

# CHRONIC PAIN SUPPORT GROUP

*Run for Patients by Patients*



CPSG is run for patients with chronic pain and run solely by patients with chronic pain. Our main objectives are to bring people together who are suffering this debilitating condition within a 'safe' environment, to be able to share concerns and ideas, build friendships and for you to know you are not alone.

The group is designed to encompass all needs for all age ranges (18+) and genders. We have a very relaxed attitude—its all about feeling comfortable with others and sharing time together. People gain a considerable amount from being able to meet other people in similar circumstances.

We are a warm, welcoming and friendly group offering regular get togethers, social engagement, a change of focus and support. The atmosphere created is a warm hearted sociable blend to encourage positive feelings. Members are there for each other and we do our best to ensure meetings run smoothly and are enjoyable to attend. Coming together on a regular basis helps prevent isolation and loneliness.

Throughout this crisis social engagement and being regularly connected to others have held some members together who have felt very fragile and very much alone. Fear has crept in that this will continue and they will become isolated. This can be overwhelming and can take an emotional toll so before it spirals into a panic reach out for support. Someone to whom you can talk openly to and share your concerns. Someone you know well enough and who will be there for you. Knowing you are not alone in your struggle can not only help you but them as well.

People are what make the experience succeed-choose them wisely-look for the good-be understanding- be there for each other-have a sense of purpose-focus on the here and now-treat yourself kindly.



The challenge group are still achieving crafting tasks from needle felting to designing a bracelet to making love tokens to planting up pots to continue making cards to scrapbooks of their time in lockdown to finishing off a tissue box cover to writing a poem to making a face out of



vegetables/garden materials to Origami. It is all about being creative and thinking of ways to adapt crafts by using alternative



materials and enhance them with added materials. You can turn your hand to most things if you put your mind to it and give it a go more importantly to have fun.

Crafting is the original concept of this group that keeps the connection going as well as giving the people themselves one-to-one support, encouragement and a helping hand or word of comfort in times of need. Being there for each other and listening has been vital to each others wellbeing also they are being urged to keep going when times have been really tough. This has been a lifeline and having someone to turn to when you are at your lowest ebb can be a real saviour in this time of crisis.

**CPSG meetings will remain postponed until the autumn.**

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