

AUTUMN NEWSLETTER 2026

Welcome to the Autumn season – cooler temperatures, shorter days and colour changes in nature.

A warm welcome back after the August break.

EASYFUNDRAISING – paid out £51.32 in August, the highest pay out to date. Thank you to all the supporters who have helped to raise this sum for the benefit of the group.

Positively Crafty – This month's session was cancelled due to low attendance making it not financially viable to go ahead.

There are 3 more sessions up to Christmas. Craft ideas so far are stamping, calendars, Christmas cards.

Speakers – September Ana Sousa will present on Christie Care. October Marion will give a talk all about the Poppy Appeal. November Fisherman's Mission join us. If anyone has any ideas for speakers for next year, please make them known. Dates for 2027 will be in the Winter Newsletter.

Christmas Lunch – its that time to think about if you would like one. If anyone would like to organise a lunch for members it would be much appreciated. This will be a subject for discussion on the 17th September.

Members- if you are and have been unable to join us for any reason, just to say, we are thinking of you and wish you well.

Zoom – open for everyone to join in. If anyone would like to come on, on a Saturday morning just email Janet and she will send an invitation in [future](#).
janetoreilly31@gmail.com

Zoom helps you keep in contact with others, get to know others better, support each other, more importantly see people and chat to them and have a laugh.

Janet Welcomes you to CPSG (article appears in September's Directory)

If pain is part of your life, please read on. It may be time to recognise that you need support from other people who are also struggling too. The Bury St Edmunds Chronic Pain Support Group could offer that help.

There are help groups everywhere for specific illnesses. They play a vital part in providing help to sufferers of these illnesses. Our group fills a gap. We will not tell you how to manage those illnesses, but we will try and help you cope with your pain. It is amazing how being with people who understand, can really help. We do this by meeting up once a month at Southgate Community Centre with speakers, followed by delicious home baked cakes and a chat.

We also meet up there once a month, on the first Thursday, for our “Craft” sessions. Meeting between 1.30pm – 4pm in the afternoon. If you enjoy crafting, drop by and meet some of the group.

The following Monday after “Crafty”, we get together at The Dragonfly Hotel for our monthly coffee morning at 10.30am. The hotel makes us very welcome, and it is a great time to drop in and have a chat, Normally, we do avoid getting too involved with talking too much medical information at the Dragonfly, it is time to relax and have a laugh amongst friends. Time to try and forget about the pain for a couple of hours. Unless of course you do need somebody to listen, then someone will always be there to do that. To listen and to understand.

I can remember when I joined the group, over 10 years ago. I was quite nervous, not sure that it was the sort of “thing” I would want to be involved in. Now, 10 years later, I look forward to going to meetings and coffee mornings. I never miss one, unless I am unable to go because of my health. I know, if I asked other members what they feel, they would all feel the same way. We are there for each other. We respect each other’s privacy. No one will ask you what your illness is, but if you decide to tell somebody, that will be fine.

Why not pick a time and visit us at one of our meetings, you will be made very welcome, or pop into the Dragonfly for a coffee and a chat.

A BIG THANK YOU to Janet for piecing this together and raising awareness of the group