



Do you judge a book by its cover?

Chronic pain is so demanding and affects so many aspects of your life, physically, emotionally and mentally. Constant pain can be soul destroying, powerful and controlling. You feel you are constantly fighting against the pain until you learn to listen to your body, listen to your pain, give it some respect, be kind to yourself and do what's best for you. You didn't choose this life so feeling judged can lower self-confidence and self-esteem. You need help and support, not judgment.

Should you judge someone based only on what you see on the outside or what you perceive without knowing the full situation or the deep meaning behind it.

The more you judge others the more you judge yourself. You know nothing about someone by their outside appearance.

Many pain conditions are invisible and a smile can hide so much. Nobody knows what a person is dealing with, only they know the truth and they do not owe anyone an explanation.

CPSG is a face-to-face non-judgmental support group for people living in pain.

If you would like to be a speaker at one of our meetings in 2023, pain or non-related pain topic, please get in touch via one of the contact methods listed.

For more info call 07724 187774/Email info@chronicpainsupportgroup.co.uk

Find us on Facebook or visit www.chronicpainsupportgroup.co.uk

Positively Crafty

In the September session a Christmas card was achieved using A4 card, 2 A5 sized topper card of differing colours, 3 different dies for the design, glitter, an insert and embellishments.



Dates for October

Positively Crafty is on Thursday 6th October from 1.30-4pm at Southgate Com Centre

Coffee Morning is on Monday 10th October from 10.30am at Dobbies-an informal get-together

CPSG speaker meeting is on Thursday 20th October from 2pm at Southgate Com Centre

Zoom meetings for art on Wednesdays and virtual coffee mornings on Saturdays from 10am

No referral necessary!