

Welcome to our Summer Newsletter



News from the Chair—Linda Reid

I hope this newsletter finds you doing well?

Since the last newsletter a lot has been going on behind the scenes, we now have a group constitution which means we can approach people for funding if we have a project we want to do. It gives us more gravitas with other groups. On the back of this we are required to hold an AGM and we have decided to do this at the end of the next meeting, 18th July, after the speaker, so it may end slightly later than normal. This is a great opportunity to get more involved in the group. We have outlined some of the roles, which you could involve yourself with, and these along with the constitution and Notice of AGM will be sent out to you all shortly. I can attest that it is a thoroughly worthwhile and enjoyable thing to do. As with all organisations, the committee needs to constantly evolve and change to keep fresh and to bring new ideas to the front for the good of the group moving forward. So at the AGM the current committee, Chair, Secretary and Treasurer will step down and not put themselves forward for re-election, we will of course remain involved in the group and help those who take on our respective roles and have a different role. So if you would like some information on the roles please get in touch and see what you could do to keep this very worthwhile group going, as without a committee the group will **no** longer exist. Which personally I would not like to see happen.

At our 18th July meeting, we have Mr Coveney, back by popular demand! He is planning on doing a group relaxation which I am sure will be a truly wonderful experience, so please come along and take advantage of Mr Coveney's powers of relaxation!

We were asked by Pain UK, we are one of their members, to circulate an E-petition. The aim of this E-petition is to move pain up the NHS agenda and for pain to be discussed, measured, treated and recorded at **every appropriate patient contact**. It is a very easy process to do and together we could make a difference and move pain up the health agenda. Not only you but your friends and relatives could sign too, by putting this into your web browser <http://epetitions.direct.gov.uk/petitions/58377> They are looking for 10,000 signatures so everyone counts.

If you haven't already, please **book** your place at our evening event taking place on the 3rd July, starting at 17.30, by calling **01284 71970**. As spaces are limited and we had to turn down people last year. Full details of the event can be found in the newsletter. I am delighted to say we have 12 therapy stalls confirmed: Occupational Therapy, Physiotherapy, Nutritionist, Reflexologist, Bowen Technique, Alexander Technique, Herbalist, Acupuncture, Suffolk Wellbeing, Mindfulness, Neal's Yard, Massage Therapy Plus 3 great speakers - speaking on self-management for living with pain, better sleep and exercise/relaxation and some chair yoga! Check out the speakers and stall holders on our website - <http://www.chronicpainsupportgroup.co.uk/index.php/meetings>.

We will be providing a lovely buffet too and have fantastic raffle prizes. Where else could you talk to such a range of therapists to find out if their therapy can help you without paying them first! So come along and find out more!

It would be lovely to see you at our next coffee morning on 9th June starting at 10.30am at the Bury Garden Centre to catch up over a cuppa!

As this may be my last newsletter as Chair I want to thank everyone who has supported us, at events, meetings and behind the scenes; we simply couldn't do it without you. Especially to Lorraine and Cheryl, who have made being Chair such a pleasure, and my sincere thanks for all their hard work and dedication to the group. Looking back we have achieved a lot; coffee mornings, evening events, new website, banner, member of Pain UK, talks to Charities & GPs, Face book, Twitter, self-care weeks, awareness in foyers, and finally the fledging Positively Crafty. Thank you ladies!



Bringing People Together



Speaker Presentation on 21.3.14

West Suffolk Hospital Patient Advice and Liaison Service (PALS) - Heather Stephens

The Patient Advice and Liaison Service (PALS) is free and confidential. It provides balanced and impartial advice about the Trust and its services, resolution of problems and concerns where possible, is there to help and support if things go wrong and is able to offer advice about making a formal complaint. Also, by listening to what patients, their families, carers and friends have to say PALS helps the Trust to improve and develop services.



The PALS office can be found in Main Reception and is open from 9am to 5pm Monday to Friday, except for Bank Holidays. Although appointments need not be made the PALS Manager spends much of her time on the wards, if she is not in her office the Receptionists are able to 'Bleep' her. She is also happy to visit patients on the wards please, again, ask ward staff to 'Bleep' her.

PALS can be contacted by email on pals@wsh.nhs.uk. and has a 24hour answerphone service which can be reached on either 01284 712555 or 0800 917 9673, messages are picked up regularly during office hours.



Walking with the Wounded Craft Fair, Cornhill Walk on Sunday 25th May 2014 10am—4pm



Funds raised = £41.50 A disappointing result after all the handicraft efforts!

The beach was the most popular attraction for the children.



The Green Man and Jack Sparrow could be seen wandering about throughout the day.

Thank you to all the members who gave their support prior to the event and on the day.



Upcoming Fundraising Events

PARTY IN THE PARK on Sunday 20th July from 11am to 5pm in Bellevue Park in Sudbury

CPSG is having a stall again this year at this very popular free family event. There will be displays, entertainment, stalls, refreshments and more.... So come along and join in the fun.

Entrances in Newton Road or Ingram's well Road off Cornard Road.

Car Parking is near the station or the Kingfisher Leisure Centre, charges may apply although some may still be free.



Woolpit Complementary Open Day, Brickfields Business Park, Woolpit on Saturday 9th August from 12pm to 6pm

Details to be announced. www.woolpit-complementary.co.uk

CPSG may have a stall at this event so keep an eye out for the details.

If anyone would like to contribute/volunteer at these events please contact Lorraine.



Run for Patients by Patients

Clinical Commissioning Group



PATIENT REVOLUTION CONFERENCE



Following on from their presentation to the group in March we can now confirm that the meeting referred to at that time is fast approaching so if you are interested and would like your voice to be heard book a place and come along.

Venue: The Apex Bury St Edmunds

Open to everyone all ages—entry is free

Date: 11th June 2014

Book your place now on 01284 774811 or

Time: 9am to 1.15pm

email: getinvolved@westsuffolkccg.nhs.uk

QUESTIONNAIRE 2014

Have you sent your questionnaire back?

At the start of the year we sent you a questionnaire (either by email or in the post). We have already had several returned, but as your opinion counts, this is just a little reminder to return your completed questionnaire to us as soon as possible.

The answers that you provide help us shape the way your support group runs going forward. It is important that you have your say and this is a perfect opportunity to do so.

If you need a copy of the questionnaire please do not hesitate to email or phone Cheryl to request a copy.



Positively Crafty—a new crafting group run by CPSG members

Starting Thursday 7th August 2014 and the first Thursday of each month thereafter

Venue: Small Hall in Southgate Community Centre, Nowton Estate. Time: 2pm—4pm

Fee: A small charge of £3.00 to cover the cost of hall and refreshments

We are members of the Chronic Pain Support Group who have formed a new multi crafting project e.g. knitting, crocheting, jewellery, tatting, loom banding, card making, fimo clay modelling. Anything you enjoy and would like to share with other people who live with chronic pain and would like to get together to meet some old and new friends to relax, craft and natter. You bring your own craft subjects and help will be on hand. You can bring new and started projects or you may well come and see something someone else is doing and decide you would like to give that a try or maybe share what you do with others in the group. Our aim is to create a safe and friendly atmosphere.

The centre is on a bus route and car parking with disabled spaces is available right outside the entrance.

If this sounds like you please call 07719 497 989 or just turn up on the day.

Flyers will be printed to advertise the new group in due course and will be cascaded to all members and the Pain Clinic for distribution to patients.



Bringing People Together

C.P.S.G. Annual Event at West Suffolk Hospital

SELF-MANAGEMENT EVENT on Thursday 3rd July at the Education Centre WSH 5.30pm—9pm

Building on the success of the evening event last year and in partnership with the Pain Clinic, this year we will be hosting an evening event focusing on self-management for those living in pain. Featuring renowned speakers in that field talking about Chronic Pain and how by using self-management day-to-day have a better wellbeing even when living with chronic pain. The main speaker will be Pete Moore, an eminent authority on self-management and author of the Pain Toolkit who was voted Pain Champion for 2014. Who will provide straightforward and internationally proven self management strategies to aid day to day living. Veronica Deri from Suffolk Wellbeing, will provide practical ideas on how to get a better night's sleep when living with pain. Carole Baker, owner of The Self Centre and experienced Yoda teacher will talk on the importance of exercise/stretches to help ease muscle tension, increase flexibility, decrease stress and help with pain levels whilst promoting wellbeing.

There will also be practitioners of various therapies such as yoga, acupuncture, reflexology along with stalls from chosen disciplines such as Occupational Therapy, physiotherapy, Suffolk Wellbeing and Mindfulness. To give people the opportunity to discuss informally their requirements with the professionals on hand and work out what they may benefit from the most to achieve a greater wellbeing. Also being signposted to any appropriate services.

The evening will start at 17.30, to give you the opportunity to visit the stalls, with speakers starting at 18.45, it will close approx. 21.00. Part way through the evening light refreshments will be available. This thought provoking event is open to members, their partners and families, carers and anyone interested in this field.

So come along and get involved and find out more about what options are available to you to help you self-manage, improve positivity, enhance mental wellbeing and self-esteem and to learn how to live well on a daily basis—Self Care for life and take control. **Parking is pay and display** at the front of the hospital. A fee of £1 is payable on the door and a raffle will take place during the evening. Spaces are limited so to **book** a place call **01284 712970**.

To find out more please contact us via www.chronicpainsupportgroup.co.uk, find us on Facebook or call us on 07719 497989.

*** Please note there are no parking concessions available this year— parking is in the front main car park only and the usual charges apply**



In the Education Centre you will find:-

Meet and greet at the entrance— £1 payment on arrival and programme given

In the foyer at the bottom of the stairs —Raffle tickets will be on sale £1 per ticket or 5 for £4

Lecture Hall— Speakers on the stage will be Pete Moore, Veronica Deri, Carole Baker

Coffee Lounge—Refreshments with cold drinks on arrival and buffet/hot drinks in the break

Rooms 16a/b—Stall holders including Acupuncture, Alexander Technique, Occupational Therapy, Nutritionist, Reflexology, Neal's Yard, Suffolk Wellbeing, Herbalist, Massage Therapy, Bowen Technique, Mindfulness, Physiotherapy and Yoga.

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

Bringing People Together



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Next meeting 18 July
West Suffolk Hospital