



Chronic Pain Support Group established in 2009, the first formal self-help group of its kind in Suffolk for people affected by chronic pain.

C.P.S.G 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 obtain up-to-date information about handling their pain.

Our group is designed to encompass all needs for all age ranges (18+) and genders. We have a very relaxed attitude – it's 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 friendly group offering support and education to our members in many pain related areas which help them to feel less isolated and more able to cope with their condition(s). With the aim of helping patients to help themselves and learn how to lead an active life in spite of their pain.

Many people have commented on the relief felt knowing that they are not alone, someone is always there to offer support and social interaction is invaluable.

Our monthly meetings are held on the third Thursday at Southgate Community Centre between 2-4pm and include speakers, presentations and refreshments. Carers and partners are welcome too. We keep all members informed of group activities via our quarterly newsletter so that if anyone is unable to come along they are kept up to date.

Since we started we have welcomed a number of very interesting speakers from a wide range of disciplines (not all pain related) and are always on the lookout for more. We welcome speakers to stay and chat over refreshments and we like to think our members can take something away with them from our speaker presentations that may help them day to day.

As we are a self-financing community group we rely heavily on our own fundraising and community support. We engage with people within the local community by raising awareness of the support group and attending events in and around Bury to raise funds towards publicity, maintaining the group website, newsletters and more.....

Apart from our meetings we offer a monthly coffee morning on a Monday from 10.30am onwards meeting at a local, easily accessible, venue in Bury for a catch up over a cuppa. We also run a monthly craft session on the first Thursday of each month from 1pm to 4pm at Southgate Community Centre in Bury. Session fees apply and include refreshments. You always go home with a sense of achievement. Members are invited to participate in these meetings.

You do not need a referral to join us just drop in to any one of the meetings and see if it is for you. If you would like to become a member of CPSG a small annual subscription is payable or if you would just like to come along occasionally a nominal fee is payable per visit. Either way you will receive a warm welcome.