



In August members were given the opportunity of a tour of the Guildhall in Bury. Our guide gave an informative, factual tour through the rooms and round the gardens. The Guildhall now has a new look after being restored, so well worth a visit.

The monthly meeting in August welcomed Joan who gave a humorous talk about cats. Being a passionate lover of them Joan spoke not only about her own cats she has had through the years but more importantly about Bury's Stray Cat Fund whereby she is very much involved in the charitable cause and all the good works that they do. Fostering a cat is just one area and Joan herself is doing just that.

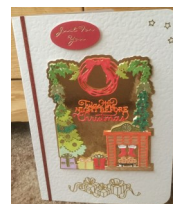
In September CPSG held their annual AGM. A time for reflection of the year gone by and planning for the year ahead. Looking at ways to improve and build upon what we have to encourage new growth.

Living in pain can be debilitating and can make you feel fatigued, trying to deal with all the aspects and side effects of the pain itself. Pain can interfere with your daily life and keep you from doing the things you want to do. This can become a vicious circle leading to low self-esteem and isolation. Accepting that the pain may not go away completely is very hard however finding the tools and skills that are effective for the type of pain you are suffering from, with some adapting, can bring back perspective and help you to resume your life in some of the ways of how it used to be. Also it can change the relationship of the pain itself.

Positively Crafty

Time is marching on and we are now into early autumn and planning ahead for the events that will occur.

As you can see a Christmas card was achieved in the September session. Using white hammer card, a die cut depicting a traditional scene with the sentiment 'Twas the night before Christmas', all set on a gold background. In the October session this theme will continue although a different type of card will be achieved.



Sessions take place from 1pm-4pm on the first Thursday of each month. Refreshments included.

CPSG's next meeting is on Thursday 17th October from 2pm-4pm. A speaker presentation will take place during the first hour followed by refreshments.

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

Come and share your journey and reach out to others in your position. Have a smile and a laugh together and be accepted as you are. CPSG offer a warm welcome, friendship with likeminded people and a change of focus.

For more details call 07724 187774 or email info@chronicpainsupportgroup.co.uk
www.chronicpainsupportgroup.co.uk