

Welcome to our Spring Newsletter



News from the Committee

Spring-a time for new beginnings, new growth, renewal, joy all around and creativity. In the darkest times, light seeks to shine. Increased light uplifts the mood and engenders hope. A reminder that there is always possibility of new life.

New starts can be a little daunting but can be surprisingly refreshing and with Spring being a time of opportunities this is an ideal time to say a very warm welcome to the new faces who have recently joined us.

**Membership** has increased this year by 3. Paid up members to now = 18

**Speakers** are all in place for the year and are varied. Please can members keep their telephones on silent during the speaker presentation unless in an emergency.

**Spring Event** to be organised. Members to come forward with ideas as to how they would like to celebrate this occasion. We may be looking for 2 members to help organise this event with the support of the committee.

**Fire**—In the event of a fire please leave the hall via the fire door situated at the back (facing the shops) and congregate on the grassed area in front of the chip shop or via the one where the chairs are stored that leads into a small courtyard whereby a gate gives access to the grassed area. CPSG is responsible for members if there is a fire. By singing in as you come into the hall helps us to check all members have exited the hall.

**Coffee Morning**—In April this will be held on Tuesday 11th due to the Easter Bank Holiday. In May this will be held on Tuesday 9th due to the Kings Coronation weekend.

**Contacts**-if you have changed any of your contact details in the last year and have not passed them on, please do so.

**Meeting Reminder** will continue to be circulated electronically to those members on email and posted to those who are not. If you prefer yours to be served in any other way please say.

**Quarterly Newsletter** will continue to be circulated to all members by post.

**First Aider**—members please be aware that CPSG are responsible for giving aid to anyone who needs it during a group meeting however do have not a fully qualified officer to administer such. In an emergency the appropriate service will be called if medical attention is needed.

**Easyfundraising**—1 new supporter = 15

As of 9th February £391.62 has been raised overall since the group signed up.

**Puzzles**—13 were donated to Cockfield Post Office who in return gave the group £50. They hire out the puzzles and raise money for charity with the funds accrued through such hire.



Bringing likeminded people together

# Run for Patients by Patients

## Calm with Caroline

COMMISSIONED BY THE NHS

### YOGA FOR BETTER HEALTH

10 Week Course with Caroline Flack  
(British Wheel of Yoga and Yoga4Health teacher)

In and around Bury St Edmunds  
See website (below) for more details and latest dates and times

A preventative course based on the Yoga4Health protocol

Reduce risk of developing  
CARDIOVASCULAR DISEASE  
TYPE 2 DIABETES

Reduce  
ANXIETY, STRESS, DEPRESSION  
SOCIAL ISOLATION

Contact Caroline for more details

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

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### A Note from Caroline

I have recently been in contact with the Chronic Pain clinic at West Suffolk hospital and they gave me your contact details. I am a local yoga teacher specialising in yoga4health (a preventive social prescribing protocol- see attached flyer) and chronic pain. You can see information about me on my website.

[www.calmwithcaroline.co.uk](http://www.calmwithcaroline.co.uk)

I am looking to set up a regular yoga class especially for those living with chronic pain and would welcome the opportunity to maybe visit one of your meetings to explain further what I offer.

**Caroline will be visiting the group on  
March 16th after 3pm to talk to members**

### Annual Accounts for 2022

#### CPSG

##### Income

Subscriptions = £230

Raffle = £75

Donations = £70.98

Sales = £165.61

Misc = £32.50 (refreshments)

Meeting Fees = £107

Total + £681.09

**Total loss for 2022 = £648.48**

##### Positively Crafty

##### Income

Session fees = £228

Total = £228

**Total Profit for 2022 = £24.91**

##### Expenditure

Postage = £21.57

Printing = £1.10

Hall Hire = £241.25

Stationary = £60.47

Misc = £186.65

Ins = £149.53

Speakers = £294

Xmas gifts = £375

Total = £1329.57

##### Expenditure

Hall Hire = £168.75

Materials = £12.39

Total = £203.09

**Waiting Well**—Hannah Bloomfield visited the group in February seeking feedback/participation in a project (see document). Hannah sought patient feedback from their own experiences (not personal) or suggestions for improvement in areas where it affected them the most in their everyday/spoiled their quiet enjoyment in preventing them being included in activities in public spaces. More importantly waiting for an upcoming operation. You can still take part even though you may not want to participate in the project only put forward your views/your voice to be heard by using the email address provided, making it known you are a CPSG member.

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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Email: [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
Web: [www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

Next meeting 16th March  
Southgate Com Centre