



**Welcome to our Summer Newsletter**



[News from the Committee](#)

**Summer Outing—Felixstowe**



A day to wander at your leisure

Friday 6th September 2019

Suffolk Norse 45 seater coach leaves Southgate Community Centre at 10am and departs from Felixstowe at 6pm.

Unfortunately The Hut on the promenade is not available to us to use on the day.

There are many seats still to fill so we need to know, as a matter of urgency, if members are coming along. Friends and family are welcome to come along too, sorry no children. An outing is one way we can invest in our members.

The subsidy will be set once members have confirmed their interest.

The final deadline date for this outing is 1st July 2019. if you are interested please see Lorraine during June at any of the upcoming meetings or email/telephone her your interest.

**Lark in the Park**

Saturday 13th July 2019 from 11am to 4pm

Jubilee Fields—the field next to the Jubilee Centre in Mildenhall

A day of fun with many activities showcasing:-

Clubs and Associations, the River Lark and Jubilee playing fields

Local Arts and Crafts, Classic cars, Entertainment, Food and Drink and much more .....

Lymphoedema Support Suffolk are having a stall at this event and have invited us to join them. We are sharing their gazebo and having a table each to promote the groups and raise funds.

We look forward to seeing you there if you are able to come along and join in the fun!



CPSG’s next meeting is on July 20th and the presentation is all about St Johns Ambulance.

**A BIG thank you for all the jars and thank you to those who removed the labels.**

**jam/marmalade/honey jars are always welcome. Sorry no pickle, sauce or mayo jars.**

**Any funds raised from home made preserves are reinvested back in the group.**



*Bringing likeminded people together*

## Run for Patients by Patients

Samaritans - Presentation in March 2019

Many thanks to the Chronic Pain Support Group for their very kind donation of £40 given following the talk by Julie and Sonia. The donation is very much appreciated and will help towards funding our Centre and the services we provide.

Looking at the statistics, during the twelve months from 1 January to 31 December 2018, our Branch answered 22,609 calls and replied to 1,271 emails and 2,323 SMS's. We also saw 42 callers face-to-face at the Centre.

Linda Mister—Deputy Treasurer

**Contributions to the newsletters are always welcome from members. This publication is one way to keep all members connected especially those that are unable to come to the meetings.**

### *Positively Crafty—programme for July to December*

July—Working with Velum—Part 1

August—Box frame or card incorporating velum— Part 2

September—Christmas card

October—Christmas card

November—Silk painting

December—Calendar for 2020

Sessions are held on the first Thursday of the month from 1pm to 4pm at Southgate Community Centre in Bury. Session fees are £4 including refreshments. Materials and some tools are provided.

You always go home with a sense of achievement so why not come along and give it a go. crafting has been proven to be therapeutic to people in pain and can be very rewarding. Sessions are light hearted and fun in a socially engaging atmosphere.

**easyfundraising**  
.org.uk

This can be accessed via the home page of the group website. Scroll down to the bottom of the page and click on the logo which should take you to our account. Providers and retailers can be found on the site so if there is a particular one you are looking for check the list out first before you shop. Each retailer provides a percentage donation which is based on the weight of the goods. The group receives donations on a quarterly basis if sufficient funds have been raised. If you are an online shopper we would be grateful for your support although we are aware that some pieces of technology it may not work on.

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)

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Next meeting 20 June  
Southgate Com centre