



**Welcome to our Winter Newsletter**



**News from the Committee**

**Christmas Party**

Thank you to you all for all the contributions you brought to the party. Jenny and Adrian were warmly welcomed and included in the festivities and we hope to see them again soon. A special thank you to you all for coming together, for all your help, for all the warmth, the fun and the laughter that made the afternoon so enjoyable.

**Annual Subscriptions**

Are due on or before 20th January 2022. Cash or cheque (payable to Chronic Pain Support Group) for £15 will be accepted.

As from January, at each CPSG meeting, members will pay £1 upon entry.

Raffle will remain at £1 per ticket and refreshments at 50p.

Positively Crafty session fees remain at £4.00

**Coffee Morning**

On this occasion, 6th December, coffee morning will be held at **Dobbies** due to the Golf Club being in the midst of Christmas celebrations. Members can then weigh up where they feel more comfortable meeting for coffee in 2022.

**Christmas Lunch—10th December**

A big thank you to Julie for organising, arranging, liaising and bringing members together to celebrate the festive season.

**Meetings in the New Year**

Mask wearing, hand sanitising and contact details will continue into next year in the current circumstances. If you or someone close to you shows symptoms of Covid 19 please refrain from attending any of the group get togethers at that time. Regular testing too will be ongoing as will boosters. We must all strive to do what is in our best interest to keep ourselves safe and well and also keep abreast of the current government guidance. Going forward will be very much dependant on such and we will endeavour to keep all members informed of any changes to the 2022 programme however it is for members to make their own informed decisions about attending.

**Positively Crafty—6th January** **Coffee morning—10th January** **CPSG—20th January**

Speaker meetings commence in 2022

Thank you to all members who have supported the meetings held this year.

**easyfundraising** Although sales have been ongoing the target has not quite been reached to trigger a payment of funds to the group at this time. A big thank you to all supporters for your contributions throughout the year.



Bringing likeminded people together

## Run for Patients by Patients

### CPSG New Facebook Page set up by Shelby



CPSG now has an active Facebook group page. To access the group page just press the little magnifying glass/search at the top of the page/ in the top right-hand corner and search for chronic Pain Support group (CPSG)-Bury St Edmunds. It should then come up, just click on it, and then press on the button to join the group. You will then be asked a few questions; do you suffer with chronic pain? if not why would you like to join the group? The Rules are as follows: 1. Be kind and courteous 2. No hate speech or bullying 3. No promotions or spam 4. Respect everyone's privacy.

The group is there to support each other, give each other help, advice and share experiences, be there for each other, to let you know of any relevant information, reminders of meetings and speakers, location, and time, telling you what we are making at an upcoming crafty session and what to bring, help relieve loneliness, isolation or just to have a laugh to brighten your day.

Anyone can find the page and request to join. Shelby moderates those allowed onto the page. If anyone has issues, please contact Shelby by email [shelbla@hotmail.com](mailto:shelbla@hotmail.com)

A BIG thank you to Shelby for all her help in setting this up and for posting the meeting reminders.



### Zoom by Janet O'Reilly

It is here again; Christmas is upon us very soon. I wanted to thank everybody for taking part in the Zoom Virtual coffee mornings and the Art classes for the brave.

Last year we started zoom because we were going to do a Christmas quiz. With Christmas day falling on a Saturday, this year, we can do a party morning on the 18<sup>th</sup> December followed by an hour on Boxing Day if everyone is interested. If you would prefer other dates, just let me know as I realise some of you will have the chance to do your shopping from actual shops this year.

We can play anything you wish; Charades have been suggested, or a quiz, bingo, and someone suggested Pin the Tail on The Donkey! I have not worked that one out yet. If you prefer, we can just chat.

Zoom will carry on for as long as we are using it. Art classes will continue on Wednesday mornings from 10a.m. to 11a.m., followed by a virtual coffee morning every Saturday from 10-1p.m, until we feel we no longer want or need to meet up.

Zoom has I believe, helped us all in one way or another. Some people have become more confident and talking more with others, most have found that they have more friends than they realised. Many have said how nice it is to get to know others better, people they only saw once a month. Me, I am just grateful to know you all.

If you would like to join in on Saturday or Wednesday mornings, please email me at [janetoreilly31@gmail.com](mailto:janetoreilly31@gmail.com) Everyone is welcome.

Merry Christmas to All.

A special thank you to Janet for this much needed gift of an opportunity to bring us all together in this way through such challenging times.

Stay safe, stay well, stay connected and enjoy all the festivities. Until we meet again.....



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](http://www.chronicpainsupportgroup.co.uk)

## Bringing likeminded people together



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Next meeting 20 Jan  
Southgate Com Centre