

Welcome to our Autumn Newsletter



News from the Committee

September Meeting

The speaker has yet to be confirmed, we are in the process of securing one. 2023 will soon be on the horizon and speakers will need to be sought. Please give some thought as to what topics would be of interest to you.

Positively Crafty

Just to say two sessions were cancelled in the summer quarter. It is imperative that members confirm, without being reminded/chased, whether they can attend or not, to save the last minute concerns of do we cancel or do we continue. 6 members are needed to sustain each session. The hall have to be notified and craft materials prepared in advance. These sessions are always mentioned in the monthly meeting reminder and on the group Facebook site. (this also applies to the CPSG meetings)

Coming Together

For all your help at meetings, all members who participate in making them the success that they are, you deserve a BIG thank you. Without you, the members, the group would not be able to succeed. Saying that we do need to see new growth in the coming months so we will be looking to you for ideas for promotional awareness. Discussions will take place at forthcoming meetings as to the way forward and for looking at ways to bolster our publicity.

September is Pain awareness month

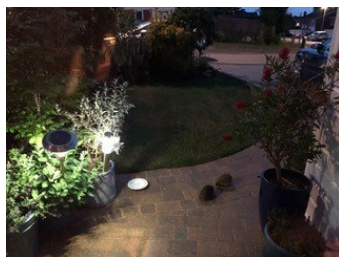


easyfundraising.org.uk

Great news, thanks to our supporters we've now raised over £370 through #easyfundraising - all your donations add up and make a real difference! If you haven't signed up yet, it's easy and completely FREE. 6,000+ shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Please sign up & share to others today to help us raise even more: [https://www.easyfundraising.org.uk/causes/chronicpainsupportgroup/?utm\\_source=milesharebox](https://www.easyfundraising.org.uk/causes/chronicpainsupportgroup/?utm_source=milesharebox)

We have 2 new supporters now making a total of 15.

£23.42—Great news, we've been paid by #easyfundraising! Thanks to everyone who's helped make a BIG difference by raising donations with their everyday online shopping - it's not magic, it's easyfundraising. If you're not supporting us yet, please sign up now.



Mating hedgehogs from 16th June. They go round and round in circles snorting and grunting. The third one is in the dark border. We had four out there in April! Very entertaining.

Thank you Jeanette for sharing this with us.



Bringing likeminded people together

## Run for Patients by Patients

### Speaker News from Jenny Gibbs and Jo Nichols

Hello Lorraine,

I hope you are well. Mustafa and I did enjoy our visit to your group on 19<sup>th</sup> May and do hope to come again one day, to give you another instalment of my Turkish adventure.

When we resume our talks in April 2023, after our Winter sojourn in our village in Turkey, we will be showing slides to illustrate our talks – a little ‘visual enhancement’, so to speak. After twenty-two years of giving our talks, and accomplishing 1,300 talks so far, and after requests for slides from some of our audiences, we are giving it a try. Not that I will stop ‘painting pictures in people’s minds with my words’; for me that is the most important aspect of what I do, tapping into the imaginations of my audience.

We have acquired a projector and now have the lovely job of choosing which, of the thousands of photos we have taken over the years, to show. Wish us luck!

I look forward to hearing from you and send best wishes and kind regards.

JENNY GIBBS – TURKISH TALKS & TRAVEL



Hello Lorraine,

I’m pleased our class together was last week as this week my tiredness and muscle spasms have both kicked in and I’m hobbling round like a bit of a zombie. But no worries, I’m still functioning – just a lot slower than I would probably wish.

Talking of last week, I hope the group enjoyed the movement session? I was pleased and really enjoyed meeting everyone. It was so great to have a larger group and the atmosphere seemed wonderfully buoyant and positive from my perspective.

I said I would pass on details of the singing group:

<http://musicinourbones.com/contact/> this has been followed through, alas no response to date

The lady who led the workshop that dad and I attended is called Tracy Sharp.

Best of luck. Take care,

Jo

The Thetford Paper Craft Show

Sunday 18th September 2022

Show Open 10am - 3pm

This show will be FREE ENTRY

Venue: Breckland Leisure Centre, Croxton Road, Thetford IP24 1JD

No ticket required, just come along and enjoy a day of demonstrations & crafty shopping.  
Includes free tea and coffee for all.

Cakes and lots of other goodies along with drinks, hot & cold, served in the small hall.

Full Cafe provided by the Leisure Centre Cafe.

sincerely yours

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 15 Sept  
Southgate Com Centre