

CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients



Covid-19 has affected our lives in many ways especially in the lack of support services for many health areas which is why this group is immensely important to the members who participate in it. No one seeming to want to help at this vital time is a real worry. With members also missing the contact and socialising at group meetings this is where the challenge group comes into its own. This group of people who have come together are kind, caring, supportive-very good friends that are there for each other. Each time one of them reaches out others respond, making their pain journey easier to bear. They are all non-judgmental and accept you as you are. The year could have been so much worse without this group. Those that did the challenges did them with enthusiasm and met them even though they may not have felt like it at the time. All troopers for having a go.

The Zoom meetings give members the opportunity to see each other and forget they are all in different areas, to be able to chat comfortably, to have a laugh, to have something to lighten the day and look forward to and to learn a new skill.

CPSG is all about bringing people in pain together and that is exactly what this group has achieved in the absence of meetings. It has made the year bearable for all those involved. As one member commented "I count my blessings to have you as friends, no one to judge you and understand how you feel is invaluable".

The new year has brought with it many bigger challenges to embrace so we will be spending, yet again, another holiday at windowsill bay however that will not stop the challenge group working its magic and keeping one and all occupied.

We must put one foot in front of the other until all this subsides and the sun comes out on another day.

For more details about CPSG please email
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www.chronicpainsupportgroup.co.uk

