

Welcome to our Autumn Newsletter**News from the Secretary****Annual General Meeting
15 September 2016 at 3.00pm**

For anyone who has never attended an AGM before I hope the following points will explain what will happen.

An AGM is a formal business meeting which follows a set agenda and members have all received a copy of this in the post.

AGENDA

1. Chairman's Opening Remarks
2. Apologies for Absence
3. Annual Report (Secretary)
4. Annual Accounts (Treasurer)
5. Election of Committee Members
6. Date of next AGM – 21 September 2017

Anyone interested in the Group may attend, but only fully paid up members are allowed to vote.

Any fully paid up member who is unable to attend, but would like to exercise their vote, may complete and return the Proxy Form to the secretary prior to the AGM. This will enable the member you nominate to vote for you. You should choose your 'proxy' as someone you know and trust to vote as you would want.

The committee reports back to the members on how the Group has developed over the past year and what activities and events have taken place.

The financial report is next. Members will be shown the accounts – where we have derived income and where money has been spent and what our financial position is now. These accounts are verified by an independent auditor.

The AGM is the time for any fundamental changes to the Group's purpose or the way it is run to be discussed and voted upon. However this year no such changes are proposed and so this does not appear on the agenda.

The constitution states that the committee will all retire after 1 year at the AGM and the election for a new committee takes place. Any member can stand for election including retiring committee members; they must be proposed and seconded by other members.

The new committee must contain 4-8 members. Should more than 8 members volunteer to stand for committee then an election takes place. Each member then receives a ballot paper. The paper will name all the candidates who are standing and members may vote for up to 8 names on the ballot paper. The vote is private and no-one will know how you voted. The votes are then counted and the result announced at the AGM.

The formal business of the AGM is then finished and the meeting closes.

For the rest of the afternoon we can enjoy a buffet and there is time for members to talk with the new committee informally about any ideas they have for the future.

May we please ask that the usual courtesies are followed during the formal meeting – mobile phones put on silent and only one person speaking at a time.

This is your group therefore we urge you to consider completing your nomination form and sending it in by 8.9.16. Also to inform the secretary if you are unable to attend.



Annual General Meeting Annual Report 2016

Meetings

Our meetings have now settled into an established pattern of the third Thursday in the month from 2.00 – 4.00pm. For the first hour of the afternoon invited speakers give us informative and interesting talks on a variety of topics.

Over the past year these have included: Reiki, TGA Mobility, Tai Chi, the History of Elveden, Community Pain Management Service, Suffolk Mind, History of Ickworth House during WW1, Hypnotherapy, Air Ambulance, Guide Dogs for the Blind, Emotional Freedom Technique.

We have gained greater insight into the many ways of managing pain, the availability of supportive equipment and gadgets as well as talks of local interest.

The second hour of the meeting is a social gathering with refreshments – many thanks to the bakers of those wonderful cakes! The group has a fully paid up membership of 24 with a few others who come on an occasional basis. The average attendance has been 13.

Positively Crafty is another popular get together on the first Thursday of the month available for members who enjoy making things, sharing their experience or learning new hobbies. The atmosphere is informal, fun and relaxing with a sense of achievement. Debbie and her team excel at finding new and interesting crafts to explore.

Coffee Mornings are the second Monday of the month. Nothing formal, just an opportunity to socialise with others who have similar issues. We are trying out new venues so it is best to call 07724187774 to find out where we will be.

Fundraising and Publicity

The group has held stalls at several fairs in and around Bury St Edmunds with the dual purpose of raising funds and making people aware the group exists and will always welcome new members. These events can be fun but are also hard work and our thanks go to those members who have contributed to their success.

Website

Many thanks to Lorraine for her sterling work in ensuring the website is interesting, informative and regularly updated. I wish I had her skill with words when she composes the newsletters.

The future

Our Group has developed this year on a more formal basis. We now have a Constitution. Committee meetings are minuted and follow an agreed agenda and as you can see from today's meeting we will have an Annual General Meeting so that all members can have an input into the way our Group progresses into the future.

We have been contacted by Clinical Psychologists in other areas, who are keen to establish a similar group for their own locality. What started here in Suffolk is now spreading across the country, so that those living with chronic pain can experience the camaraderie and support of fellow sufferers who understand their issues and problems in a group run by members for members.

We are now planning for next year, booking meeting dates and speakers. We aim to make it a fun and interesting year and the committee always welcomes members' opinions and ideas for future activities. Let's work together for another successful year.



Congratulations to *Positively Crafty* on their successful application for funding.

We are delighted to announce that *Positively Crafty* have been awarded a grant of £500 from local councillor Sarah Stamp's locality budget. This money will be invaluable to the craft group for much need materials and equipment.

Thanks go to Suffolk County Council for their involvement and to Sarah Stamp's invitation to apply and the success therein.

Emotional Freedom Technique Presentation by Jo Wortley on Thursday 21st July

EFT—typically used in conjunction with one or more of the following: Bowen Technique, Mindfulness, Stress Management Techniques and NLP.

Jo Wortley of Suffolk Therapy Clinic—Email suffolktherapies@gmail.com Tel:01284 336114/07855 734877

EFT was derived from TFT (Thought Field Therapy) by Gary Craig. It is a psychological version of acupuncture, incorporating methods from applied kinesiology and ancient Chinese medicine. Such therapies recognise the existence of an inherent energy factor within all of us, which is responsible for our overall health. This is the electrical/energetic blueprint known as the meridian system. Please visit www.emofree.com for more information.

Fears, phobias, cravings, addictions, pain, stress & panic attacks, negative emotions, bad habits, trauma & fatigue.

EFT allows the individual to be relieved from emotional pain without having to re-live an experience or event. Improvement is often noticeable within the first session (especially in the case of cravings & addictions), after which your therapist will provide you with 'homework' and coping mechanisms. One to three sessions is usually sufficient, although this is not always the case.

EFT works on the understanding that the cause of all negative emotions is a disruption in the body's energy system. The energy system can be re-balanced through tapping on the key points of each meridian.

The client remains fully clothed and seated. After establishing the issue to be worked upon, a sequence of meridian points (you may know these as acupuncture points) on the body, are tapped with the fingertips.

Length of Sessions: 60 - 90 minutes.

Days and times available are variable so please check with the therapist.

Price per session: £40—£60 depending on length of session.

Members of CPSG receive £10 off their first session. Please mention this when booking.

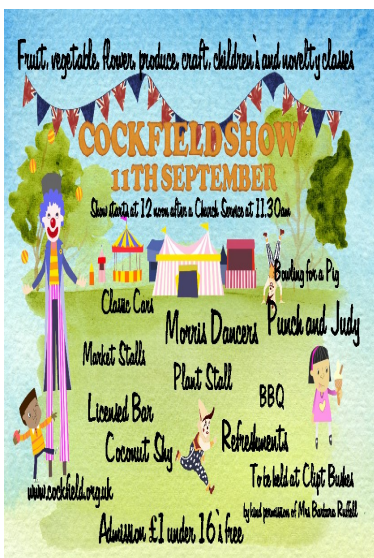
RESTORING BALANCE TO THE BODY

What is Bowen.... Bowen Therapy is a drug free, non-invasive, hands on remedial therapy which can be administered through light clothing, with client sitting, standing or lying. It has a remarkable record of success with clients affected by an astonishing wide range of conditions....often when nothing else has helped. It helps the body's systems rebalance and promotes healing. Bowen is suitable for men, women and children of all ages. (taken from a BTPA flyer)

Please visit www.bowentherapy.org.uk for further information.



Cockfield Community Council presents The Cockfield Show 2016 on Sunday 11th September



At **Clift Buses, Smithwood Green**—A1141 between Cockfield and Lavenham

In the Barn—Viewing of judged show entries

In the Arena—Morris Dancing, Entertainment by Cockfield School Children, Tug-of-war, Punch and Judy.

In the Grounds—Classic Cars and Motorcycles, Coconut Shy, Golf Shot, Bowling, Book Stall, Country Market Stalls, Craft Stalls, Raffle, Tombola, Plant Stall, FOCSA

On the Terrace—Refreshments: Light Lunches, Freshly Baked Cakes, Tea/Coffee and soft drinks, BBQ-burgers and hot dogs, Licensed Bar provided by the Horseshoes Inn.

Fete opening time—12 noon by a Special Cockfield Resident. 4.00pm Close.

CPSG are having a stall at this event. Your support and any contributions would be welcome.

Run for Patients by Patients

Reminders/Dates for your Diary

easyfundraising
.org.uk

This opportunity is open to all member's who have access to the internet and shop on line. Funds can be raised for the group via this organisation. If you go to the group website www.chronicpainsupportgroup.co.uk you will find at the bottom of the home page this logo.

All you need to do is click on it and it takes you to their website—see how it works—sign up. There is a list of retailers to choose from who donate a % each time you shop—the more weight the item the more % you gain. Have a look and see for yourself at www.easyfundraising.org.uk and give it a go. There is no additional cost to you.

Currently there are only 5 members using this facility and if you recall this opportunity was introduced to the group back in Autumn 2014. This is one way to raise funds for the group at the touch of a button in the comfort of your own home.

Funds raised in the last 2 years = **£106.30**

23.3.15 = £17.87.....29.8.15 = £22.30.....20.11.15 = £26.38.....2.3.16 = £15.77.....20.8.16 = £23.98

Thank you to Beryl for raising this issue.



September Coffee Morning

Monday 5th September from 10.30am onwards at Glasswells—a Place to Eat. We look forward to seeing you there to catch up over a cuppa!

We are on the search for a permanent place to meet for coffee and are currently testing a variety of venues to find one that suits our needs as a group. If you have any suggestions please give us a call on 07724 187774.

Meeting Dates for 2017



Coffee Morning – Monday from 10.30am	Positively Crafty – Thursday 1pm-4pm at Southgate CC	CPSG - Thursday 2pm-4pm at Southgate CC
9 January	5 January	19 January
13 February	2 February	16 February
13 March	2 March	16 March
10 April	6 April	20 April
8 May	4 May	18 May
12 June	1 June	15 June
10 July	6 July	20 July
14 August	3 August	17 August
11 September	7 September	21 September + AGM
9 October	5 October	19 October
13 November	2 November	16 November
11 December	7 December	No meeting

Coffee venue and Speakers to be confirmed



The Next CPSG meeting is on Thursday 15th September Speaker Suffolk Mind—look forward to seeing you there

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



Lorraine Ayling
Tel: 01284 701652
Email: lorraine@aylingonline.com

Next meeting 15 Sept
Southgate Com Centre