

Welcome to our Autumn Newsletter



News from the Committee

Autumn is a time of year when the leaves change their colours and fall from the trees and the days get shorter and the nights draw in to become longer.

By the meteorological calendar, the first day of *Autumn* is always 1 September; ending on 30 November. *Autumn*, as defined by the Earth's orbit around the Sun, begins on the equinox which falls on 22 or 23 September.

Autumn is also a time to plan ahead for the new year, set the dates and find the speakers.

Speakers

Please can all members give this some thought and put forward suggestions.

New Member

A warm welcome to Jenny who has recently joined the group.

Monthly Publication

Your story could be included in the monthly publication highlighting how the group has helped you and what it means to you. No personal details are mentioned. A small paragraph could be enough just to emphasise the point. Some members have kindly contributed theirs and by doing this it helps the group to grow and flourish.

Christmas Lunch

Would members like a Christmas Lunch this year? Time is of the essence as we are now into early Autumn and many places will be booked. Would a member of the group be interested in organising one?

Cockfield Summer Fair raised £46.50 for CPSG and £16.95 for Positively Crafty. Thank you to all who helped make the craft items for the stall and who manned the stall on the day.

Car Boot Stall raised £61.50 for CPSG and £20 for Positively Crafty.

Calm with Caroline

Be reassured that this class can be as gentle as you like and if anything does not feel right you can just miss that part out or do something different. A friendly & caring class, with options to adapt every pose to suit you, using props where suitable. Sessions are £9 and can be booked online.

Easyfundraising

£4 was raised from rewards only this time. We didn't quite hit the target for a payout. Thank you for all your support in the last quarter.

YOGA
Calm with Caroline

In and around Bury St Edmunds

Gentle Chair Yoga
Accessible For All

Southgate Com. Centre
Tuesdays
11.30am - 12.30pm

See Website Or Contact Me For Details

calmwithcaroline.co.uk
cwithcyoga@gmail.com
07834 908936

#cwithcyoga /calmwithcaroline /CalmwithCaroli1



Bringing likeminded people together



Run for Patients by Patients

Handmade Cards by Sherrill-My Story

18 months ago, I joined a group called Chronic Pain Support Group (CPSG) I have several medical conditions and some of them cause long term pain. I was getting very depressed due to my Medical Conditions and I had to take Early Retirement, causing further depression. The group met up 3 times a month. First Thursday of the month was Positively Crafty, with the following Monday being a Coffee Morning and on the third Thursday the group had a speaker. My first meeting they had Birds of Prey including the wonderful Owl. They made me very welcome at the meeting.

One of the reasons I joined the group was for the Craft Sessions. I've always been artistic but never had an outlet for it. I can't draw and I can't paint. I also don't like crafts where I have to follow instructions. I wanted to add a bit of me in whatever I did. I used to do a few instore shop displays in my early career which I loved. And I loved decorating Christmas trees.

The November session was making a Christmas Card. This was run by two of the members of the group. I was amazed at how good I felt making the card, much more relaxed than usual and the session flew by. At the end of the session everyone said they loved my cards (I had made 2 of that as I was so happy doing them) I went home buzzing. I decided I am going to make my own Christmas cards this year. Had I gone mad, I was actually going to make something and give it to family and friends and not throw it in the bin. That's a first for me. Even though I had no equipment I ordered some card making bits and made 25 cards in around 3 weeks. That was it I was hooked. I had lovely comments about my cards. It made me feel so good. " I am actually good at something"

Here I am now with a stall in a craft fair selling my cards and taking Special Orders for bespoke cards. And I am proud of what I am doing. It's a very strange feeling as it is a feeling that I have never felt before.

As you can see Positively Crafty worked for me. My Mental Health and Self Confidence has improved and I am enjoying myself. I still go to group and I now help others to make cards. I also go to see the speakers. They are sometimes informative, and, can help cope with our pain, sometimes they are informative and funny, and sometimes just really interesting like the Birds of Prey speaker.

Why not Contact the group to find out more, and to see what speakers we have coming up

I know the members of the group will make you feel very welcome. You will meet people who understand what chronic pain is like to live with.

It could change your life. This might sound dramatic but it's not, it has changed my life and I have made some lovely new friends

Just a note Chronic pain refers to having pain more than 6 months not the degree of pain you have.

This article was featured in the September issue of the monthly directory. Thank you Sherrill.



Who would like to Represent the Group? If you are interested please talk to the committee

Local groups in Bury St Edmunds and surrounding areas are being reached out to, to see if people are interested in getting involved in VOICE. VOICE has been in existence for a few years but has never been particularly active or representative of the wider local community. The new structure for VOICE is that it will be largely made up of existing local groups and charities, and hopeful that this will be a channel of communication between the community and ourselves to provide any feedback or raise issues that arise for patients when using our services. It is also an opportunity for us to update you on developments within the Trust. There will be opportunities within the Trust and in the community and representatives can be involved as suits their schedule.

We are planning on holding meetings either in person or via Teams bi- monthly. This will be an opportunity for you to meet and connect with other VOICE members and provide feedback.

If being a patient representative and part of VOICE sounds like something that interests you or any members of the Chronic Pain Support Group, please do let me know and we can arrange a meeting.

The first VOICE meeting is on 19th September so we need to let them know prior to then

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 18 777 4
Email: info@chronicpainsupportgroup.co.uk
Web: www.chronicpainsupportgroup.co.uk

Next meeting 21 Sept
Southgate Com Centre