



*Run for Patients by Patients*



With the virus still very much with us and touching so many of our lives, CPSG have taken the decision to further postpone meetings. To keep members safe and with the vaccine programme well under way, we sincerely hope that by September we will be able to hold a meeting with lesser restrictions. With the roadmap in place and case numbers declining in most areas we look forward with optimism that we can come together as a group, gathering together indoors. At this time there is no guarantee of speakers however we endeavour to make meetings enjoyable to attend and then look to 2022 to have a more varied programme.

A venue for coffee mornings has yet to be sought which we will hopefully be able to do in the autumn. Positively Crafty sessions may start in October.

Keeping in touch via zoom and other sources has been a real lifeline for members.

The longer lighter days of the Springtime are very much welcomed with the new life in the gardens and the fields to focus our attention. Getting outdoors in the natural light has enormous benefits. Being mindful in the moment not thinking too far ahead and reflecting on what matters. No matter how small, accomplish something each day that gives a sense of satisfaction.



As you step forward do something for you that makes you happy and to help you look forward to life again. Choose happiness over habit, not just because it's a habit you've fallen into. Enjoy the feel good moments of trying something new to improve your mood and mind, just the tonic needed to feel more alert and alive again. Increasing focus and having more energy makes the immune system stronger. Unearth your confidence, boost your self-esteem and set your intention to feeling alive again and having fun!



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