this year have been of great interest and in-depth informative ones. We hope to continue in this way as the year goes on hopefully achieving new insights and enlightening our knowledge.

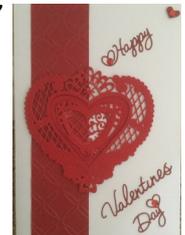
On March 21st we welcome a cause who give support to anyone who needs someone to talk to, anyone who is struggling to cope and who provide emotional support to anyone in emotional distress.

On April 18th, a return visitor with a follow on talk about the Cathedral Tower.

All presentations last up to an hour.

We invite you to join us on this journey of discovery.

In February's Positively Crafty session, as you can see, a valentine card was achieved. Materials and textures are only one part of the process. The remainder is the time, the attention given, the patience, the fun, the love of crafting and allowing yourself to be open to creativity. Crafting is a journey from start to finish and stage by stage. An exploration of visualisations.



Positively Crafty is now in its fifth year but sadly numbers attending are not increasing so it is with a heavy heart the fees are to rise to keep the sessions afloat, rather than fold them.

New faces are welcome to join the group and the original concept remains that you bring your own project or join in doing something that has been planned. The sessions for the next six months each have a theme however these can be adapted to suit members wishes/needs.

March—Mother's Day Card/Boxes

April—Easter Card

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

All meetings are held in the small hall of Southgate Community centre in Bury.

For more details call us on 07724 187774.

Email: info@chronicpainsupportgroup.co.uk or visit www.chronicpainsupportgroup.co.uk