

Welcome to our Summer Newsletter



News from the Committee

Easter Quiz

A quiz was sent to all members to participate in, if they wished to. The answers are enclosed herewith along with another quiz for you to enjoy at your leisure. The answers will be published in the autumn issue.

Meetings

Dependant on government guidelines at the time, September is the month we are aiming for to hold the first CPSG meeting. We will liaise with Southgate Community Centre to see what guidance, if any, we all have to follow whilst using the facilities. This information can then be circulated to all members and at that time we will invite feedback from yourselves as to how you feel about coming back to meetings. At this meeting we hope to hold an open group discussion about the group itself and going forward from thereon. A meeting reminder will be sent out with all the information in.

AGM

An AGM may be considered to be held if meetings do go ahead this year. Members will be given sufficient notice of such and served with any necessary documentation. Please give some thought as to whether you would like to have a role on the committee.



Suggested Dates for 2021 (subject to change)

- PC—Thursday Oct 7th, Nov 4th, Dec 2nd (£4 a session)
- Coffee Mornings—Monday Oct 11th, Nov 8th, Dec 6th (venue to be sought)
- CPSG—Thursday 23rd Sept, Oct 21st, Nov 18th

Sit Fit & Dance Poster

You will see enclosed a poster from Jo Nichols offering a new chair based exercise class. All the details are there for you, any further details required please give her a call on the number provided.



Please support Chronic Pain Support Group (Bury St Edmunds) on #easyfundraising, you can raise FREE donations when you shop online with over 5,100 retailers. John Lewis & Partners, Argos, notonthehighstreet and many more are ready to give us FREE

donations. It's simple and only takes 2 minutes to sign up! Right now, every donation makes a difference! Sign up here: https://www.easyfundraising.org.uk/causes/chronicpainsupportgroup/?referral-campaign=c2s&utm_source=refsharebox

Easyfundraising have just paid out £15.50 for funds raised between 1st January and 31st March 2021. Thank you to all our supporters for supporting the group.

KEEP TALKING, KEEP SAFE AND KEEP BEING KIND TO YOURSELF. ENJOY YOUR SUMMER.



Bringing likeminded people together



Run for Patients by Patients

Huge Rise in Chronic Pain Condition-an article taken from the Cambridge News in April 2021

Fibromyalgia, a condition which causes chronic pain and extreme tiredness, put thousands of people in Cambridgeshire in hospital every year and the number is rising. The unexplained but widespread ailment saw patients admitted to hospitals across the county 2,015 times in 2019/20. This was up from 1,700 cases in 2018/19 and is the highest number seen since at least 2014/15, when these figures begin. That year there were only 785 hospitalisations, meaning the numbers has more than tripled in five years. It is estimated that there are around 1.5-2million people in the UK with fibromyalgia, the equivalent of 2% of the population. This would suggest that with a population of nearly 900,000 residents in Cambridgeshire around 18,000 people in the county could potentially be suffering.

However it is thought that it may be even more common than these figures suggest, since many people do not seek medical help. Furthermore, diagnosing fibromyalgia can be difficult, as there's no specific test for it. A spokesman for the Brain Charity, a charity supporting people with all forms of neurological condition, including fibromyalgia said: "Fibromyalgia is a life-changing condition which causes aching or burning sensations which can be from head to toe, or may change location. "If you believe you have fibromyalgia, you should first speak to your GP and seek a formal diagnosis. "while there is no cure for fibromyalgia, your GP may be able to help you manage some of the condition's main symptoms, which are widespread pain and profound fatigue. Exercise and a healthy diet can also be effective alongside medication, so you should ask a medical professional about if there are any lifestyle factors you could address too. "while seeking this diagnosis, we would then advise finding a local support group to speak to other people in a similar situation. "knowing there are other people out there with the same condition who you can call upon for friendship and support can be incredibly therapeutic".

Fibromyalgia is a condition that is not very well understood. Symptoms are varied but usually include chronic pain around the body, muscle stiffness and extreme tiredness, which may affect a person's day-to-day life. According to the NHS, the exact cause is unknown but it's thought to be related to change in the way the brain processes pain messages. The pain does not seem to be a result of physical or mechanical problems in the body (for example a broken bone, a pulled muscle, or inflammation) but instead, seems to be caused by the brain's management of pain signals. Since currently there is no cure for fibromyalgia, available treatments can only help relieve some of the symptoms and make the condition easier to live with. Lots of people who have the condition report that their symptoms began when they had an illness, operation, bereavement, relationship breakdown, or even after a baby.



Directory Article published in May 2021 written by Janet O'Reilly—Thank you Janet for this very welcome contribution

It was a doctor in the Pain Clinic who suggested that I join the Chronic Pain Support Group in Bury St Edmunds. I can clearly remember how nervous I was about joining as I had never joined any sort of group before, and this was a group who all new each other.

Five years ago, I went along to the garden centre where they held their monthly coffee mornings. This was my first time, and I was very nervous, I had almost decided to go only that once to just say I had given it a chance.

There I met one of the organisers who made me feel very welcome and one by one the group arrived and they too made me feel welcome. I thought I would never become part of the group as I could only meet them once a month in the mornings but how wrong was I, the group soon became my second family. I soon learnt that you can be involved as much or as little as you are able to, it is your choice. Nobody pushes you in any form at all.

I know that when coffee mornings are able to resume again, new members will be treated in the same way as I was on that first morning. All are welcome and unless you need support and wish to share your concerns, which you are welcome to when you are ready to do so, it is a morning to forget about your pain.

For now, coffee mornings are being held virtually on zoom every Saturday. Once a month quiz/once a month bingo. Nothing is too serious, but we laugh a lot. On Wednesday's art lessons.

If you are hesitant about joining you do not have to give it another thought. You will be made to feel very welcome and given support when you need it. You will be amongst people who understand.

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 18777 4
Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting TBC
Southgate Com Centre