



Welcome to our Winter Newsletter



News from the Committee

We are now in the winter season, the cold and the dark impacts upon our health but there are other risks in winter including physical injuries from slips, trips and falls. Please take care indoors and outdoors, wrap up warm and protect yourselves in the best way that you can.

AGM will take place on 16th January promptly at 2pm followed by subscription renewals. The Notice of AGM being served with this issue.

Subscriptions will remain the same at £20. Positively Crafty will remain at £5 per session. Payment will continue to be in the form of cash or cheque payable to chronic pain support group.

Meeting entry fee remains at £1, raffle £1 and coffee 50p.

Publicity A big thank you to Sherrill and Janet for taking the time to write contributions to be included in the monthly directory. An opportunity to promote the group in the Moreton Hall and Southgate areas of Bury.

Christmas Lunch Thank you to Carol and Debby for organising the lunch and to members for responding in time for the booking to take place. We wish all those going an enjoyable afternoon.

Dates for 2024 can be found on the back page. Speakers are actively being sought and we hope to provide a variation of topics for you all to enjoy.

St Nicholas Hospice CPSG donated some surplus handmade cards and wallets to enable them to raise a few funds.

Jennifer Digby has confirmed that she will no longer be attending any further CPSG meetings.

Positively Crafty does not meet in January therefore the next session will be on Thursday 6th February 2025. Programme to be confirmed.

Cockfield Christmas Fair held in the Church on 16th November 2024. CPSG raised £70.20 at this festive showcase of bespoke and unique handmade gifts.



easyfundraising
.org.uk

A cheque for £19.77 was received in November via this cause. Thank you to all the supporters who shop on-line and raise these donations for CPSG.

THANK YOU

To you, the members, for your support, contributions and your help at meetings throughout the year. Enjoy the festive period and stay safe.

Wishing you all a very **Merry Christmas and a Happy, Healthy New year**. See you in 2025.



Bringing likeminded people together

Run for Patients by Patients

Meeting Dates for 2025

As you can see we have rebooked speakers who have been before, first. We will be concentrating on finding some new speakers who we have not met before.

Coffee Morning – Monday from 10.30am	Positively Crafty – Thursday 1.30pm-4pm	CPSG – Thursday 2pm-4pm
6 January	January No Meeting	16 th January—AGM+ Subs
10 February	6 February	20 February John Saunders—Topic TBC
10 March	6 March	20 March Jo Nichols Dance
7 April	3 April	17 April
7 May Tuesday due to BH	6 May (Tuesday)	15May Amanda Sutherland
9 June	5 June	19 June Music in our Bones
7 July	3 July	17 July
11 August	August No Meeting	August No Meeting
8 September	4 September	18 September
6 October	2 October	16 October
10 November	6 November	20 November
8 December	4 December	December No meeting

The new coffee venue is the Dragonfly Hotel in Bury. The staff very kindly lay on a buffet of sandwiches and cakes with hot drinks. Gluten free and dairy free options are included.

Although this hotel is situated alongside the A14 the road noise does not affect your dining experience in a relaxed setting. The hotel is family run and the staff are very welcoming and friendly.



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 16 Jan
Southgate Com Centre