



You are not alone

Coming to terms with your condition doesn't mean taking a pessimistic approach to the future but rather taking a realistic view and accepting what cannot be changed and what can.

Do not be afraid to cry or confide in others, when you get down, it is much better to let your feelings out than to stifle them.

Be easy on yourself and be confident. Maintain a social life as much as you are able

Remember that you are much more than your condition. If you keep your positivity and happy spirit you will still be able to enjoy life.

Reach out to others in times of need, a helping hand can be reassuring and comforting.

Join an online support network or a group in your locality.

By joining CPSG you have the opportunity to just be yourself, meet new friends, be each other's confidants and cheerleaders. Knowing you are not alone and having someone there for you who is understanding, and caring is invaluable especially when you feel you are completely isolated. Coming together on a regular basis helps prevent isolation and loneliness.

Our bodies tell many stories of life, love, loss, illness and growth, recording every bump in the road of our personal journal of life. Celebrate all achievements and be proud. Lift the lid off that pain box and allow the daylight to flood in.

Positively Crafty

Regrettably the crafty session in April had to be cancelled. The flower baskets will now be made at a later date.



Thursday May 5th is the next session from 1.30pm-4pm.

Coffee Morning is on Monday 9th May from 10.30am at Dobbies Garden Centre.

CPSG next meeting is on Thursday 19th May from 2pm-4pm. Running a B&B in Turkey is the speaker presentation.

Both PC and CPSG meetings are held at Southgate Community Centre.

Zoom meetings continue on a Wednesday for art and Saturday for virtual coffee mornings. Both from 10am.

No referral to join CPSG is necessary, just come along and see if it is for you.

Find us on Facebook.

CPSG quarterly newsletter keeps all members connected, up-to-date and informed.

For more details Tel: 07724 187774 or Email info@chronicpainsupportgroup.co.uk or visit www.chronicpainsupportgroup.co.uk