

Welcome to our Winter Newsletter



News from the Committee

Annual Subscription

Subscription rate remains at £12. Payment is due on or before 31st January 2019. Payment will be accepted by Graham at the meeting in January. If you are unable to attend this meeting payment can be made by cheque to 'Chronic Pain Support Group' via royal mail to Graham at 11 Lincoln Green, Bury St Edmunds IP33 2LL.

Payment beyond the due date will be on a 'pro rata basis' for the balance of the year.

Christmas Lunch

Great Barton Bunbury Arms—Wednesday 19th December 2018— sit down 1pm.

The non-refundable deposit of £5 was paid from group funds for each member going. Balance of the monies (in cash) and menu choices were due in advance of the date to Debby who was planning to settle the monies and confirm the menu choices by the first weekend of December. (Menus were circulated to all members involved) Trusting this has been achieved.

Thank you to Debby for organising this Christmas celebration. Enjoy yourselves!

Speakers

Up to now we have four speakers booked for 2019 and are still awaiting confirmation from a few more that have been invited.

We have seen a variety of speakers this year and with your help we can look forward to seeing a wider range in the forthcoming year.



Wanted: Jam Jars

Jam/marmalade or honey jars—think before you recycle. Accepted at meetings.



Flowers

Well wishes accompanied by flowers were given to Jean Rumble and Sue Rogers. Many blessings are being sent your way to brighten your day.

There may be occasions throughout the year whereby monies in certain areas at meetings are not collected. Please respect this decision and accept this with good intention.

New literature representing the group is currently being designed and is to be launched in the new year.

Ongoing publicity about the group will continue in the new year and is currently published by a local directory in Bury who circulate around two estates. Moreton Hall and Southgate.



A new lady joined us in November and we look forward to her joining us again in the new year.



Follow Up from Jo Nichols Dance Session—Thursday 15th November 2018

Well, I don't know what the feedback was like, but I for one felt like the workshop/session ended up being a really nice gathering and sharing despite initial fears that it may fall a bit flat with very few participants attending. We ended up with a comfortable sized group (including a new lady) and we had a lot of mixing, moving and laughter which was excellent! We did some breathing, some creative movement and some stretching as hoped and we even managed to end up with a country dance called the Pattercake Polka and one lady (Joan) said she hadn't danced like that for about 30 years – she was delighted! And so was I 😊 I promised the group that I would send on some notes about the pointers we discussed which I include below.

Raising your Vibrations

Appreciating someone & telling them, positive thinking

Find something beautiful and really appreciate it

Become conscious of your thoughts. Everything you think, say or feel becomes your reality. Practice positive thinking - send out what you want to receive.

Seek nature – sea & trees.

Invite fresh flowers & plants into your home

Grounding – shoes off on the bare earth, grass

Have a tech detox

Say no to anything that drains you

Get creative – get out of left side and into the right side of brain.

Breath deeper – the more oxygen the better, clears Lymphatic system

De-clutter

6 second hugs – get hugged!

Meditate

Practice acts of kindness

Get your blood pumping

Be conscious of what you eat – eat raw & fresh food

Drink more water

Epsom baths – check with Doc re meds

Be grateful!



Year Overview

2018 has been a year of highs and lows. The first group outing on the broads was a big success which we hope to repeat in 2019. Membership decreased –average attendance over the 11 months being 8 per meeting. Speakers of interest have entertained us and we as a membership have worked together, helped each other and made the group what it is today. May this continue

Wishing you all a very Merry Christmas and a Happy New year.



Taster of New Publicity Content

We offer:

- Regular get togethers
- A warm welcome, comfort and support
- Friendship with likeminded people
- Social interaction
- A change of focus
- A craft to suit you
- A sense of achievement
- Inspiration and encouragement
- A quarterly newsletter
- Participation in funding projects
- A good support network
- Online support

We give you an opportunity to:

- Take a step forward
- Take charge and control
- Reach out to others in your position
- Focus on the positive
- Be accepted as you are
- Smile and laugh together
- Build a meaningful relationship
- Create belonging
- Engage in positive conversation
- Keep in touch during the bad times
- Be empowered
- Make informed decisions
- Improve your wellbeing

We welcome:

- All age ranges (18+) and genders
- Carers, partners and guest visitors
- New members

If you feel there is further information that relates to us as a group that would be more appropriate and you would like to see included under these headings please notify Lorraine and consideration will be given to any amendments suggested. This is only one part of the trifold leaflet-the meaningful one.



Colchester Support Group

Following on from Dr Roy Miller's visit in September the information below has been received from Colchester with dates for 2019.

It would be lovely to welcome you along to our support groups

The Colchester one is Wednesday 19th December at the Kingsland Church above Aldi on the London Road Colchester CO3 9DW 10 -11.30am about 20 -40 people

Clacton is Thursday 20th December at St Helena Hospice day centre Clacton CO15 1JP 10 -11.30am – with live music and raffle! About 60 people

The groups were set up because of the sheer volume of people we were seeing. We've been running them for about 10 years now and most of the people who attend had come to my relaxation course. The groups are just for people who have been through the pain service.

The group in Colchester are more reserved and the Clacton one is very lively. They are a supportive group of people, they run a Facebook page to support each other between meetings. And our tea lady Shelagh flies in 6 times a year from Los Angeles to do the tea's so that Belinda and I can attend to dealing with our patients. She can remember who has what drink and just how they like it, it's amazing. I'm really proud of the groups and find they give me the energy to keep going too! The Christmas one in Clacton is really special.

We'll look forward to seeing you when you can make it.

Chicky Fenning, Psychology Support Nurse, Pain Team, ACE.

Pain Management Support Group Dates 2019

Held By Nurses: Belinda Perkins & Chicky Fenning

Location: Kingsland Church, London Road, Lexden, CO3 9DW

Time: 10-00-1130 (AM)

Wednesday 20th February 2019

Wednesday 10th April 2019

Wednesday 19th June 2019

Wednesday 28th August 2019

Wednesday 16th October 2019

Wednesday 18th December 2019

Please feel free to join us for a cuppa!

For any information please call us on:

01206 588047 / 588075 / 588054

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 17Jan
Southgate Com Centre