

Chronic pain is a pain that persists beyond the normal time of healing, or occurs in diseases in which healing does not take place.

Conditions associated with this illness can have a devastating affect on the quality of life of patients themselves and their families even work colleagues thus creating loss of jobs, prejudice and a future without hope. Chronic pain is invisible, disabling, exhausting and often misunderstood. Accepting that pain is part of your life can be very hard however, you are not alone.

The Chronic Pain Support Group established 2009 in Bury St Edmunds, is the first self-help group in Suffolk . With the support of the Pain Clinic at the West Suffolk Hospital and the dedication of its members the group is continuing to grow.

The support group is run for patients with chronic pain and run solely by patients with chronic pain. Our main objectives are to bring people together who are suffering from this debilitating condition within a 'safe' environment . Our group is designed to encompass all needs and patients gain a considerable amount from meeting people in similar circumstances.

We are self financing and rely heavily on our own fundraising. With funding from Local Councils and Community Schemes, 2011 has seen our initiatives realised and media coverage has heightened our profile.

Patients are affected by a wide range of illnesses which cause long term pain. We give them the opportunity to :-

- Meet and feel comfortable with others
- Share time together and experiences
- Build friendships and a network of social support
- Help people to feel less isolated
- Welcome guest speakers
- Be involved and participate in fundraising projects
- Obtain up-to-date information about handling their pain
- Receive a quarterly newsletter
- Keep up-to-date with all the news on the CPSG website
- Help patients to help themselves and make a difference to their lives.



Since we started we have welcomed a number of very interesting speakers from a wide range of disciplines and have many others lined up for the future.

- Physiotherapy
- Mental Health
- Pain Clinic Specialists
- Expert Patient Programme Specialists
- Occupational Therapists
- Action On Pain
- Alternative Therapists
- Benefits and Employment Advice
- Pharmacists

Each session is followed by an opportunity to ask questions and to chat with people over refreshments.

We are always looking for health care professionals to join us as a speaker. Please contact us if you are interested.

People who experience pain have the opportunity to meet in a 'safe' environment at

The Education Centre  
West Suffolk Hospital NHS Trust  
Hardwick Lane  
Bury St Edmunds  
Suffolk IP33 2QZ

On a Friday from 2—4 pm  
(please refer to website for dates).  
Meetings include speakers,  
presentations and refreshments.

If you are not already a member or are a lapsed member then why not come along and meet us we would love to see you.

There is no joining fee, only a small charge towards refreshments. If you wish to discuss the group in more detail please see contact information shown overleaf.

For further information  
please contact:

Chair: Linda  
Secretary: Cheryl  
Treasurer: Lorraine  
by  
Telephone on  
07719 497 989

or

Email

[info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

or visit our website

[www.chronicpainsupportgroup.co.uk](http://www.chronicpainsupportgroup.co.uk)

For additional support contact

Action on Pain  
Tel: 01362 820750  
Painline: 0845 603 1593  
[www.action-on-pain.co.uk](http://www.action-on-pain.co.uk)

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