

Welcome to our Spring Newsletter



A joyful afternoon in the company of the Mayor of St Edmundsbury



Councillor Julia Wakelam, the Worshipful Mayor of St Edmundsbury Borough Council came and gave us an informative and interesting talk on her role, responsibilities and duties as Mayor.

Julia explained the history that the Borough has been granted the title of a mayor by Royal authority. The role is that of a ceremonial mayor, who chairs meetings of the Borough Council but cannot make decisions about Council business. The Mayor maintains a politically unbiased stand point and works to ensure that the councillors of differing political opinions work harmoniously and efficiently together.

Julia reminded us that Council meetings are public events and encouraged us to attend a meeting to see what occurs. The dates of Council meetings are listed on the website www.stedmundsbury.gov.uk/council and minutes of meetings are also there. Councillors are answerable to the public. We can attend but may not be allowed to speak.

The Mayor also has a very public role to represent the Borough at official events. The mayor's civic events calendar is also on the website. These can range from military parades and services (both UK and US liaison with Mildenhall and Lakenheath) to Christmas carol services throughout the Borough. Frequently generous hospitality comes with formal functions. Julia said that she is very glad that St Edmundsbury has not adopted Bedford's tradition of weighing the mayor at the start and end of their mayoral term!

Julia has made her aims to reach out to young persons and to be involved across the Borough. She also works for her nominated charities (Gatehouse, Alzheimer's and Nicky's Way for bereaved young people) and still has a busy role as a councillor. How she finds time for family life as well is a miracle!

I found this a fascinating afternoon with good humour and an appreciation of how hard some people are prepared to work for the public good.

Thank you to Margaret for providing this synopsis



The paragraph below is taken from Julia Wakelam's (Mayor of St Edmundsbury) Facebook page, posted on 16th February at 5.05pm



I went to talk to the Chronic Pain Support Group about being the mayor this afternoon. Despite the fact most people there live with pain which will never get better, they were a happy, interested and very welcoming bunch. I enjoyed my visit very much. The delicious cakes (yes, I did have two) and a bunch of flowers made it even better. Special thanks to Julia for coming along and joining in, it was a real pleasure.

2016 FINANCIAL REPORTS for CPSG and POSITIVELY CRAFTY

CPSG Income

Subscriptions = £318.00
Raffle = £151.00
Donations = £33.50
Easy Raising = £55.45
Sales = £427.91
Refreshments = £71.35
Bank Interest = £12.79

Total = £1070

CPSG Expenditure

Postage = £57.06
Publicity = £140.00
Stationary = £79.94
CPSG & PC Insurance = £130.58
Misc Exp = £34.81
Donations to other Orgs = £45
Website fees = £240.00
Event Pitch Fee = £20.00
Group Phone = £10.00

Total = £757.39



Profit = £312.61

PC Income

Session Fees = £270.25
Sales = £207.95
Donation = £154.00
Locality Budget = £500.00

Total = £1132.20

PC Expenditure

Hall Fees = £222.50
Affiliation Fee = £22.50
Stock Purchases = £649.08 (material and tools)
Publicity = £140.00
Refreshments = £5.05
Tuition Fees = £65.66
Event Pitch Fees = £22.00

Total = £1126.79



Profit = £5.41



News from the Committee

2017 subscriptions have resulted in 15 paid up members, sadly a decrease in numbers this year. We will be looking at ways of raising awareness within the local community to encourage new growth and strive to continue to bring positive and informative presentations to meetings to achieve continued attendance and support.

The meeting in June is a social occasion not a formal one. Joan, the social secretary, is looking at a couple of options– 1. theatre trip 2. afternoon tea. If you have a preference or an idea of your own that you would like considered, please speak to Joan.

Forthcoming events:-

Lymphoedema Support Suffolk are holding a joint event with CCG (Leap into Summer) on Monday 27th March 2017 from 6pm-8pm at Moreton Hall Community Centre. We have been invited to have a stall, along with other organisations and hope to raise awareness and sell a few items too.

St Peter's Church Fun Day is being held on Saturday 3rd June 2017—details to follow.

Positively Crafty are having a stall at the Jubilee Centre, Recreation Way, Mildenhall IP28 7HG on Saturday 25th March from 12-4.30pm. Free admission and parking.

Speaker Presentation on Thursday 19th January 2017 – Bowen Technique

Description of Therapy: Tom Bowen of Geelong, Australia developed his own “technique” and has had a thriving practice until he died in the 80’s. His approach is now known throughout the world. It’s now one of Europe’s fastest growing complementary therapies. See www.thebowentechnique.com for more information.

Typical Presentations: Bowen aims to balance the whole person, not just treat the symptoms. Common presentations include back & neck pain, knee problems, sports injuries, RSI, tennis elbow, asthma & hay fever and chronic conditions. Many use Bowen Technique for stress management & health maintenance.

Benefits: Extremely gentle, can be performed through light clothing. Suitable for all ages, including new-born and the elderly. Can treat on therapy couch, in chair or on parent’s lap. Suitable during pregnancy and to induce labour after the due date. Four to five treatments are usually sufficient to achieve lasting relief, although further treatments may be required.

How It Works: Bowen has been found to have a calming effect on the autonomic nervous system which controls over 80% of the bodily functions, this in turn releases stress at a very deep level. In contrast to many other hands-on therapies, Bowen does not attempt to force the body to change; instead it provides the body with the opportunity to heal itself and make the changes necessary to bring it back to homeostasis (physiological equilibrium). Some clients become so relaxed that they fall asleep during their treatment.

Jo has a 85-90% success rate using Bowen in her clinic

What Happens in a Session: The client remains fully clothed. The Practitioner uses thumbs & fingers to make a series of precise rolling-type moves over the muscle. During treatment, there are a series of short breaks where the patient is left to rest, allowing their body to respond to the gentle moves that have been performed. This rest period is an important part of the treatment, it gives the body time to make the subtle and fine adjustments, which help re-balance, relieve tension and reduce pain. It is these features which make the Bowen Technique unique. Acute injury can be often improved in one to three treatments, whilst chronic conditions may require several more.

Length of Sessions: 45-60 minutes for an adult

Days/Times Available: Monday to Friday 9am to 6pm

Price: £45 for 1st appointment, £40 thereafter. £5 off per session for Chronic Pain Support Group members until June 2017.

Jo Wortley

Complementary Therapist

& Fascia Bowen Teacher

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www.facebook.com/fasciabowen

www.suffolktherapies.co.uk

<http://uk.linkedin.com/in/jowortley>





These are the pictures taken on 4th Feb 2017 at the Silent Auction, held to benefit **Positively Crafty**, at the Jubilee Centre in Mildenhall, during a Sticky Fingers monthly recurring Craft Fair. The Fair organised by Sticky Fingers very own Charlotte Pierotti, to help us invest in items that will benefit all our **Positively Crafty** ladies, while crafting in the group sessions.

It was a wonderful gesture and we are exceedingly grateful to all those craft stall holders that were generous enough to give Charlotte items for the auction. There was an assortment of items including:-

a baby's cot quilt

a blue single size quilt plus other smaller pieces

a wooden duck

a jewellery set

a wooden bird feeder

a felted vase

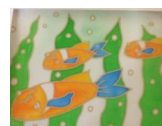
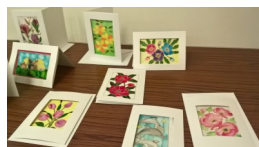
a body care gift set

a garden set

a beautiful print taken from an original painting of leopards by Janet O'Reilly (Janet is a regular at coffee mornings every month and often donates craft items she herself has handmade)

a lovely crocheted blanket (donated by Kim, one of our crafty ladies)

Examples of Silk Painting



We also made up a couple of Valentines gift sets consisting of a cuddly toy, a bottle of sparkling rosé wine, a champagne flute and chocolates.

I think that's everything, I apologise if I've missed any items out.

We were thrilled when Charlotte told us that we had bids totalling £113. To date we have received £90 with one more bid to come in, the gentlemen did say if he won the bid that he would collect the item at the next craft fair on **Saturday 25th March**. (PC is having a stall at that event) Charlotte will then give us the last of the monies due from that auction.

We purchased a die that allows us to make these cute little Easter baskets, you can see the results of our first attempts at making them, while we were preparing for the next craft group meeting at the weekend, aren't they cute. (see photo below) We have been making the little baskets and Easter cards in readiness for the next craft fair and a card designed by Beryl will be made in the **March** crafty session, pictures in the next CPSG newsletter.

Ladies, I would like to remind you, if you have anything in particular you would like to have a go at in the crafty sessions to let me know and I will see if it can be arranged.

Thank you so much to Beryl, Tricia, Lorraine, Marion, Margaret and Alison for all your help and support I don't know what I would do without you ladies and to the ladies that come along, because without all of you, **Positively Crafty** wouldn't be here.

Wishing you all at the **CPSG Positively Crafty**, the coffee morning ladies and the odd gent from time to time, many bright, warm and sunny, pain free as is possible, spring days to come.

***We are doing decoupage in the April and May crafty sessions. If anyone has an unusual bottle, as in shape, or a jar (not jam jars), the type with a glass or cork stopper and plant pots. They must be clean and completely label and glue free on all the donated ones. Please could you bring them to the next CPSG meeting if you aren't a crafter. Crafters to bring theirs straight to crafty, as we cannot store them. If anyone would rather do a picture frame they can but will have to purchase those for themselves and also bring along on the day.**



Run for Patients by Patients

Dates for 2017 including speaker confirmation

Dates for 2017

Positively Crafty – 1st Thursday 1.00 – 4.00pm at Southgate Community Centre

Coffee morning – Monday following Crafty at Glasswells, Newmarket Road, BSE

CPSG – 3rd Thursday 2.00 – 4.00pm at Southgate Community Centre

Coffee morning	Positively Crafty	CPSG
9 January	5 January	19 January Bowen Therapy
6 February	2 February	16 February Mayor of St Edmundsbury
6 March	2 March	16 March Dance & Movement
10 April	6 April	20 April Suffolk Healthwatch
8 May	4 May	18 May RNLI
5 June	1 June	15 June Social event
10 July	6 July	20 July tbc
7 August	3 August	17 August Tai Chi
11 September	7 September	21 September AGM and Social
9 October	5 October	19 October Talk on Turkey
6 November	2 November	16 November History of Lavenham
4 December	7 December	No meeting



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
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Next meeting 16 March
Southgate Com Centre