

Welcome to our Spring Newsletter



News from the Committee

Annual Accounts for 2020

Income = £373.78

Raffle £18.00

Coffee £10.10

Sales £49.50

Subscriptions £225

Lymphoedema Event £30

Easyfundraising £41.18

Expenditure £619.78

Hall fees £56.25

Catering £13.25

Speakers £35

Insurance £67.60

Raffle prizes £3.58

Website host fee £75

First Aid Kit £19.99

Hand sanitiser £13.49

Postage £52.13

Stationary £3.49

Christmas gifts £280

Annual loss = £246

Bank total = £4245.03

Cash in hand 181.75

Total losses for 2020

CPSG and PC added together
= £321.57

With the virus still very much with us and touching so many of our lives, we have taken the decision to further postpone meetings to later in the year. It is regrettable and the decision was not taken lightly however 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. This gives people a breathing space, the opportunity to get out and about, to see family and friends and be ready for regular get togethers in the Autumn. In the June newsletter, if government guidance is more encouraging, meetings dates can be set for the autumn/winter period. At this time there is no guarantee of speakers however we will endeavour to make meetings enjoyable to attend and then look to 2022 to have a more varied programme. As all meetings up to that point have not been held no 2021 subscription has been requested from members, although it is likely a guest visitor fee may be sought at each meeting that goes ahead.

Coffee mornings can be started at any time when it is safe to do so and groups can get together without risk. A venue has yet to be sought and this may not happen until July/August onwards and only if the Roadmap goes according to plan, later if the data extends it.

Positively Crafty sessions may start in October.

Heartfelt wishes to all those whose lives have been touched by loss over the winter period.

Enjoy Springtime, the outdoors, the new life in the gardens and in the fields.

Uk Fibromyalgia.com are now sending newsletters through to the group by email. They have a forum, blog, Facebook group and now a podcast live in Spotify. If you would like these newsletters forwarded to you by email please let the Committee know.



Bringing likeminded people together

Run for Patients by Patients

Moreton Hall/Southgate Directory Article for March 2021

When you are struggling with uncertainty, we often allow ourselves to have too much going on at any one time so that we eventually become overwhelmed, forgetting to look after our own needs and that to be able to care for others, we ultimately need to care for ourselves which in turn makes us feel good about ourselves, our lives, our values thus resulting in a long-lasting sense of wellbeing. Escapism from the chaos of daily life in your own little sanctuary in a place to be can be found in engaging in an enjoyable activity, increasing endorphins. Being more physically active, going out each day boosts feel good hormones, great for mental health. Flowers blooming, days getting longer and lighter, sunshine and warmer weather makes everything more bearable.

Allow time to immerse yourself in a single activity - for peace try moving meditation, for stillness try making impressions on paper, for rhythmic motion and focus crafting can be absorbing as can losing yourself in mindful meditation. Reconnecting with yourself is relaxing, peaceful and hypnotic.

Saying all this though do we go looking for it or does it just present itself to us. Maybe it has been there all the time and we have just not been aware of it. We have the ability, we just have to unlock the potential.

Allow those moments of bliss to take you on a journey to pure escapism – you know you want to!

The nature of life is that everyone's journey is different and, therefore, no one should ever stand in judgment of another. Not least because they have not travelled that same road. Instead, its wise to feel grateful if one's own road is less arduous, or one is simply better equipped to deal with the harsher realities of life.

If you are looking for reassurances keep the lines of communication open between family and friends.

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

Carried forward from 2019 to 2020 = £149.70

Positively Crafty Accounts for 2020

Income £64

Session fees x 2 = £64

Expenditure £139.57

Hall fees £37.50

Materials £26.72

Catering £7.75

Insurance £67.60

Annual loss = £75.57

Total £74.13 credit (inc restricted monies £13.68)

easyfundraising Online shopping raises
.org.uk funds for the group

September Meeting to include AGM

Plus an opportunity for all members to be involved in a group discussion on the following:-

Meeting structure

Volunteering at meetings

Socials and outings

Speakers for 2022

Finances/subscriptions

The way forward

CPSG received a donation of £30 in February from Cockfield P/O for jigsaw puzzles given to them to lend out to local villagers.



A **big thank you** to all of you for your support and contributions to the raffle.

Please send your articles and suggestions to the contact details below.

You can find the in-depth articles on our website www.chronicpainsupportgroup.co.uk

Bringing likeminded people together



Tel: 07724 18 777 4
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Web: www.chronicpainsupportgroup.co.uk

Next meeting TBC
Southgate Com Centre