Wishing you all a Happy and Healthy 2026

CPSG is only a small group so our aim this year is to raise the group's profile to encourage growth. We are now in our 17th year and have seen many members come and go during that time. We are purely a support group run for patients in pain and run solely by patients in pain, designed to encompass all needs for all age ranges (18+) and genders. A friendly group offering support and social interaction. Understanding how you feel is invaluable and knowing someone is there for you can make your pain journey easier to bear and for you to know you are not alone. Members understand pain, feel connected to others and are surrounded by friends in a time of need.
If you are interested in joining the group come along to one of our meetings to see what we are all about and meet some of the members. You can pop in as many times as you like before deciding if it is for you. Please be aware that CPSG is not able to answer any medical queries or provide any clinical advice. Any person who joins is accepted as they are and encouraged to participate in all group activities.

Give yourself the chance to be you by joining in with a friendly group of likeminded people. Take that step and come and see for yourself!

Positively Crafty—the joy of crafting is its adaptability to go from one craft to another. A crafted Christmas card brings joy to those who receive them. Bringing together a design with intricate parts can be a little tricky however the finished result is well worth it. You really are spoilt for choice with the designs and materials available. This year we aim to achieve many more different crafts and continue to have fun, creative afternoons among friends.

Dairy Dates
Positively Crafty— no session in January
Coffee Morning—Monday 5th January at 10.30am at The Dragonfly Hotel – Come and chat, laugh and listen over a cuppa!
CPSG Meeting—Thursday 15th January from 2pm-4pm—AGM (no speaker) held at Southgate Community Centre (refreshments included)
Zoom—Virtual Coffee Morning from 10am

For more details email info@chronicpainsupportgroup.co.uk
or visit www.chronicpainsupportgroup.co.uk