

Welcome to our Autumn Newsletter



News from the Committee

Autumn is upon us characterized by decreasing daylight hours, cooling temperatures, and the vibrant changing of leaf colours, migrating birds, the time of the harvest season. During this time, a lot of change happens as nature starts to get ready for winter.

CPSG regroups for the last 3 meetings of the year, PC and Coffee having 4 sessions. In September we welcome Linda Scoles, in October a talk on Nigeria and November is party time celebrating Christmas. More details nearer the time.

Speakers for 2025—suggestions needed please. We have exhausted the list and are now seeking ideas of who to contact to book in for the new year. Dates for 2025 will be in the Winter newsletter.

All meeting monies will continue to be collected during the social hour around the refreshments table.

Another member leaves the group—sadly Germaine Hanbury felt the group wasn't quite the right fit for her so she will no longer be joining us.

Christmas Lunch is being organised by Debby and Carol and all the details will be announced to all members interested in due course.

New Group leaflet—a few ideas came forward, a few more would be appreciated. This is a representation of the group itself as it is today. We need members participation after all it is about the members, what they have gained from being a member and what they get out of it. We need to portray all that in a bright, bold and concise way. We need to draw peoples attention to encourage new members to join us.

Easyfundraising—In September £29.77 is being paid to the group, the highest figure received at any one time to date. Thank you, to you the supporters, without you this could not be possible.

Janet O Reilly shares a special memory

We all have to deal with pain and what it does to our lives, sometimes on a daily basis. Some days are much harder than others. How we deal with it, can be very difficult and it is very necessary, I believe, to be as prepared as possible to fight pain both physically and mentally. Over the years, I have put together, ways for me to cope, one of which I would like to tell you about. It may seem strange, but for me it works.

I picked one very special memory which brings a smile to my face.

I spent three exciting years living in Nigeria. My husband had to travel a lot of the time, which meant I was alone. My happy memories are of him returning home to me, safely.

Consequently, if I am feeling very bad or having a panic attack, I concentrate on the relief and happiness I felt at those times. Once I became used to bringing those thoughts to mind when I need them, I found out that it helped me.

All you need is to pick that memory, something above everything else. It does not have to be life changing. It could be as simple as a particular time you went somewhere. If I may suggest, one particular memory works best. Please try it and see if it helps you too.

As for my time in Nigeria, it was amazing. Thanks to Tricia, I will be giving a talk about it at the October meeting which I hope you will enjoy. I hope to see you then.

New CPSG Rules—a copy will be included in the welcome packs as well as given to members.



Bringing likeminded people together

Run for Patients by Patients

Eco Carriers—Libby Ranzetta—July 2025



Pushing pedals for a cleaner, greener town

A not-for-profit Community Benefit Society Eco Carriers deliver anywhere in Bury and surrounding villages using bicycles and ecargo bikes

From March 2022, you will have seen more cargo bikes in town – moving medicine, food and parcels for customers who want their goods transported efficiently and without damaging the environment. By using bicycles in place of cars for local journeys and encouraging others to do the same, the aim is to reduce carbon dioxide emissions and make a constructive contribution

to tackling climate change.

EcoCarriers BSE can deliver shopping bought from the town centre (including by phone or online) to anywhere in Bury for just £2, Monday to Saturday. £4.50 to surrounding villages.

How do you join the scheme?

Tell EcoCarriers BSE you wish to participate, and they will talk to you about any requirements you may have (eg special packaging) and give you all you need to get started. There is no charge. 01284 413441 or hello@ecocarriersbse.co.uk

All aboard the Bike Train!

Cycle to school is for families with children at primary school/Community Bike Train is for everyone else – whether you want to gain the confidence cycle to work, the shops, your friend's house or wherever!

A Bike for Life

Thanks to generous donations of bicycles, and support from Bury St Edmunds Police Community Engagement Team and West Suffolk Council, EcoCarriers BSE has a stock of refurbished second hand bikes for children and adults. For a one-off membership fee (or your old bike) you get a 'bike for life'. Children's bikes can be swapped for a bigger machine when the child needs it for no additional cost.

Free Cycle Training

Saturday morning sessions in Bury St Edmunds are back for the Summer 2025 thanks to funding from Cycling UK. The training is intended for adults.

Free Bike Fix with Dr Bike

Book now to get your bike checked over and any niggles sorted by Dr Bike at Olding Road Car Park, IP33 3TA—see website for dates at www.ecocarriersbse.co.uk

Ride around the town's iconic historic sights in the town centre by PedalCab. The 25 minute tour, which takes in the Abbey Gardens, St Edmundsbury Cathedral, Theatre Royal Bury St Edmunds and many more sights is open to everyone.

VOICE

From the 1 October 2025, the Trust will become a cashless organisation. The change was approved by the Trust's Management Executive Group (MEG) on 23 July 2025. In being a cashless trust, all payments for items such as car parking and the canteen must be paid for by card or by using the Trust's on-line payment portal.

The reason for this change is due to the fact that the General Office will be closing and therefore the Trust will no longer be able to support the safe collection and banking of cash items.

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
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Web: www.chronicpainsupportgroup.co.uk

Next meeting 18 Sept
Southgate Com Centre