CHRONIC PAIN SUPPORT GROUP

Run for Patients by Patients

Do you feel lonely in a crowded room? Do you crave connection but hold back? Connection is not easy coming so let yourself be seen and heard by saying what you feel. Never feel you may not be listened to. You may not realise that the person sitting across the room is coping with the same thing.
We might be judged and we all have had our share of criticism, yet we are still here. Not all disabilities are visible and we do not want to be defined by them. We build walls to protect ourselves from pain and distance becomes loneliness, it becomes normal, but is it? Being in constant pain brings many challenges and adapting to a new normal is hard to accept however we do what we can to get where we feel comfortable in ourselves and in our lives. We can often feel lost and alone in this new existence and wonder where has who we used to be gone? The more you understand your pain the more equipped you feel, the more you will be able to make helpful choices in your everyday. Out of the darkness the light will gradually come through.

Come and share your experiences with likeminded people in a safe space where you will not be judged and can just be you. A friendly face and a cheery smile await…….

Positively Crafty—its amazing with so few materials and little cost how you can bring something to life that will bring joy. Bookmarks and photo frames were made in April's session. It was a little messy but with quiet concentration they all came together. The adornments give them an added touch of glamour. Come and craft and have a laugh with us. Just letting go for a couple of hours can make a big difference.

Dairy Dates
Positively Crafty—Thursday 7th May 1.30pm-4pm
Coffee Morning—Monday 11th May from 10.30am at the Dragonfly Hotel
CPSG Speaker Meeting—Thursday 21st May 2pm-4pm.
Both Meetings are held at Southgate Community Centre
Zoom Virtual Coffee Mornings—Saturdays from 10am

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