



As you continue to take tentative steps forward are you feeling a little anxious about returning to an activity that you haven't visited for a while? Adjusting to a new normal as lockdown is being further eased can be a little overwhelming however these feelings are normal and will pass. Ensuring your wellbeing is the best it can be helps at times like this. If you do become anxious step back, take some deep breaths, be mindful and adopt a pace you feel comfortable with. Identify your feelings and challenge them step by step to building up your confidence. We cannot control what others do but we can control how we respond when faced with situations that heighten our anxiety. Being part of a support group, your feelings can be shared with those that understand and feel the same way. These people try to make the best out of their lives even though it can be difficult at times. If you are living in pain, feel alone and would like to meet new people who will support you, be there for you, help you and understand how you feel then CPSG could be your answer. A face-to-face non judgmental group. CPSG hope to resume meetings in September (guidelines permitting) and look forward to seeing you there. No referral is necessary, just come along and join us and see if it is for you.

Crafting in lockdown has brought a lot of joy in the dark times and learning new skills has been fun. Crafting helps with mental health and helps alleviate boredom enabling you to switch off from the outside world, absorb yourself and use your hands creatively to produce something beautiful. Positively Crafting hope to resume their crafting sessions in October. In the meantime, we continue to support each other by meeting virtually on zoom for coffee mornings, a quiz, bingo and art lessons.

Keep talking, keep safe and keep being kind to yourself!

For more details email info@chronicpainsupportgroup.co.uk or visit www.chronicpainsupportgroup.co.uk

