



Once again we find ourselves in a situation of need. To ensure the smooth running of the group we are looking for volunteers, with relaxed attitudes, to fill two roles of responsibility.

#### **Chairperson**

Someone to effectively run the group and provide leadership, who can represent, assist in decision making, giving support and encouragement.

#### **Secretary**

Someone who is good at communication, administration, IT, and organisation.

Both roles involve:-

having a good understanding of others needs

planning ahead

working closely with members

being actively involved in project related matters

Attending and participating in group events and activities.

Are you someone with time on your hands and are willing to give up some of your time to help a community group in need. If so please give us a call on 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)

We are a friendly group of likeminded people and meet in a 'safe' environment. If you come along you will receive a warm welcome.

Our **CPSG** meeting in July was a social get together with afternoon tea consisting of finger sandwiches, scones and cakes. The perfect occasion to present a member with a gift of thanks for all her help and support in the group and to celebrate her special birthday.

Our next **CPSG** meeting is on Thursday 17th August at Southgate Community Centre in Bury from 2pm-4pm.

We will be welcoming back a Taoist Tai Chi Practitioner. A session that members will actively participate in, the movements being specifically designed to improve health.

The movement exercises the whole physiology and are accessible and beneficial to everyone regardless of their physical condition.

If you feel this is something that you would like to try and maybe of benefit to you, please come along and join in, we would love to see you there.

Many people who live with pain find it debilitating and feel isolated, coming to a support group helps them to help themselves and feel more able to cope with their conditions. Having a positive attitude and a focus can be beneficial in many ways. Social interaction is invaluable too.

People gain a considerable amount from being able to meet other people in similar circumstances so if you find yourself in this position take this opportunity to come and see what we have to offer!