

**Welcome to our
Autumn Newsletter**



News from the Committee

The time is soon upon us once again to hold our Annual General Meeting on Thursday 20th September at 2pm. Visitors are welcome to join us and if anyone feels they have time to spare to help us out during the year, to become involved and actively participate we look forward to meeting you. We fully understand what commitment and responsibility involve however being part of something and getting something back in return, certainly makes up for it.

Outside help is always welcome however in-house help is more beneficial to the group. We urge members to come forward, to give their input and what they feel they would like to see happen within the group and taking it forward into the new year. CPSG has to evolve and flourish to keep itself going and maybe new blood welcomed into the group would be of greater benefit in the longer term. This is your group and it is you the members we come to for ideas and suggestions, more importantly involvement. Your subscription entitles you have to have a voice and a choice, to become actively involved and participate, to have a vested interest in what goes on. Above all we would like you to feel you would like to come again and again, to take part in something that is worthwhile and enjoyable. You are giving your time to this venture, what you put in hopefully you get something out of. Please give some considerable thought to putting yourself forward and completing the short survey enclosed with the AGM notices. The Annual Report will be dispatched prior to the AGM by email to those that have the facility and by post to those that do not.

You may have realised that of late CPSG notices are being received via the Royal Mail-why you say when email is so much quicker and cheaper- the answer being that they get your attention. Not all members have the facility either. With so few members it was felt to be a better way to communicate and you do not have to print anything off to pin up on a board or the fridge as a reminder, as it has been done for you. In this modern day a smart phone is well equipped to do this also so if you prefer it this way just let us know.

Members coming together, helping each other, helping out at meetings makes coming to meetings enjoyable and when all members take a turn and muck in others get a chance to join in too, making the affair more communal and sociable rather than hectic and chaotic. Thank you to you all for achieving the enjoyment we all seek, it does make a big difference.

Members taking turns to bring along the cakes also gives a wider choice, more flavours and textures, a chance for them to share their favourites, also relieves the pressure on one person having to provide. Sharing is part of what we are about. Thank you to the members to date who have taken a turn and to those that are due a turn we look forward to your tasty treats not forgetting we give reimbursement upon receipt.

As you can see the dates for 2019 are included in this newsletter and we are currently on the look out/ researching speakers. Keep an eye out for who we have secured in future publications. If we haven't covered a topic that interests you please make it known and we will do our best to meet your request.

CPSG next meeting is on Thursday 18th October and the presentation will be about the Cathedral Tower. The speaker will be Horry Parsons.

If we haven't seen you in group for awhile we wish you well and hope to see you very soon.



Brundall River Cruise on the Waveney Stardust—Tuesday 31st July 2018

CPSG members took to the waters for a day out river cruising along the broads from Brundall to Wroxham on a modern, comfortable, carpeted and centrally heated boat with wheelchair access and disabled facilities. Glorious weather for a trip, taking in lovely scenery and a lot of wildlife. The water was still and peaceful even though the waterways were busy with other boats passing and their occupants cheerily waving.

The atmosphere on board was very friendly and everyone got on well together, lots of laughs that made some good memories. Long tables were set up for the picnic and refreshments were served by the crew, all volunteers. Lifts onto the boat and the facilities were all excellent. All needs for a variety of health conditions were well met.

The mini bus for the journey was upgraded to a coach with air conditioning and the driver very helpful, considerate and accommodating to all members needs.

For a first day trip out for members all went well and they all look forward to planning the next one.



If anyone has any suggestions for next year's outing please make them known to the committee



Positively Crafty

Positively Crafty's session on Thursday 6th September has been **CANCELLED**. The next session is on Thursday 4th October and the focus will be on completing the Tea Light Jars. In November a Christmas card. In December Joan Smith will be tutoring the session on a different craft entirely.

Life quite often stands in the way of time for ourselves. Crafting brings moments of calm in that disarray and an outlet to being able to cope. By being open to new things and using your imagination you can open up a new world of creativity and a kaleidoscope of colour and pattern to enhance your wellbeing. You can also surprise yourself that you can do something that you thought you could not.

Positively Crafty attendance numbers are dwindling and the sessions will be sadly missed, by those who it means so much to, if they were to cease. These sessions bring so much joy and need to flourish to succeed. Come and give it a go—join us and get crafty—you'll never know unless you try!

Session fee—£3 (some tools are provided unless you wish to bring your own) Carers concession 50p



Presentation on the History of Fans by Joan Smith—Thursday 16th August 2018

Photos taken by Debby—a wonderful showcase



Some of the earliest fans date back to around 3000BC. Greek Etruscans and Romans all used fans as cooling and ceremonial devices while the Chinese associate the fans with ancient mythical and historical characters. Brought to Europe in the 1500s and becoming an important fashion accessory. The fan is especially popular in Spain where flamenco dancers used it.

Early fans were a fixed type and folding fans came later on. The fan is shaped like a sector of circles and made from varying materials mounted on slats which revolve around a pivot so it can be closed when not in use. Materials used over the centuries include: peacock/ostrich feathers, mother of pearl, tortoiseshell, velum, stiff cloth, paper and leather, they were highly decorative. Fans mimicked life and designs ranged from religious to classical depictions, cartoon and political satire, events and landscapes.

Whilst a fan is no longer a must have accessory commemorative fans celebrating occasions continue to be made. The most talented specialist being Sylvain Le Guen

As you can see the fans above are a fascinating mixture of styles, designs and colours. Some truly wonderful delicate pieces to treasure.

A big thank you to Joan for bringing them along and showcasing their history. We look forward to seeing Joan again soon when she comes to do a presentation on a totally different theme.



Run for Patients by Patients

Dates for 2019

| Coffee morning | Positively Crafty | CPSG |
|-------------------|-------------------|--------------------|
| 7 January | 3 January | 17 January |
| 11 February | 7 February | 21 February |
| 11 March | 7 March | 21 March |
| 8 April | 4 April | 18 April |
| 8 May (Wednesday) | 2 May | 16 May |
| 10 June | 6 June | 20 June |
| 8 July | 4 July | 18 July |
| 5 August | 1 August | 15 August |
| 9 September | 5 September | 19 September (AGM) |
| 7 October | 3 October | 17 October |
| 11 November | 7 November | 21 November |
| 9 December | 5 December | No meeting |

Coffee morning – Monday following Crafty at Marlows, Hollow Road in Bury from 10.30am

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

CPSG – 3rd Thursday 2pm – 4pm at Southgate Community Centre (small hall)

Speakers to be confirmed



Enjoy the ever changing colours of Autumn enveloped in the warmth of company—come along and join us for coffee!

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 20th Sept
Southgate Com Centre