



## Dates for the first half of 2022

January 20th, February 17th  
March 17th, April 21st, May 19th  
June 16th

No referral is necessary to join the group, just come along and see if it is for you. January sees the start of the year and annual subscriptions become due so if you would like to become a member, give us a look.



Meet new friends at our monthly coffee mornings. Join us on a Monday from 10.30am for a catch up and a cuppa!

Join us on Zoom on Saturday and Wednesday mornings from 10am.

See CPSG website for all the details

## Positively Crafty



Christmas cards, from decoupage kits, were achieved in the November session. Card making is so versatile with so many styles to choose from which you can create something wonderful. Being creative can bring many rewards and achievements. The next session is on 6th January 2022 from 1.30-4pm. Refreshments included. Session fees apply.

Thank you to Southgate for welcoming us back and to the directory team for all their support throughout the year and to you the readers for listening.



CPSG now has a new active Facebook group page. To access this page just press the little magnifying glass at the top of the page/ in the top right-hand corner and search for Chronic Pain Support Group (CPSG)-Bury St Edmunds. It should then come up, just click on it, and then press on the button to join the group. You will then be asked a few questions; do you suffer with chronic pain? if not why would you like to join the group? 4 specific rules you then have to agree to. You should see the distinctive blue logo above appear as a header.

The FB group is there to support each other, give each other help, advice and share experiences, be there for each other, to let you know of any relevant information, reminders of meetings and speakers, location, and time, telling you what we are making at an upcoming crafty session and what to bring, help relieve loneliness, isolation or just to have a laugh to brighten your day. Anyone can find the page and request to join. If anyone has issues, please contact Shelby by email at shelbla@hotmail.com

**Festive joy is in the air. Seasons Greetings to you all!**



For more details call 07724 18777

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