

Welcome to our Summer Newsletter

News from the Committee



Attendance numbers are fluctuating. We are a small group of 18 in total and as much as we would like to see some new growth, sadly it is not happening. We had one person leave the group this year who hadn't renewed their subscription. By the nature of our conditions it is difficult to commit to set dates. Speakers are commanding higher fees and with low numbers in attendance at meetings we are running at a loss although the figures overleaf look healthy and it is disappointing for the speakers especially if they are professionals used to a larger audience. We try to provide varied topics of interest and nowadays they are less pain related. It is you the members that decide how meetings are formatted and we will be liaising with you in the approach to the new year for ideas and suggestions.

It is amazing how, by being together, our spirits can be greatly improved; just being amongst other people with similar problems makes us feel we are not alone.

It has been mentioned on occasions when members leave the group, for whatever reason, the hardest thing for them is leaving the friendships behind made within, they will miss that part more than the group itself however they feel for the reasons they left the friendships couldn't continue.

We say we are welcoming and friendly, 'accept people as they are' and we are 'non-judgmental'. Sadly this has been questioned of late and may have to be reviewed. When an incident arises, as a committee we have to look at the whole picture, not just a small part. It is difficult dealing with matters when there are so many aspects to consider. We need to hold on to members not to lose them.

It is quite a challenge to keep the group running when each day can be a struggle, having members support and by working together we can keep moving forward.

The Pain Clinic recently asked for more leaflets which have now been delivered. Lets hope we get some positive results.

Monies taken at meetings are at times coming up short. Bringing the right change with you helps. The entry fee needs to be paid, the raffle, coffee and sale are all optional.

Outing is yet to be organised. The only get together in August is for coffee morning. This may be an ideal month for members to meet up to enjoy an afternoon tea, a local attraction, an afternoon matinee or whatever takes your fancy. It can be arranged amongst yourselves unless someone would like to take on the role. Please give this some thought.

Speakers coming up in June/July are Music in our Bones and Eco carriers. We are currently looking for a speaker in October, Bee-Keeping has been suggested.

A **big thank you** to Carol for sharing her crafts with us all at Positively Crafty, her experience, her materials, her time and the fun we are all having together.



Bringing likeminded people together



Run for Patients by Patients

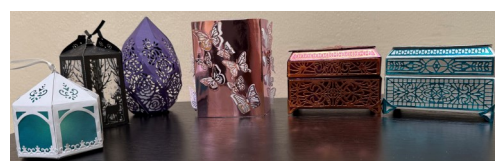
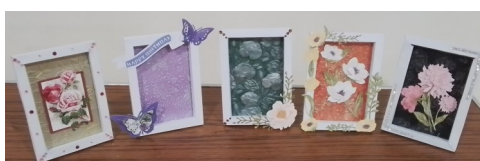
Article by Janet O'Reilly for June edition of the Directory

It is that time again when is summer upon us. Perhaps, you can no longer enjoy some of the things you used to do. Maybe, you were sporty and can no longer partake. It could be, you can no longer manage to clean your house or do your job. It could it be because you are in pain?

Pain can separate you from friends and family. Not everyone understands what you are feeling, what you are going through. Chronic Pain Support Group will not cure your pain or advise you on your illness, but we do listen and support each other. Our members understand what pain does to your life. We love to help and support each other, when needed.

Why not join us at one of our coffee mornings? We meet once a month at the Dragonfly Hotel in Bury St Edmunds, for coffee and a chat. The hotel is a perfect place for us to meet. We are made very welcome and have a choice of comfortable chairs to sit on. There is no problem if you are in a wheelchair, you can drive right up to the door and be dropped off.

If you are into craft, you can join us once a month at our Crafty afternoon, we make cards, do flower arranging and much more or you can join us at our speaker meetings at the Southgate Community Centre in Bury.



Accounts for 2024

Income

Meeting Fees = £109.30

Raffle = £100.65

Sales = 68.72

Misc receipts = £45

Subscriptions = £360

Fund raising = £297.65

PC session fees + sale of goods = £423.20

Christmas lunch = £205.45

Total = £1609.97

Apologies for not including these figures
in the Spring Newsletter

LET THE FUN BEGIN



ENJOY EVERY MOMENT

Expenditure

Postage, stationary & printing = £52.79

Insurance = £168.20

CPSG & PC hall hire = £494

Speaker fees = £ 269

PC tools = £10.60

Misc = £488.65

Total = 1483.24

Profit for year = £126.73

Bank Balance = £3345.85

Cash = £320.86

Total monies held = £3666.71

EasyFundraising

A big thank you to our amazing supporters who raise free funds for us on #easyfundraising. If you're not signed up yet, please join today and you can raise free donations for Chronic Pain Support Group (Bury St Edmunds) every time you shop online. All the big names like John Lewis & Partners, Expedia, Argos, Just Eat and many more are ready to make a free donation at no extra cost to you. Please sign up today: <https://join.easyfundraising.org.uk/chronicpainsupportgroup/1VA1AM/c2s/ZdU7Z020/CE955/facebook/> 20 Supporters are now signed up to this cause.

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

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Web: www.chronicpainsupportgroup.co.uk

Next meeting 19th Jun

Southgate Com Centre