



A warm welcome to you all in this new year. We look forward in anticipation that the year progresses with more positives to lift our spirits and to bring us more into the light and our days more fulfilling.

The groups success is very much dependent on keeping in touch. Remember the group is for patients, by patients and you can be involved as little or as much as you are able—we welcome any contributions you may have to keep the group running. Please do feel free to contact us at any time. You will be made very welcome.

Do you experience chronic pain? Would you like to meet others who experience chronic pain? Then come along to one of our meetings. This was one part of our mantra in the beginning and we hope that this year we will be able to welcome you to our support group meetings as soon as it is safe to do so.

Enabling you to minimise the impact of chronic pain on every day life can be very challenging in itself and it can carry negative emotions especially if you feel your having to do it alone. We can construct many barriers when in pain instead of thinking of ways that might help manage the pain. Pain sufferers can feel unsupported—that is where a support group is vital. During these unprecedented times support is invaluable as chronic pain is extremely challenging for those who have it and effective approaches have been elusive. Building good relationships, having a caring attitude, being listened to, having a desire to overcome and positive momentums can certainly be found within the Challenge Group. These building blocks have gained foundation since this group was formatted and having this support network is a constant in these people's lives every day and knowing someone is there for you who understands is a powerful tool in helping you to cope and get through the day. Pain can take everything away from you and life can become very dark and isolated. There is hope and techniques available to help prevent the dark times getting darker and with a little bit of effort you can learn to move forward, one moment at a time.

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