

**Welcome to our Winter Newsletter**



Introducing the new Chair of CPSG Frank Warby

CPSG would like to say a warm welcome to its new chairperson who is a local Councillor. Frank came to us via an advert in the Moreton Hall Directory in March and has been supporting the group since. We would like to take this opportunity to say thank you for all he has done for us up to now. Frank has provided a short insight about himself as follows:-



Frank:-

Was born in Southern Ireland and served in Irish Free State Army.

Studied in the Royal School of Music Dublin and in 1960 joined the British Army 2<sup>nd</sup> East Anglian Regiment, later the 2bn East Anglian Regiment.

Served in Northern Ireland, Kenya, Germany, Cyprus and the UK.

Joined Bury chamber of commerce in 1981 serving as Chairman and President.

Ran a property management business and insurance in St Johns Street for 20 years.

Became a councillor in 1999 with St Edmundsbury Borough Council and was founder member of Bury Town Council in 2003.

Became Town Mayor in 2004 and Borough Mayor in 2006 and is still a serving councillor.

Just stepped down as director of Havebury Housing after 9 years. (only allowed to serve 9 years)

Married 54 years to Patricia and has five children but only four living, 13 Grandchildren and 11 great grandchildren

Frank's outlook for the future with CPSG is to work with the committee to promote and enlarge CPSG, encouraging more membership. Get a better footing between the present committee working as one as things are done better as a team?



CPSG now has a full committee with a Chairperson at the helm. All the hard work, time and effort has achieved success and we look towards establishing growth and ensuring what we have continues to flourish.

Without you the members there would be no group and without your help we would not succeed. Your continued support is fully appreciated and as a group we have achieved so much together throughout the year.

**Jo Wortley will be presenting on Bowen Technique at the CPSG meeting on Thursday 19th January 2017. We look forward to seeing you there.**

Wishing you all a very *Merry Christmas* and a *Happy New Year*



## Positively Crafty by Debby Sinclair, the crafty representative

The last 3 months have been exceptional for Crafty, as it is affectionately known and we were fortunate enough to be awarded a £500 locality budget grant from Sarah Stamp, one of our local councilors, to help us to buy equipment that would allow us to do the different projects we wanted to do.

Since we received the grant we have acquired the object of our desire, top of our list, a Gemini Electric Die Cutter. Why you may ask is that so important? Well because the alternative is a hand turned crank machine that for a healthy person isn't a problem but as we are all in chronic pain it was a huge problem. E.g. to push a car up a hill with the break still on. It allows us to cut out and emboss card material, foil. We bought a selection of dies (assorted cutters) which means we can do many projects that we couldn't have done before and we have also purchased a portable guillotine, a heat gun, silk painting kits including brushes, cards, pallets and inks.

We have a small amount of the money left with which we will use to purchase card stock for our card making. It has set us up nicely and we look forward to using all these items for our many projects in the future.

Crafty is going from strength to strength and we have another 2 members that have joined us in the last couple of months so we now have about 13 members. We have always said 13/15 would be the most we could accommodate so we are in a good place and if any of the members of CPSG would like to join us they are always welcome.

So far this year we have done card making with our very talented and dear friend Beryl Burroughs. Back in February we were fortunate enough to be joined by Dot Clarke who is a well known local card crafter who gives tutorials at card fayres and one of our local craft supplies shops in the town. She has been kind enough to volunteer her skills to us from time to time.

Also this year we give thanks to Carol Wright, one of our members, for the generous donation.

We had a lady called Marianne come along to do silk painting that proved very popular so that is why we can now do classes ourselves. Marianne has offered to come next year to teach us another one of her crafts so we look forward to that.

In October we had Julie, a mosaics expert, come along who gave us a brief talk on the history of mosaics before we absorbed ourselves into making a ceramic tile. It was a lot of fun. Finally in November we had a session of making snowmen and women out of socks and rice. Sound weird but as you can see by the picture they are very cute and perfect for the craft fayres we do this time of year. Details of which you can find in this newsletter.



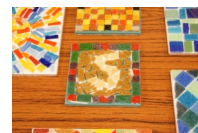
The Crafty girls said it was a brilliant afternoon having had so much fun making them. One of our new members rang me to ask if she could make some at home for our December fair.

We are in the process of putting together a programme for next year, details of which will appear in the Spring newsletter.

We would like to thank all the crafty girls for making this year such a successful one and long may it continue. We have some fun things to look forward to in the months to come.

I would also like to thank Jackie Tooley of Southgate Community Centre for all the help and support she has given Crafty since it started.

We would love to see you at future events where we will be selling the fruits of our labours.



(Photographs of crafty taken by Joan Gaye, one of our members)

On behalf of all the *Positively Crafty* girls we would like to wish you all a

*Very Merry Christmas and a very Happy New Year*

# Run for Patients by Patients

## CPSG Events in Autumn 2016

### Cockfield Village Show—Sunday 11th September

A lovely, dry, sunny day in pleasant surroundings with a local community atmosphere

Attractions included:- Punch & Judy, Maypole Dancing, Tug of War, Classic Cars

Stalls: Tombola, raffle, cheeses, cards, photography, mosaics and crafts.

A barn of displays of home grown fruit, vegetables, preserves, cakes and more...

All monies raised from this event are invested back into the village.

**Total Funds raised=£47.45    PC: £16.50    CPSG: £30.95**



### Worlington Village Hall Craft Fair—8th October

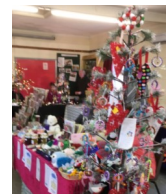
An enjoyable day promoting the Positively Crafty group and handing out leaflets to those who were interested. Hopefully new recruits. Thank you to Marion for doing this event all by herself and for her husband's support. Well done.

**Funds raised for Positively Crafty = £35.85**

### Fornham All Saints Village Hall Craft Fair— Sunday 27th November

Positively Crafty took part in this event. Although foot traffic was very thin on the ground the girls managed to have a good day. Due to the Christmas Market in Bury but mostly poor promotion of the event itself, none of the stall holders did very well. Taking the opportunity, in that time, to get to know the other stall holders and what they do while Enid & Co (organisers) kept supplies of delicious crispy bacon rolls going with hot chocolate and coffee. People were interested in what we do as a group and how crafty was set up and developed into what it is now and how it was born out of CPSG. New CPSG members may even transpire out of the day.

Thanks go to all the crafty girls for their efforts especially Tricia, Becky, Beryl, Lorraine and Debby Garrod who has worked particularly hard and given so much to both CPSG and Crafty during the last three and a half years, even getting family members making things for the group. **Funds raised: £11.80**



Positively Crafty' will be having a stall on **Saturday 17th December at the Jubilee Centre in Mildenhall from 11.30am to 3.30pm.** Please show your support by coming along, we look forward to seeing you there. There will be an assortment of craft stalls on the day with some beautiful items for sale that will make wonderful Christmas presents for your loved ones. Refreshments will also be available to purchase.

### CHRISTMAS CRAFT FAYRE IN CORNHILL WALK BURY ST EDMUNDS—SUNDAY 27TH NOVEMBER

The 13th annual Christmas Fayre extended from the abbey Gardens to the Arc Shopping Centre with some excellent entertainment and over 300 stalls selling an array of goods. CPSG's stall was in the old Index unit and there we met many other crafters and all the footfall of people passing through. We attracted a lot of interest in the group and handed out many leaflets, hopefully we may see some new faces in the new year. **Total Funds raised=£129.15    CPSG: 76.90    PC:52.25**





**GUIDE DOGS PRESENTATION ON 17TH NOVEMBER BY SALLY AND JOHN RUSHMER**

John has 1% vision in one eye only and brought Syd, his black Labrador, with him. Their talk was fascinating.

The first known historical record of a dog being used to guide a blind person comes from a mural seen when excavating Pompeii—so pre AD 79. Sally led us through more evidence of a dog and man working together throughout history—in Egyptian times, the Romans to more recent times. Chlorine and mustard gas used during the First World War had a devastating effect on the lungs and eyes of those service men exposed to it and the high numbers of these injuries galvanised the breeding and training of guide dogs.

John spoke of how he was matched with Syd. The trainer understands the character of the dogs he has worked with and Syd was ready for work at about 14 months old. A lady from Guide Dogs came to meet John and Sally with 3 dogs in her car. There was an instant rapport between John and Syd, although John had never owned a dog before. The lady was not surprised that John expressed a preference for Syd. When John asked why, she explained that Syd did not like being shouted at and she had observed that John has a quiet and calm nature. So care is taken not only to train the dog but also to match characters of dog and owner.

Then came the time for John to be 'trained'. John went to the training centre and stayed there for over a week, Syd stayed with him all day and slept in his room at night. John had some very amusing tales of how he and the other new recipients of dogs fared that week. We were treated to a very human insight into how a blind or partially sighted person bonds with their dog.



**ANNUAL SUBSCRIPTION FOR 2017**

The subscription will remain the same at **£12** for the year **payable by cash or cheque** (payee 'Chronic Pain Support Group') Payment to be made on or before Thursday 19th January. Non-members will be charged £1 per session attended in 2017.

Please send payments to **Graham Prentice, 11 Lincoln Green, Bury St Edmunds, Suffolk IP33 2LL**

Payment of this subscription offers you monthly meetings with speakers, crafting group and coffee mornings, quarterly newsletter and signposting to other organisations. Also it allows you as members to become involved and participate within the group as well as having a vested interest.



**Attendance at Meetings**

Attendee numbers at meetings this year have been varied and sometimes disappointing. Very low at 6 and at the highest 17. When numbers are at a low it can have a knock on effect on the speaker attending that meeting who take time out of their day to accommodate us so please can all members upon receipt of the meeting reminder or prior to the day contact Margaret, either by telephone on 07724 187774 or email marwebb@btinternet.com giving confirmation on attending/not attending. This is stated within the body of the reminder and knowing either way is of importance to the organisers. In 2017 we aim to encourage members to come along, promote awareness of the group and build on what we have.

If you have any ideas /suggestions/or if we could improve in any areas please let us know. Your input is of value and helps us to plan ahead, which we are in the process of doing and will continue to do so in the new year.



**Speakers for 2017**

Speakers for 2017 are now being planned. If you know of one or would like a particular topic to be covered please let us know.

February—Mayor of St Edmundsbury Borough Julia Wakelam will be coming along to give a presentation to the group.

**West Suffolk Community Pain Management Service**

**Presentation to the Chronic Pain Support Group on 20th October 2016**

**By Debbie Meacle—Senior Clinical Nurse Specialist**

**Brief notes from the presentation**

Psychology is “The scientific study of the human mind and its functions, especially those affecting behaviour in a given context”. There are decades of evidence that show how our thoughts are electrical impulses within the brain and that all of our emotions have a physical expression in the body—this being as various chemicals are released in the body and physical changes occur with the different emotions we experience.

Psychology has been utilised to aid pain management for several decades now, initially through the use of CBT (cognitive Behaviour Therapy) and then since the late 1990’s/early 2000’s ACT has also been used. (There are a number of other psychological therapies which may also be helpful in pain management but today’s presentation is about ACT).

There are a number of different models of psychology, one of which is ACT, which stands for: Acceptance Commitment Therapy. ACT was developed in the 1980s by Prof. Steven Hayes and is sometimes referred to as the “Third wave, contextual CBT”.

ACT differs from CBT in that instead of challenging distressing thoughts by looking for evidence and coming up with a more rational response (CBT), in ACT, the thought is accepted as a thought, e.g. “I’m having the thought that this boat is going to sink”, and then defused using a variety of techniques, which may include mindfulness, metaphors and language (From: <http://www.getselfhelp.co.uk/act.htm>).

The ACT model has at it’s core a “hexaflex”:



More simply however ACT is often seen as having 3 main components





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Acceptance being an acknowledgement of and willingness to allow experiences; making room for rather than struggling against.

Mindfulness meaning to be observing our experience in the present moment without judgment; diffusion from unhelpful thoughts, feelings or sensations.

Values being life's meaning and purpose, what really matter to us as individuals; provides direction.

**Acceptance is NOT:**

A belief, e.g.. "I know my pain will never go away"

A stage, e.g. "I was angry and in denial but now I have come to terms with having pain".

Giving up and being happy about pain

Walking around with a weird sort of serene smile on our face

**Acceptance IS:**

Acknowledgement both the pain and the fact that you don't like it

Not being in a struggle or fight with it

Willingness, openness

Making space for it, letting it just 'be'

Acceptance isn't easy though; all the time in our minds there is constant chatter telling us we should do this and that, and life would be so much better if only....it's not fair, what do they know, no-one understands....Evolution means that our minds predict the future and can dwell on the past, busy, busy, busy....in fact very rarely are we actually present in the moment, very rarely are we in touch with what it feels like to live in the present. For example:Your mind chatter, thoughts, feelings, sensations are all like chess pieces, so they can come and go and move around, and "you" are the chessboard. To be present in the moment you have to start to learn to just 'notice' the stuff that goes on in your mind and body, like taking a step back and being an observer, a non-judgmental observer (so not criticising or agreeing or getting involved or judging at all) We can learn to get better at being an observer and not getting caught up in all the busyness of our minds, and that is practising mindfulness.



The "you" that is "you"

(chessboard)

Your thoughts, emotions and

Physical sensations

(the chess pieces)

Mindfulness is a way of observing our experience, in the present moment, without judgment.

Mindfulness helps us to 'defuse' - to distance ourselves from unhelpful thoughts, reactions and sensations. "You can't stop the waves, but you can learn to surf" Jon Kabat-Zinn 2004.

## Values

Values are what bring meaning to your life  
Values are the basis of how you choose to live your life  
Values define the direction you want to go in  
Do physical abilities really matter?



What do you value?

Putting it altogether:

Continuing to fight, control, avoid/get rid of pain doesn't really work  
Acceptance can stop the struggle  
Practising mindfulness can help with acceptance  
Mindfulness connects us to the present moment, the here and now  
Our values are what are important to us in life  
We can choose to live our lives following the direction of our values even if we have persistent pain

## **In life remember to STOPP.....**



**Stop**—Don't act immediately. Pause for a few seconds.

**Take a Breath**—Slowly breathe in and out a couple of times

**Observe**—be mindful. What am I thinking about?

What am I focusing on? What am I reacting to?

What am I feeling in my body?

**Pull Back**—Zoom out! See the bigger picture. Is this fact or opinion?

Is there another way of looking at this?

What advice would I give a friend in this situation?

How important is this situation right now?

Does this fit my values

**Practise what works**—Do what will help most!



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

## Bringing People Together



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Next meeting 15 Dec 16  
Southgate Com Centre